

**Food and Nutrition: Healthy Mini Pizza**

Year 4: Autumn 2

**Product:** Healthy Mini Pizza

**Purpose:** School Dinner/School Party Meal

**User:** Children

**Problem the product will be fixing:** we want a quick, hot, healthy option for Christmas party day, what could we make?

**Vocabulary you will know...**

Equipment/ utensils	Knife, chopping board, grater, peeler, tray, oven, plate
Skills/ techniques	Weigh, chop, grate, cut, slice, peel, dice, spread, sprinkle, melt, heat
Ingredients	Tortilla wrap, cheese, tomato, herbs, red onion, sweetcorn, olives, peppers, mushrooms, courgette, pineapple
Sourcing and production	process, seasonal, reared, harvested, grown, caught, hygiene, variety
Texture, taste and appearance	Crunchy, soft, hot, crisp, warm, bitter, bland, cheesy, golden, fluffy, peppery, spicy, mild, sweet, salty, plain, fresh, dry, savoury

**Vocabulary you will hear ...**

Seasonality, grow, harvest, eat well plate, healthy choice, texture, taste, appearance, utensils, equipment, risk assessment, safety.



**Person, place or object of inspiration ...**



School kitchen

**By the end of this unit, I will be able to...**

Develop sensory vocabulary/knowledge using, smell, taste, texture and feel.

Analyse the taste, texture, smell and appearance of a range of hot foods (predominantly savoury).

Follow instructions/recipes.

Make healthy eating choices – apply knowledge from Eatwell plate.

Join and combine a range of ingredients to be heated.

Explore seasonality of vegetables and fruit linked to ingredients being used.

Develop understanding of how meat/fish are reared/caught.

