

# HEROES AND VILLAINS

## DT: HEALTH AND NUTRITION-EATWELL PLATE YEAR 6

### Key Knowledge

- Pupils will learn about nutrients, water and fibre and their role in a healthy, varied diet.
- Pupils will investigate products and undertake research to generate ideas for their own product.
- Pupils will design and make dishes safely and hygienically for the intended user based on design criteria.
- Pupils will evaluate their product.
- Pupils will design suitable packaging for their product.
- Pupils will investigate products to inform the designing and making of their own *on the go* product.

### Key Vocabulary

Sensory vocabulary - flaky, rich, creamy, salty, savoury, chunky, crumbly, powdery, crispy, cheesy, meaty

Allergy

Carbohydrates

Dairy

Fat

Intolerance

Knead

Ingredients

Nutrients

Protein

Roll out

Bridge hold

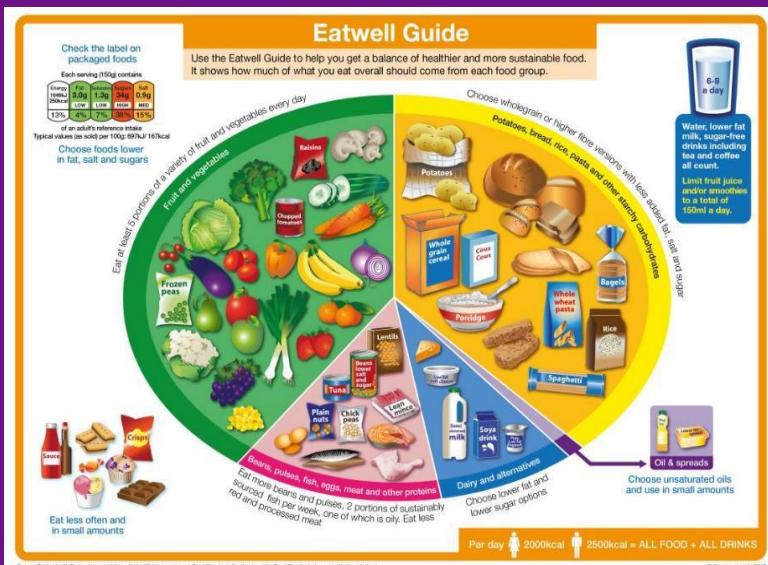
Claw grip

Utensils

Vitamins

Fillings

Casings



### DT Skills

- Prepare food products taking into account the properties of ingredients and sensory characteristics.
- Weigh and measure using scales.
- Select and prepare foods for a particular purpose.
- Work safely and hygienically.
- Show awareness of a healthy diet (using the eatwell plate).
- Use a range of cooking techniques.
- Know where and how ingredients are grown and processed.

