



The Acorn Partnership
Marston Montgomery Primary School
Long Lane C of E Primary School

Food and Nutrition: Year 6 — Autumn Term

Salsa and Flatbread

Prior Learning

- Have knowledge and understanding about healthy eating and a balanced diet, from the Eatwell plate.
- Have knowledge and understanding food that is grown, caught, reared and processed.
- Know how to use appropriate equipment and utensils safely, e.g. knives, hobs.
- Know how to cook hygienically.
- Know that some food is seasonal and better eaten when it is in season, e.g. tomatoes in the summer.

Sticky Knowledge

- Know that food is processed to make it edible, last longer or more nutritious.
- Know how to carry out sensory evaluations of a range of relevant products and ingredients.
- Know how to use utensils and equipment, including a heat source, to prepare and cook food.
- Know how to generate ideas through research and discussion with peers and adults to meet the specifications of a design brief.
- Know how to use words and sketches as appropriate to develop and communicate ideas for a plan.
- Know how to write a step-by-step recipe, including a list of ingredients, equipment and utensils.
- Evaluate the final product with reference back to the design brief.

Food is processed to make it edible





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Vocabulary

Combine	To mix two or more things together so they become one.
Design brief	A list of important things to think about when making or planning something.
Evaluate	To look carefully at something to see what is good or bad about it.
Functionality	How well something works or does the job it is meant to do.
Healthy	Good for your body and helps keep you strong and well.
Hygienic	Clean and safe to stop the spread of germs or illness.
Knead	To press and stretch dough with your hands to make it smooth and ready for baking.
Nutrition	The goodness or energy food gives to help your body grow and stay healthy.
Preference	Something you like more than other things.
Purpose	The reason why something is made or done.
Research	Finding out more about a topic by looking up information or asking questions.