



Stage 3: Designing a healthy food product

Learning intentions:

- To design a healthy food flag yoghurt
- To read, write, count and compare numbers up to 100, supported by objects

Stage overview:

In this stage, the children think about eating healthily and the nutrients included in each food group. Using this learning, they are then challenged to use a range of seasonal fruit to design a food flag yoghurt that they can sell in their yoghurt cafés.

Materials needed:

- British food flag template

Presentation notes:

Slide 2: Introduction	- Use the questions on the presentation to revise the children's prior learning on the importance of healthy eating and having a balanced diet.
Slide 3-10: A healthy balanced diet	- Discuss the British Nutrition Foundation's Eatwell guide and use the presentation to learn about the different food groups that are important parts of a healthy, balanced diet.
Slide 11: Introducing the task	- Introduce the task: the children are going to be making a British food flag yoghurt to sell in their yoghurt café. - They will use seasonal British fruit to make their yoghurt dessert look like a British flag.
Slide 12: Seasonality	- Remind the children that different fruit and vegetables grow and can be harvested at different times of the year and eating foods when they are in season means that we can support British farmers and growers by buying their produce. - If we want to buy food that is not in season in Britain, it has to be imported from other countries. The further our food travels, the more of a negative impact it has on the environment. - Use this website to share examples of fruit that are in season now: https://www.countrysideonline.co.uk/back-british-farming/cook-and-eat/the-great-british-larder/ and encourage them to choose fruit that are in season.
Slide 13: Food flag yoghurt planning	- Give out the food flag design templates and ask the children to plan where they will put their chosen fruit to recreate the British flag on their yoghurt. - Encourage the children to describe the shapes of the fruit as they draw them on their plan.

Slide 14: Shopping list

- Ask the children to count up how many of each fruit they need to make their design and write a shopping list of their chosen fruit ingredients.

Links to the National Curriculum:

Subject	Topic	Objective
Design and Technology	Design	<ul style="list-style-type: none">- Design purposeful, functional, appealing products for themselves and other users based on design criteria.- Generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology.
	Cooking and nutrition	<ul style="list-style-type: none">- Use the basic principles of a healthy and varied diet to prepare dishes.
Maths	Number- addition and subtraction	<ul style="list-style-type: none">- Count to and across 100, forwards and backwards, beginning with 0 or 1, or from any given number.
		Recognise and name common 2-D and 3-D shapes, including: <ul style="list-style-type: none">- 2-D shapes [for example, rectangles (including squares), circles and triangles]- 3-D shapes [for example, cuboids (including cubes), pyramids and spheres]