

Year 5-Seasonal Food at Special times of Year

In this unit of work children will explore traditional dishes related to Spring/Easter. Children will learn about seasonality and will design a meal taking into consideration what it means to have a healthy, balanced diet.

In this unit children will:

- Research about the different times of year particular foods are eaten in (focus on Spring/ Easter).
- Understand the principals of a healthy balanced diet.
- Learn about seasonality.
- Learn about where ingredients are grown, reared and sourced.
- Learn how food is processed into ingredients (e.g. wheat into flour).
- Learn how to evaluate how a meal fits into their diet.
- Learn how different foods contain different substances, nutrients, fibre, protein, fats etc.
- Learn how to use scales to weigh and measure out ingredients.

Prior Learning

EYFS: Understand the importance of a healthy diet, talk about ways to keep healthy and safe. Safely use and explore tools and techniques. Begin to develop a food vocabulary using taste, smell, texture and feel. Start to think about the need for a variety of foods in a diet. Measure and weigh food items using non-standard measurements e.g. spoons and cups.

Year 1: Healthy food/diet, Eat Well Plate and 5 different food groups, common sources of food, the need for a variety of food for a balanced diet, how to prepare food hygienically, food preparation techniques-cutting, grating, peeling, slicing, dishes from other countries.

Year 2: Healthy salads/fruit salads, understand that food comes from plants and animals, understanding of where food comes from-farmed, grown, caught/different countries, name and sort food into different food groups, recognise the need for a variety of different food types, knows how to be healthy and active, how food provides energy, dishes/food from different countries.

Year 3: Eat Well Plate, Seasonality and Regionality. Locally sourced, food from different cultures (Japan), caught, grown, reared, preparation methods and techniques, preparing food hygienically.

Year 4:

Cross Curricular Links:

RE: Easter

P.E: Exercise and keeping healthy

Key Questions

- What foods are traditionally eaten at Easter?
- What foods are seasonal during Spring/Easter and other times of year?
- Can you design a seasonal meal that represents the different food groups to be a healthy balanced meal?
- What is a processed food?

Key Vocabulary

- **Eat Well Plate:** pictorial summary of the main food groups and their recommended proportions for a healthy diet.
- **Processed food:** The process of turning agricultural products into food, e.g. wheat-flour.
- **Seasonal:** food that is grown or reared at particular times of the year, e.g. lamb for Easter
- **Raw ingredients:** Ingredients that are not cooked.
- **Pancake:** a traditional food made on Shrove Tuesday to use up fats before the Christian period of Lent on the lead up to Easter-eggs, flour and milk.
- **Hot Cross Buns:** A traditional desert with the symbol of the cross at the top.
- **Good Friday:** Fish is traditionally eaten by Christians on this day as a sign of respect to Jesus and his crucifixion.
- **Lamb:** A seasonal food at Easter spring.
- **Reared:** An animal that is looked after for the purpose of its meat.
- **Grown:** Food that is grown for the purpose of eating.
- **Simnel Cake:** Simnel cake is a light fruitcake formerly eaten during the pre-Easter period in the United Kingdom, Ireland and some other countries but has become a traditional cake for Easter Sunday. It has 12 marzipan balls on the top to represent the 12 disciples of Christ.

Key Knowledge

- **To know that most food is seasonally grown and know some examples.**
- **To know that Christians traditionally eat certain dishes/foods at Easter.**
- **I know that a meal needs to be healthy and balanced.**
- **I know the different food groups and why I need them to make my body healthy.**
- **To know examples of processed, raw and reared foods.**