

Linked learning theme: Ancient Greece

Summer term, Year 5

DT – healthy recipes

Prior knowledge

In KS1 and lower KS2, children have made a variety of different dishes. They have learnt about how to eat healthily. They have studied the Eatwell Plate and applied this to their own cooking.

Core knowledge

- Children understand that the food we eat should form a healthy and balanced diet.
- Children understand that we need a healthy and balanced diet to maintain good health.

Key skills

- Follow a recipe to make healthy dishes.
- Use a range of cookery techniques effectively.
- Use a variety of kitchen tools safely and accurately.
- Research dishes that follow selected criteria, taking into account healthy and any allergies.

Vocabulary	Food	Vegetables	Freeze
Healthy	Vitamins	Cut	Mix
Nutritious	Nutrients	Equipment	
Balanced diet	Fruit	Cook	

Learning Outcomes

- I know where and how ingredients are grown and processed.
- I can prepare mostly savoury dishes using my own selection of ingredients.