St James' Church of England Primary School
Design & Technology Overview Sheet

Year 5 – Cooking and nutrition: Developing a recipe



Rationale: Considering how recipes can be adapted to improve nutritional value by modifying a traditional Bolognese sauce.
Pupils who are secure will be able to:

- Describe the process of beef production.
- Research a traditional recipe and make changes to it.
- Add nutritional value to a recipe by selecting ingredients.
- Prepare and cook a version of bolognese sauce.

Learning Objectives/ Key Skills:

Design
Noticing wider-reaching problems or needs in the community.
Identifying a wide range of needs and potential barriers through market research.
Creating more complex design criteria that require considering detailed user needs, environmental impact, materials and cost.
Developing more independence in generating ideas.

Make
Producing lists of equipment, materials and tools that they need for a task.
Creating a step-by-step plan for making.
Selecting materials, components or ingredients based on research or user needs.
Explaining their choices, referring to their research.
Consistently apply safety instructions.
Using appropriate cutting tools and techniques to achieve accurate and aesthetic cuts.

Evaluate
Reflecting on the usability, aesthetics, innovation and sustainability of products and discussing how design choices impact these aspects.
Evaluating the work of a range of designers to help inform their designs.
Assessing their designs against a more complex set of design criteria that includes functionality, aesthetics, user experience, sustainability and cost.
Considering alternative materials, tools or techniques that could enhance the product.
Providing feedback that is helpful, specific, and encouraging.

Technical knowledge
Understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients.
Recognising that meat is farmed and reared.
Adapting a traditional recipe.
Cutting and preparing vegetables safely.
Using equipment safely, including knives, hot pans and hobs.

Overview:

Lesson 1 – To understand how ingredients are reared and processed.
Lesson 2 – To make adaptions to design a recipe.
Lesson 3 – To evaluate nutritional content.
Lesson 4 – To practise food preparation skills.
Lesson 5 – To design a product label.
Lesson 6 – To follow and make an adapted recipe.

Cross Curricular Links

Mathematics: Statistics
Computing: combine a variety of software (including internet services)
Science

Resources

- Access to the internet for research.
- Two beef bolognese sauces for children to taste test (if you have vegetarians provide similar examples without meat).
- Enlarged photocopy of nutritional value of each sauce you bought.
- Ingredients for bolognese recipes.
- Cooker/hob - Adult supervision required.

Chopping boards
Peeler
Vegetable knives
Pans
Wooden spoons
Graters
Garlic crushers
Examples of supermarket bolognese sauce packaging

Impact/Assessment

Most Children will:
Describe the process of beef production.
Research a traditional recipe and make changes to it.
Add nutritional value to a recipe by selecting ingredients.
Prepare and cook a version of bolognese sauce.