



Design and technology Composites and components Food

Unit:	Composite: (unit objective/objectives)	Components
Food - fruit and vegetables KSI Cycle A	Prepare fruits and vegetables to make a smoothie	<ul style="list-style-type: none">• Know how to design cartoon packaging by hand or on ICT software.• Know how to chop fruit and vegetables safely to make a smoothie.• Know how to identify where a food is a fruit or a vegetable.• Know where and how fruits and vegetables grow.• Know how to evaluate different food combinations.• Know how to describe appearance, smell and taste.• Know how to suggest information that should be included on packaging. <ul style="list-style-type: none">• To understand the difference between fruits and vegetables.• To understand that some foods typically known as vegetables are actually fruits (e.g. cucumber).• To know that a blender is a machine which mixes ingredients together into a smooth liquid• To know that a fruit has seeds and a vegetable does not.• To know that fruits grow on trees or vines.• To know that vegetables can grow either above or below ground.• To know that vegetables can come from different parts of the plant.



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Food - a balanced diet KSI Cycle B	Develop 4 different wrap ideas and create a wrap that meets the design brief.	<ul style="list-style-type: none">• Know how to design a healthy wrap based on a food combination which works well together.• Know how to slice food safely using the bridge or claw grip.• Know how to construct a wrap that meets a design brief.• Know how to describe the taste, texture and smell of fruit and vegetables.• Know how to taste test combinations and final products.• Know how to describe the information that should be included on a label.• Know how to evaluate which grip is most effective.• Know that 'diet' means the food and drink that a person or animal usually eats.• Know what makes a balanced diet.• Know where to find the nutritional information on packaging.• Know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.• Know that I should eat a range of different foods from each food group, and roughly how much of each food group.• Know that nutrients are substances in food that all living things need to make energy, grow and develop.• Know that 'ingredients' means the items in a mixture or recipe• Know that I should only have a maximum of five teaspoons of sugar a day to stay healthy• Know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'.



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Food: eating seasonally LKS2 Cycle A	To create a recipe that is healthy and nutritious using seasonal vegetables and safely follow a recipe when cooking.	<ul style="list-style-type: none">• Know how to create a healthy and nutritious recipe for a savoury tart using seasonal ingredients, considering the taste, texture, smell and appearance of the dish.• Know how to prepare themselves and a workspace to cook safely in, learning the basic rules to avoid food contamination.• Know how to follow the instructions within a recipe.• Know how to establish and use design criteria to help test and review dishes.• Know the benefits of seasonal fruits and vegetables and the impact on the environment.• Know how to suggest points for improvement when making a seasonal tart.• Know that not all fruits and vegetables can be grown in the UK.• Know that climate affects food growth.• Know that vegetables and fruit grow in certain seasons.• Know that cooking instructions are known as a recipe.• Know that imported food is food that has been brought into the country.



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Food - adapting a recipe LKS2 Cycle B	<ul style="list-style-type: none">• Describe some of the features of a biscuit based on taste, smell, texture and appearance.• Adapt a recipe by adding extra ingredients to it.• Plan a biscuit recipe within a budget.	<ul style="list-style-type: none">• Know how to design a biscuit within a given budget, drawing upon previous taste testing.• Know how to follow a baking recipe.• Know how to cook safely using basic hygiene rules.• Know how to adapt a recipe.• Know how to evaluate a recipe, considering the taste, smell, texture and appearance.• Know how to describe the impact of the budget on the selection of ingredients.• Know how to evaluate and compare a range of products.• Know how to suggest modifications.• Know that the amount of an ingredient in a recipe is known as the quantity.• Know that it is important to use oven gloves when removing hot food from an oven.• Know the following cooking techniques: sieving, creaming, rubbing method and cooling.• Know that budgeting is important when planning ingredients for biscuits.



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Food: What could be healthier? UKS2 Cycle A	<ul style="list-style-type: none">• Work as a team to amend a Bolognese recipe with healthy adaptations.• Follow a recipe to produce a healthy Bolognese sauce.• Design packaging that promotes the ingredients of the Bolognese.	<ul style="list-style-type: none">• Know how to adapt a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients.• Know how to write an amended method for a recipe to incorporate the relevant changes to ingredients.• Know how to design appealing packaging to reflect a recipe.• Know how to cut and prepare recipes safely.• Know how to use equipment safely, including knives, hot pans and hobs.• Know how to avoid cross-contamination.• Know how to follow a step-by-step method carefully to make a recipe.• Be able to identify the nutritional differences between different products and recipes.• Know and describe healthy benefits of food groups.• Know where meat comes from.• Know that beef is from cattle and know how beef is reared and processed.• Know some of the key welfare issues surrounding cattle/beef.• Know that a recipe can be adapted to made healthier by substituting ingredients.• Know that a nutritional calculator can be used to see how healthy a food option is.• Know that cross-contamination means that bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects.



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Food - Come dine with me UKS2 Cycle B	<ul style="list-style-type: none"> • Find a suitable recipe for their course. • Record the relevant ingredients and equipment needed. • Follow a recipe, including using the correct quantities of each ingredient. • Write a recipe, explaining the process taken. • Explain where certain key foods come from before they appear on the supermarket shelf. 	<ul style="list-style-type: none"> • Know how to write a recipe and explain the key steps, method and ingredients. • Know how to include facts and drawings from research undertaken. • Know to follow a recipe, including using the correct quantities of each ingredient. • Know how to adapt a recipe based on research. • Know how to work to a given timescale. • Know how to work safely and hygienically with independence. • Know how to evaluate a recipe, considering: taste, smell, texture and origin of the food group. • Know how to taste test and score final products. • Know how to suggest and write up points of improvements in productions. • Know how to evaluate health and safety in production to minimise cross contamination. • Know that 'flavour' is how a food or drink tastes. • Know that many countries have 'national dishes' which are recipes associated with that country. • Know that 'processed food' means food that has been put through multiple changes in a factory. • Know that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides. • Know what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).