




## Year 5 – Healthy Alternatives

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| <p><b>Concepts</b></p> |  <p>Finding out about what already exists and how things work</p> <p>Innovate</p> |  <p>Using a range of skills and tools to design and make</p> <p>Technique</p> |  <p>Evaluate success of own and others' design</p> <p>Evaluate</p> |
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In Design Technology lessons, children will learn about healthy alternatives to sugars and fats, thinking about using more natural ingredients. They will look at recipes from 'healthy chefs', such as Ella (Deliciously Ella) and identify substitutes that can be made for healthier choices. This will inform their designs of a healthy sweet dish/snack.

### National Curriculum

- I can understand the main food groups and the different nutrients that are important for health
- I can understand how a variety of ingredients are grown, reared, caught and processed to make them safe/palatable
- I can select appropriate ingredients and use a wide range of techniques to combine them
- I can use my research into existing products and my market research to inform the design of my innovative product
- I can create prototypes to show my ideas

### Learning Overview

- Understand how a healthy diet can help to keep us well
- Know the main food groups and how often they should be eaten
- Know the health benefits of eating a range of fruit and vegetables
- Know that some people chose not to eat particular food groups and they are known as vegan, vegetarian or pescatarian
- Know that there are a range of natural sugars which can be used in place of sugar cane and do not used refined ingredients e.g. flour
- Research Deliciously Ella, (Eleanor Laura Davan Mills) her recipes and the substitutes she uses
- Look at the packaging of healthy alternative foods and how they are designed to encourage people to buy them
- Try a range of healthy option snacks (be mindful of allergies)
- Design a healthy alternative to a snack
- Know about food hygiene and the importance of washing hands and keeping the preparation area clean
- Know the names of cooking utensils and tools their purpose
- Be able to make choices about what tools and utensil they will need to use
- Be able to safely use equipment (serrated knives, blender, food processors, electric hand mixer) with suitable supervision
- Follow a recipe to create a healthy snack
- Know how adults can safely remove food from a hot oven

- Evaluate the likes and dislikes of a range of deserts which use substitutions for sugar e.g. honey, dates etc
- Evaluate the method used to create a healthy snack.
- Evaluate the end product: how does it taste? Did you use healthier substitute? What would you do differently next time?