

COOKING & NUTRITION: BREAD-BASED PRODUCT WITH FILLING

Design, make and evaluate a bread-based product with a filling (**product**) for ourselves (**user**) to enjoy as part of health and varied diet (**purpose**).

Key Focus: Healthy and varied diet



KEY KNOWLEDGE AND SKILLS

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught.
- Know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.
- Know how to prepare and cook a variety of predominantly savoury dishes safely and hygienically.
- Know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, and spreading.
- Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The Eatwell Plate.

RELEVANT PRIOR LEARNING / UNITS

- Know some ways to prepare ingredients safely and hygienically.
- Have some basic knowledge and understanding about healthy eating and The Eatwell Plate.
- Have used some equipment and utensils and prepared and combined ingredients to make a product.
- Y1 Cooking and Nutrition (Preparing fruit and vegetables): Fruit kebab
- Y2 Cooking and Nutrition (Preparing fruit and vegetables): Healthy salad

NAME: _____