

Suggested prior learning [Cooking and nutrition: Adapting a recipe](#)

Intended outcome of the unit

Pupils who are **secure** will be able to:

- 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 Vocab

beef
reared
processed
ethical
diet

ingredients
supermarket
farm
balanced

Unit specific links:

[Knowledge organiser: DT - Y5 What could be healthier?](#)

Week 1

[Lesson 1: From farm to fork](#)

Week 2

[Lesson 2: What does healthy look like?](#)

Week 3

[Lesson 3: Adapting and improving a recipe](#)

Week 4

[Lesson 4: Mamma mia! What a tasty, healthy bolognese!](#)

Suggested Next Steps

[Cooking and nutrition: Come dine with me](#)