

**Year: 4 Program of Study:** Food – Healthy and varied diet.

**N.C POS:**

- *Understand and apply the principles of a healthy and varied diet.*
- *Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.*
- *Know where and how a variety of ingredients are grown, reared, caught and processed.*

**Concept:** celebrations, diversity, similarity and difference, decades, change, location, society, food.

**Key Vocabulary:** Utensils, ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested, healthy/varied diet, planning, design criteria, purpose, user, sensory evaluations.

**Prior Learning:** Have some understanding and knowledge about food hygiene and nutrition. Have some understanding of the use of appropriate equipment and utensils. Have started to consider and used sensory evaluations.

**Core Knowledge- non-negotiable**

**Designing**

- Generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.
- Use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.

**Making**

- Plan the main stages of a recipe, listing ingredients, utensils and equipment.
- Select and use appropriate utensils and equipment to prepare and combine ingredients.
- Select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.

**Evaluating**

- Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using tables and simple graphs.
- Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

**Wider Influences**

- Understand how key chefs have influenced eating habits to promote varied and healthy diets.
- Understand about seasonality in relation to food products and the source of different food products.
- Make, decorate and present the food product appropriately for the intended user and purpose.
- Off-site educational visit
- Stories
- Picnics
- Healthy eating
- Religious festival

- Eco-fair/green days
- Cultural focus day

**Enduring Understanding**

- 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 and use relevant technical and sensory vocabulary appropriately.