Stage 4: Designing a healthy food product

Learning intentions:

- To design a healthy balanced meal
- To add together two two-digit numbers

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 ingredients to design a food flag pizza that they can sell in their British pizzeria businesses.

Materials needed:

- British food flag template

Presentation notes:

Slide 2: Introduction	- 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 3-10: 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 working either on their own or with a partner to make a British food flag pizza to sell in their British pizzeria. - They will use seasonal British toppings to make their pizza look like a British flag. - Give the children the choice about whether to follow the results of their market research or not. To reduce food waste, they should be encouraged to make a pizza using toppings that they like to eat.
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 vegetables 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 toppings that are in season.
Slide 13: Food flag pizza planning	- Give out the food flag design templates and ask the children to plan where they will put their chosen pizza toppings to recreate the British flag on their

	pizza.
Slide 14: Evaluating	- Once their designs are complete, challenge the children to think about whether their pizza design includes a good balance of food groups. - If not, can they suggest any food they could eat with it to make their meal more nutritionally balanced?
Slide 15: Shopping list	- Ask the children to write a shopping list of their chosen pizza topping ingredients.
Slide 16: Maths with meaning	- Explain that businesses need to keep track of their costs to ensure they continue to have enough money to keep going. - Give the children differentiated price list sheets involving the numbers you would like them to practise adding and model the addition method you would like them to use. - Ask the children to add up two ingredients at a time to find the total cost of the ingredients that they have chosen.

Links to the National Curriculum:

Subject	Topic	Objective
Science	Animals including humans	- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air). - Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
Design and Technology	Design	- 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	- Use the basic principles of a healthy and varied diet to prepare dishes.
Maths	Number- addition and subtraction	- Add and subtract numbers using concrete objects, pictorial representations, and mentally, including two-digit number and ones; a two-digit number and tens; two two-digit numbers; adding three one-digit numbers.