

WEAVING CONCEPTS



What should I already know:

Year 3: I can explain hygiene and keep a hygienic kitchen.
-I can describe the properties of ingredients and importance of a varied diet.
-I can say where food comes from (animal, underground, etc).
-I can describe how food is farmed, grown or caught.
-I can draw the eat well plate.
-I can describe 'five a day'.
-I can cut, peel and grate with increasing confidence.

Year 4: I can carefully select ingredients.
-I can use equipment safely.
-I can make a product look attractive.
-I can think about how to grow plants to use in cooking.
-I can begin to understand food comes from the UK and the wider world.
-I can describe how a healthy diet= variety/balance of food/drinks.
-I can explain how food and drink are needed for active/healthy bodies.
-I can prepare and cook some dishes safely and hygienically.
-I am growing in confidence using some of the following techniques: peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

Key Vocabulary

Healthy/ Varied diet	A healthy diet provides our bodies with essential nutrition.
Knead	To work wet flour into a dough or paste using my hands.
Seasonal	Produce that only grows in certain seasons.



What will I learn?

- I will learn how to create a healthy and nutritious recipe for a pizza.
- I will learn how to prepare myself and my workspace safely and hygienically.
- I will follow the instructions within a recipe.
- I will evaluate a recipe.
- I will learn that vegetables grow in certain seasons.
- I will learn that each pizza topping gives us nutritional value: protein, fats, carbohydrates and fibre and select those with the best nutritional benefits for a healthy pizza.

Food Groups:
each of the groups forms part of a balanced diet



dairy



fruits



vegetables



proteins



carbohydrates

Seasonality: Some of the food we eat is **seasonal** in the UK. This means it only grows at certain times of the year. In the UK, some food is also grown in glasshouses. This means that the food is available at different times to that grown outside.

Spring (March, April, May)	Summer (June, July, August)	Autumn (September, October, November)	Winter (December, January, February)



-Remove any jewellery and tie back long hair.

-Walk safely and calmly around the classroom.

-Wipe all surfaces.

-Wash hands thoroughly.