

<u>Year Group: 5</u>		<u>Topic: Healthy Eating</u>	<u>Term: Summer 2</u>	<u>Main Focus: Celebrate culture and seasonality</u>
<u>Rationale For Topic</u> To design, make and evaluate a healthy lunch box for a Y5 pupil and healthy pizza for a family. Healthy food choices is a focus as many pupils have an unhealthy diet and are often not aware of the nutritional content of the food that they eat and the way in which diet can link to health - both short and long term.				
<u>Lesson Number</u>	<u>Learning Objective (s):</u>	<u>Success Criteria:</u>	<u>Brief outline / reasoning for sequence</u>	
1	To understand what makes a healthy, balanced meal.	- I can name the main food groups - I can evaluate meal examples - I can analyse a meal, considering nutritional content.	As we are starting the healthy eating unit, children need to be aware of what makes a healthy meal. Example dishes will be shared and analysed to identify their nutritional value. The main food groups will be discussed and what each food group does for our body will be explained.	
2	To understand where ingredients come from.	- I understand what seasonality is - I can explain where fruit/veg come from - I understand that certain foods can only be grown in certain climates.	Fruit and vegetables are a vital part of a healthy diet and it is important that children realise the origins of their food and the route it takes from seed to plate. LINKS TO SCIENCE SEASONS/ GEOGRAPHY CLIMATE. Children will taste test different fruits and group these according to their country of origin. Processing procedures to extend shelf life will also be explored with links to local produce and why this may be better for us.	
3	To create a design brief for a healthy meal	- I can create a clear design brief. - I can produce an annotated sketch of a	Children will know, from previous lessons what makes a healthy diet and what food groups we need in order to be healthy and grow well. To develop this further, children will research cultural meals and discuss how	

		meal. - I can give reasons for my meal ingredient choices.	healthy/unhealthy these are. Children will then have the opportunity to plan a healthy packed lunch for a Y5 child, explaining why their choices have been made.
4	To create a step by step recipe plan for a healthy pizza	- I can identify the key ingredients in a pizza - I can make changes to my recipe so that it is healthier - I can order steps chronologically.	Pizza is a popular meal so children will look at the nutritional content of a pizza and how this would count towards our recommended daily amounts of fat/carbohydrates. Pupils will consider ways to improve on a pizza recipe to make it better for them, changing ingredients for lower fat options. Children will create a step by step recipe for a pizza and explain to a partner why they have made the choices that they have.
5	To make a pizza	- I can safely use basic kitchen tools - I understand food hygiene rules - I can follow my plan to make a healthy product	Children will recap food safety and hygiene rules before preparing their pizza. Ingredients will be locally sourced where possible. Children will measure, chop, blend and knead dough using a range of tools and kitchen equipment. The shape of the pizza will also be considered thinking about what shape makes it the most visually appealing for the consumer.
6	To evaluate my product	- I can discuss what went well - I can suggest improvements - I can refer back to my design criteria	To end the unit, children will be given the opportunity to evaluate their final product considering changes that they would make if they were to repeat this in the future. Children will work with peers to offer advice about their products.