



Stage 5: Designing a healthy recipe

Learning intention: To design a healthy recipe

Stage overview:

In this stage, children think about eating healthily and the nutrients included in each food group. Using this learning, and inspiration from recipe books and the internet, they are then challenged to design a selection of recipes that they could produce with the vegetables they are growing.

Materials needed:

- Access to the internet
- Recipe books
- Basic recipe for flat breads and frittatas

Presentation notes:

| | |
|-------------------------------------|--|
| Slide 2: Introduction | <ul style="list-style-type: none"> - Use the questions on the power point to revise the children’s prior learning on the importance of healthy eating and having a balanced diet. |
| Slide 3-12: A healthy balanced diet | <ul style="list-style-type: none"> - Discuss the Eatwell guide and use the power point to learn about the different food groups that are important parts of a healthy, balanced diet. |
| Slide 13-14: Introducing the task | <ul style="list-style-type: none"> - In mixed-ability business groups of no more than five children, ask the children to brainstorm ideas for healthy lunchtime dishes they could make using their produce (have recipe books and the internet available to provide inspiration). - Ask the groups to decide on 4-5 lunchtime dishes that they could make. For example, if growing tomatoes and spring onions, they could make flatbreads, quiches, soups etc. - Introduce the concept of a ‘Unique Selling Point’ or something that they can offer their consumers that is different from the competition or a customer need that they can meet which is not currently being met. - Share the basic recipes for flatbreads and frittatas that the children could adapt and infuse with their own flavours and ingredients. - By the end of the session, the children need to have made final decisions about food products that they wish to ask their market research participants about. - Give the children guidance when making their choices to ensure their ideas will be achievable for their age and with the resources and time available. |

Links to the National Curriculum:

| | | |
|-----------------------|-----------------------|--|
| Design and Technology | Design | <ul style="list-style-type: none">- Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or group |
| | Cooking and nutrition | <ul style="list-style-type: none">- Understand and apply the principles of a healthy and varied diet- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. |