

# Design Technology - Food - Healthy Meal Unit - Year 6 Spring Term

## Prior Learning

Y4- Saxon Stew

Y5 - biscuits

## Vocabulary

**Design brief** - it outlines the most important factors to consider when starting a project.

**Ingredients** - the substances chosen.

**Recipe** - the order in which ingredients are added and what is done with them to produce the soup.

**Measure** -ascertain the amount, of (something) by using an instrument or device marked in standard units.

**Preparation** - the process of weighing, measuring, chopping etc to get the ingredients ready for cooking.

**Cooking** - the process of frying, heating and/or boiling ingredients together to create the soup.

**Evaluation** - to judge how successful the final product is.

**Seasonality**- The season in which food is ready to eat at its best.

## Methods and Processes

Weighing



Chopping



Dicing



Stirring



## Seasonal Produce Guide

- what's in season when?

### Spring

Asparagus  
Carrots  
Cauliflower  
Celeriac  
Cucumbers  
Curly Kale  
Broccoli  
Savoy Cabbage  
Sorrel  
Spinach  
Spring Greens  
Spring Onion  
Watercress  
Gooseberries  
Rhubarb



### Summer

Beetroot  
Broad Beans  
Carrots  
Cauliflower  
Courgettes  
Cucumber  
Fennel  
Fresh Peas  
Garlic  
Green Beans  
Lettuce & Salad Leaves  
New Potatoes  
Radishes  
Runner Beans  
Sage

Salad Onions  
Swash Tomatoes  
Watercress  
Blueberries  
Currants  
Elderflower Berries  
Greengages  
Loganberries  
Plums  
Raspberries  
Strawberries  
Tayberries



### Autumn

Field Mushrooms  
Lettuce  
Marrow  
Potatoes  
Pumpkin  
Rocket  
Squash  
Sweetcorn  
Watercress  
Apples  
Blackberries  
Damsons  
Elderberries  
Pears  
Plums



### Winter

Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeriac  
Curly Kale  
Fennel  
Leeks  
Parsnips  
Potatoes  
Red Cabbage  
Swede  
Turnips  
Apples  
Pears



EXPERT HOME TIPS

## Design Process



## Can I answer?

What is seasonality?

What is the difference between reared, caught and processed foods?

What is the Eatwell guide?

What makes a balanced diet?