



St James' Church of England Primary School

Design & Technology Overview Sheet



Year 2 – Cooking and Nutrition: A Balanced Diet



Rationale: Pupils who are **secure** will be able to:

- Name the main food groups and identify foods that belong to each group.
- Describe the taste, texture and smell of a given food.
- Think of four different wrap ideas, considering flavour combinations.
- Construct a wrap that meets the design brief and their plan.

Learning Objectives:

- Understand where food comes from
- Use the basic principles of a healthy and varied diet to prepare dishes
- Explore and evaluate a range of existing products
- Use the basic principles of a healthy and varied diet to prepare dishes
- Design purposeful, functional, appealing products for themselves and other users based on design criteria
- Evaluate their ideas and products against design criteria

Overview:

Lesson 1: Hidden sugars in drinks – To know what makes a balanced diet
Lesson 2: Taste testing combinations – To taste test food combinations
Lesson 3: Designing and making a wrap – To design a healthy wrap
Lesson 4: Making and evaluating – To make a healthy wrap

Cross Curricular Links

Maths – Compare and order lengths, mass, volume/capacity and record the results using <, > and =

Resources

• Four drinks in cans, cartons or bottles including a fruit juice and a sugar-free counterpart of one of the drinks • 100g of sugar • Plates of food pieces for a blind taste test, so that you can hand out the pieces to the children to blind taste as a class activity: use a range of vegetables, proteins and dairy products and keep the pieces of food very small (see Main event) • Ingredients and equipment for making healthy wraps, check *Teacher resource: Wrap recipe* (see Classroom resources). • Knives suitable for the children to use to cut up their ingredients.

Impact/Assessment

Most Children will: • An ability to name the main food groups and to identify foods that belong to each group. • Identifying the correct food group of a given food and able to describe its taste, texture and smell. • Their ability to think of four different wrap ideas, considering flavour combinations. • Their ability to construct a wrap that meets the design brief and their plan.

More Able Children will: • A secure knowledge of the main food groups and the foods that belong in each, and able to identify the dangers of hidden sugars in drinks. • Carefully considering why flavour combinations do or don't work. Using varied vocabulary to describe smells, textures or tastes. • Their ability to construct a wrap that meets the design brief and their plan, that has been adapted where needed, for example, the size of the ingredients in the wrap.