

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

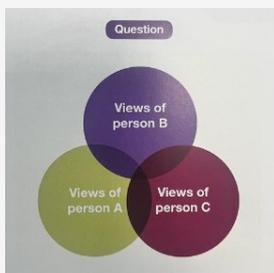
Outcome— How will our learning be used in real life?

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.