

Prepare a Snack

How can I safely follow a recipe to create a healthy snack?

Academic Excellence

We will learn the knowledge on the 'recall page' and we will be mastering the following skills:

- I can use the eat well plate to assess a healthy diet
- I can use technical vocabulary to describe a healthy diet
- I can design and prepare a simple healthy meal
- I can use the techniques of chopping, peeling and mixing

Character

What value am I focusing on and how will I demonstrate it?

Independence

I know how and when and where I learn best

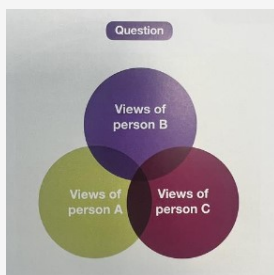
Outcome— How will our learning be used in real life?

To be able to reflect on my learning experience.

Learning to Learn

Our focus thinking tool is:

Smart Targets



Personalisation

What will help me in this experience?

- Purposeful recording of steps to remember and organise information
- Thinking tools that work best for me.
- Resources and tools in the classroom that support my learning

Rights Respecting

Article 13: The right to find out things and share what you think with others, by talking, drawing, writing.

Article 29: The right to develop your talents and abilities

Concept

Purpose

I understand that different tools have different purposes which can be selected to suit the overall purpose of the thing being made.

Recall Page

Vocabulary

| | |
|----------------|--|
| Eat well plate | The Eatwell Guide shows <i>how much of what we eat overall</i> should come from each food group to achieve a healthy, balanced diet. |
| Processed | A series of mechanical or chemical operations on (something) in order to change or preserve it. |
| Pre-cooked | Pre-cooked food has been prepared and cooked in advance so that it only needs to be heated quickly before you eat it. |
| Fresh | Recently made or obtained; not tinned, frozen, or otherwise preserved. |
| Savoury | Belonging to the category that is salty or spicy rather than sweet. |
| Sweet | Having the pleasant taste characteristic of sugar or honey; not salt, sour, or bitter. |
| Chopping | Cut (something) into pieces with repeated sharp blows of an axe or knife. |
| Mixing | Combine or put together to form one substance or mass. |
| Peeling | Remove the outer covering or skin from (a fruit or vegetable). |

Knowledge

I will need to know:

- Where some food is reared, grown, caught and processed
- The difference between fresh, pre-cooked and processed
- What seasonal is
- The difference between sweet and savoury
- Cooking techniques such as chopping, peeling and mixing
- What makes a healthy diet

Key facts

- Vegetables are full of vitamins, nutrients and minerals.
- If our body is lacking certain vitamins or nutrients, vegetables are perfect way to recover them.
- Orange carrots were first introduced during 17th century in Netherlands as a tribute to the ruling house of Orange.
- In 2010 worldwide production of Potatoes reached 324 millions of tons, tomatoes 145 million, sweet potato 106 million, dry onions 74 million, and spinach 18 million.