

## Learning to Recap :

- Know what good food hygiene means; know how to safely prepare food
- Healthy eating—know what makes a balanced diet
- Know the food groups and their functions; know why healthy food is important
- Know how to prepare vegetables/protein/dairy—peel, chop, slice, grate
- Know a range of vegetables, proteins and dairy
- Know that there are different methods of cooking—fry, simmer.

## 1. Potatoes

- Know that potatoes are a vegetable but because of their starch content they are considered a carbohydrate.



## 2. Seasoning—herbs

- Know that we can add flavour to foods by seasoning it with salt, pepper, herbs and spice
- Know a range of herbs
- Taste a range of herbs



## 3. Preparation

- Know how to prepare vegetables/proteins/dairy – peel, chop, slice, grate **Recap**
- Know a range of vegetables, proteins and dairy **Recap**



## 4. Cooking

- Know that there are different methods of cooking - fry, simmer (**Recap**), boil, bake/oven cook
- Know that mashing food means breaking it down into small pieces by pounding it with a masher or passing it through a sieve.

## 5. Design

The potatoes that were planted in school last Summer are ready to harvest. How can we use them within a balanced meal? Using either mashed potato or a baked potato design a meal that another Year 4 child could make at home for their family.

Make sure your design is balanced by including the different food groups.

## 6. End of Unit Outcome and Evaluation

Making a potato-based meal:

1. Check your individual design from last lesson.
2. Food hygiene.
3. Gather the ingredients.
4. Prepare the ingredients
5. Combine ingredients with the potato base
6. If necessary, cook

What did you like best about your meal? What would you change? What advice would you have for anyone planning on recreating your meal?

## Year 4

## Design Technology: Food Technology

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### Recap: Food Hygiene

When cooking food, it is important to have \_\_\_\_\_ food hygiene. You must always \_\_\_\_\_ your hands with \_\_\_\_\_ and \_\_\_\_\_ water. If you have long hair, you must \_\_\_\_\_ it up. If you are wearing long sleeves, you must \_\_\_\_\_ them up. Before you start preparing, it is important to make sure the surfaces are \_\_\_\_\_ and \_\_\_\_\_. You should use \_\_\_\_\_ chopping boards so that you don't mix different food groups. You should \_\_\_\_\_ fruits and vegetables before using them.

colour-coded

tie

clean

good

wash

clear

roll

soap

warm

wash

### Food Groups



## Growing Potatoes

Use the diagram below to help you describe how potatoes are grown:

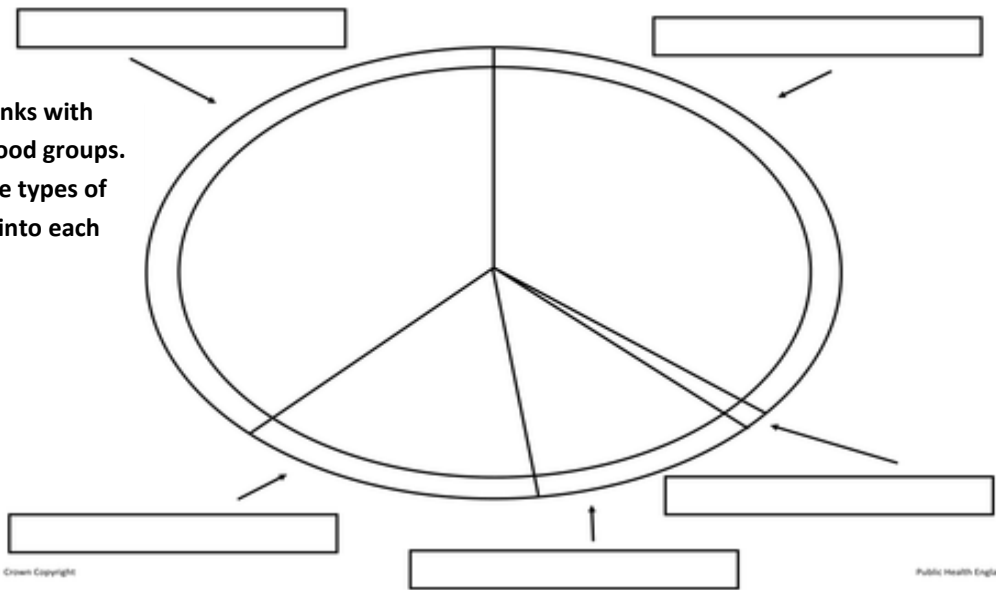


## Food containing potato

Meals or food containing potato	
Healthy	Unhealthy

### Recap: The Eatwell Plate

Fill in the blanks with the correct food groups. Draw or write types of food that fit into each category.



### Seasoning: Which was your favourite herb and why?

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See the photo pages at the back of this booklet for a photo of me tasting different herbs and seasonings.

### Recap: Talk Partners

Why are potatoes often described as versatile?

### Preparing Foods



See the photo pages at the back of this booklet for photos of me preparing and tasting different foods.

### Recap: Food Hygiene

True or False?	T or F
When preparing food, you should leave your hair down.	
You should always wash your hands after handling raw meat.	
Colour-coded boards make your kitchen look pretty.	
When washing your hands, you should use cold water.	

### Tasting

Boiled Potatoes	Mashed Potatoes	Baked Potatoes
<b>What did you like best about this type of potato?</b>		
<b>What did you like least about this type of potato?</b>		



See the photo pages at the back of this booklet for a photo of me cooking potatoes in different ways.

## **Recap: Talk Partners**

Why is a balanced diet important? What might an unhealthy diet result in?

## **My Design**

Draw and label a picture of your design. Include your ingredients and methods of preparation or cooking. Remember to make your recipe balanced.

## Recap: Talk Partners

Why are potatoes not considered a vegetable?



See the photo pages at the back of this booklet for images of me making my potato based meal.

### Evaluation

<p><b>What did you like best about your meal?</b></p>	
<p><b>What would you change?</b></p>	
<p><b>What advice would you have for anyone planning on recreating your meal?</b></p>	

### Food Technology Assessment.

	You	Teacher
I can demonstrate good food hygiene		
I can independently peel, chop, grate and slice.		
I can boil and bake potatoes		

Name the five main food groups:	
Was your meal healthy? Why?	
Name five piece of equipment or appliances needed to make a balanced meal:	

**Because, But, So** - Use all of your learning to prepare and write your response in your writing book.

*Potatoes are a versatile food because...*

*Potatoes are a versatile food but...*

*Potatoes are a versatile food so...*