

Heroes and Villains - D.T.

Year 6
Spring 1

Overview

In this topic, the children learn all about healthy and unhealthy foods and how to maintain a healthy lifestyle. The children learn all about food hygiene and how to stay safe, ensuring food is thoroughly cooked and the simple rules of cleanliness that can make a huge difference. We apply our knowledge of food groups to designing and marketing a healthy pizza for athletes, children who need a balanced diet and people wishing to lose weight. We also look at statutory and non-statutory requirements for food packaging and try to market our pizza with adverts and persuasive letters to supermarkets!

THE EATWELL PLATE



Key knowledge - D.T.

- Identify healthy food groups using an eatwell plate and food pyramid.
- Apply this knowledge to design varied, balanced meals for a week of school dinners, taking into account target consumers.
- Conduct market research on existing pizza products, evaluating their nutritional values and how healthy / unhealthy they are.
- Plan and design a healthy pizza following a design brief which is to create a pizza of less than 500 calories (200g pizza) and less than 10g fat.
- Study food hygiene and implement these measures while using a range of utensils to make their own pizza following their design and recipe.
- Evaluate and refine their designs based on the nutritional values and the design brief and compare these with the products from market research.
- Understand statutory and non-statutory features of food packaging and apply this to creating their own 'legally viable' packaging for their pizza.
- Evaluate the effectiveness of their product and advertise it both on adverts and in written letters to supermarkets.

Key Vocabulary

Word	Definition
Eatwell plate	A visual diagram splitting up the food groups to allow you to plan a healthy diet.
Utensils	Mixing bowl, mixing spoons or other individual pieces of cookery equipment you may use.
Refine	To re-do and improve something.
Evaluate	To consider what went well and what can be improved next time.
Nutrition	The goodness and value of the food we eat.
Calcium	A nutrient in dairy food that gives you strong bones and teeth.
Protein	A nutrient that support muscle growth and repair.
Carbohydrates	The nutrient that gives us energy, found in grains or potatoes .
Hygiene	Being clean and safe like washing hands.
Salmonella	A type of bacteria found in raw poultry that is very dangerous.
Target consumer	The group of people that you are targeting your product at.
Statutory	Something that legally has to be on packaging like the use by date.
Non-statutory	Something that doesn't legally have to be on packaging like a bar code.