



Stage 4: Designing a healthy, balanced meal

Learning intention:

- To design a healthy recipe
- To plan a balanced meal

Stage overview:

In this stage, the children will revise their learning on healthy eating and the requirements of a nutritious, balanced diet. Using this learning, their research into keeping their hearts healthy from Stage 2 and inspiration from recipe books and the internet, they will then be challenged to design a range dishes celebrating their star ingredient. This extends the learning from the Year 5 STEMterprise project as it allows the children the freedom to create a full menu and follow their own tastes and interests when developing recipes.

Materials needed:

- Access to the internet
- Recipe books

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. • Give groups the opportunity to share their research on keeping hearts healthy from Stage 2.
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: Introducing the task	<ul style="list-style-type: none"> • In their business groups, ask the children to brainstorm five ideas for healthy dishes they could make using their star British ingredient (have recipe books and the internet available to provide inspiration). • 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. • Challenge the children to research recipes for their chosen dishes using recipe books and the internet. • By the end of the session, the children need to have made final decisions about the dishes they will have on their restaurant menu. • 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.

