

Suggested prior learning	
Cooking and nutrition: Adapting a recipe	
Unit outcomes	
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Understand how beef gets from the farm to our plates. • Present a subject as a poster with clear information in an easy to read format. • Contribute ideas as to what a 'healthy meal' means. • Notice the nutritional differences between different products and recipes. • Recognise nutritional differences between two similar recipes and give some justification as to why this is. • Work as a team to amend a bolognese recipe with healthy adaptations. • Follow a recipe to produce a healthy bolognese sauce. • Design packaging that promotes the ingredients of the bolognese. 	
Key vocabulary	Unit specific links
beef	Knowledge organiser: DT - Y5 What could be healthier?
reared	

<p>processed</p> <p>ethical</p> <p>diet</p> <p>ingredients</p> <p>supermarket</p> <p>farm</p> <p>balanced</p>			
Week 1	Week 2	Week 3	Week 4
Lesson 1: From farm to fork	Lesson 2: What does healthy look like?	Lesson 3: Adapting and improving a recipe	Lesson 4: Mamma mia! What a tasty, healthy bolognese!
To understand where food comes from	To understand the term 'healthy'	To adapt a traditional recipe	To complete a food product of a vegetable bolognese.
Suggested next steps			
Cooking and nutrition: Come dine with me			