

Subject: Design and Technology

Topic: Food – Scones

Year Group: 4

Prior Learning: In Year 3 I learned that food is grown, reared and caught in the UK, Europe and the wider world and I talked about the positives and negatives of this. I began to follow a simple recipe and used a range of techniques that I have learned over the past four years. I could explain the reasons for my choice of tool. I have an understanding of the safety considerations needed when using a stove/oven/cooking equipment. I can demonstrate an understanding of hygiene measures when handling food. I continued to develop measuring skills and understand the importance of accuracy. I used research to produce food for a specific audience, choose own tools and equipment, investigate and evaluate existing products against own criteria, evaluate own product against the brief.

What I will know or be able to do by the end of the unit:

- Gain a deeper understanding of food production in the UK, Europe and the world and how this relates to the dish that is being made.
- Learn about the seasonality of food in the UK and discuss how we have food that is not in season.
- Follow a simple recipe with some independence.
- Develop technical skills taught in previous years and show greater independence.
- Measure ingredients with greater accuracy and independence.
- Demonstrate an understanding of the safety precautions needed to bake a savoury dish.
- Demonstrate an understanding of hygiene measures when handling food.
- Understand how the food they are making fits in as part of a healthy diet.
- Research, plan and consider the views of others to improve their work (taste testing), produce and evaluate own product.

Vocabulary

Recipe – a set of instructions for preparing a dish

Savoury – food that is salty or spicy rather than sweet

Eatwell Guide – how much of what we eat should come from each food group to achieve a healthy, balanced diet.

Carbohydrates – a good source of energy and the main source of a range of nutrients in our diet.

Dairy and dairy alternatives – good sources of proteins, some vitamins and an important source of calcium.

Beans, pulses, fish, meat and eggs – good sources of protein, vitamins and minerals.

Unsaturated fats – healthier fats which include vegetable, olive, rapeseed and sunflower oil.

Grown – food that is grown such as apples, potatoes and wheat.

Reared – animals that are reared for food such as pigs, cows and chickens.

Caught – fish and shellfish are caught

National Curriculum

Pupils should be taught to:

- 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
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Design Brief: To design and bake scones for a given audience and purpose. For example: adults at church.

Design Considerations:

Must look appealing to adults.
Easy to hold in one hand.

<https://www.bbcgoodfood.com/recipes/collection/scone-recipes>



Health and Safety Wash your hands and utensils with hot soapy water before and after preparing food. Ensure your work area is clean. Wash your hands before eating.