

#### What should I already know?

- ◇ Understand what a healthy and varied diet is.
- ◇ Use knowledge of healthy eating to prepare dishes.
- ◇ Understand where food comes from (plant or animal).
- ◇ Use a set of criteria to aid the design process.
- ◇ Explain what they are making, and what they will need to use.
- ◇ Evaluate their product against their design criteria.

#### Key Vocabulary

Fruit and vegetables, protein, carbohydrates, fats and oils, dairy, balanced diet, dicing, baking, crimping, preparing, reared, design criteria.

#### Resources to help me with my learning!

Food pyramid — [www.youtube.com/watch?v=OKbA8pFW3tq](http://www.youtube.com/watch?v=OKbA8pFW3tq)

Maintaining a healthy lifestyle — [www.youtube.com/watch?v=7394RCfk2Xk](http://www.youtube.com/watch?v=7394RCfk2Xk)

How much sugar is there in these foods — [www.youtube.com/watch?v=eKQWFJmCWZE](http://www.youtube.com/watch?v=eKQWFJmCWZE)

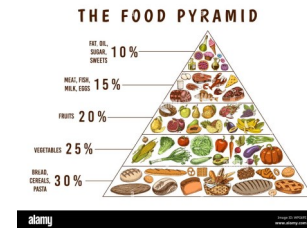
The importance of food hygiene— [www.bbc.co.uk/bitesize/clips/zr7jmp3](http://www.bbc.co.uk/bitesize/clips/zr7jmp3)

#### What will I know by the end of this unit?

- ◇ I know the food groups are fruit and vegetables, carbohydrates, proteins, dairy, fats and oils
- ◇ I know what each food group provides for our body
- ◇ I can plan, prepare and cook a Cornish dish e.g. pasty or scones
- ◇ I can evaluate my Cornish dish based on my design criteria and taste
- ◇ I know locally what fruit and vegetables are grown and what animals are reared
- ◇ I can use cooking equipment safely
- ◇ I can practice good food hygiene



A balanced diet consists of foods you can see on this plate.



A food pyramid and the amount of nutrients we need to consume to maintain a balanced lifestyle.