

What we should be able to do and/or know by the end of the unit:

- Understand how beef gets from the farm to our plates.
- Present a subject as a poster with clear information in an easy to read format.
- Contribute ideas as to what a 'healthy meal' means.
- Recognise nutritional differences between two similar recipes and give some justification as to why this is.
- Work as a team to amend a bolognese recipe with healthy adaptations.
- Follow a recipe to produce a healthy bolognese sauce.
- Design packaging that promotes the ingredients of the bolognese.

What we are going to learn (LOs)

- To understand where food comes from.
- To understand the term 'healthy'.
- To adapt a traditional recipe.
- To complete a food product.

Key vocabulary

beef	the flesh of a cow, bull, or ox, used as food.
balanced	Creating balance in your diet and including all the 5 food groups (Five a Day framework).
processed	Food that has been altered in some way during preparation before being sold in supermarkets.
ethical	Following your moral principles when doing something, 'does this feel right or wrong?'
diet	The foods you eat in a day to maintain good health, mentally and physically. This includes looking at food groups.
ingredients	What foods are used and put together to make a meal.
supermarket	Where fresh and processed foods can be bought. <i>From Farm to Fork</i> model can be seen here.
farm	Where majority of organic supermarket food comes from in England.



What do you think the Farm to Fork model is about?



Organic food



Processed food

Key skills or knowledge

Design	<ul style="list-style-type: none"> Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients. Writing an amended method for a recipe to incorporate the relevant changes to ingredients. Designing appealing packaging to reflect a recipe.
Make	<ul style="list-style-type: none"> Cutting and preparing vegetables safely; Using equipment safely, including knives, hot pans and hobs. Knowing how to avoid cross-contamination; Following a step by step method carefully to make a recipe.
Evaluate	<ul style="list-style-type: none"> Identifying the nutritional differences between different products and recipes. Identifying and describing healthy benefits of food groups.
Cooking and Nutrition	<ul style="list-style-type: none"> To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed, including key welfare issues. To know that I can adapt a recipe to make it healthier by substituting ingredients. To know that I can use a nutritional calculator to see how healthy a food option is. To understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects.