



## Stage 4: Designing a healthy food product

### Learning intentions:

- To design a healthy balanced meal
- To write instructions

### Stage overview:

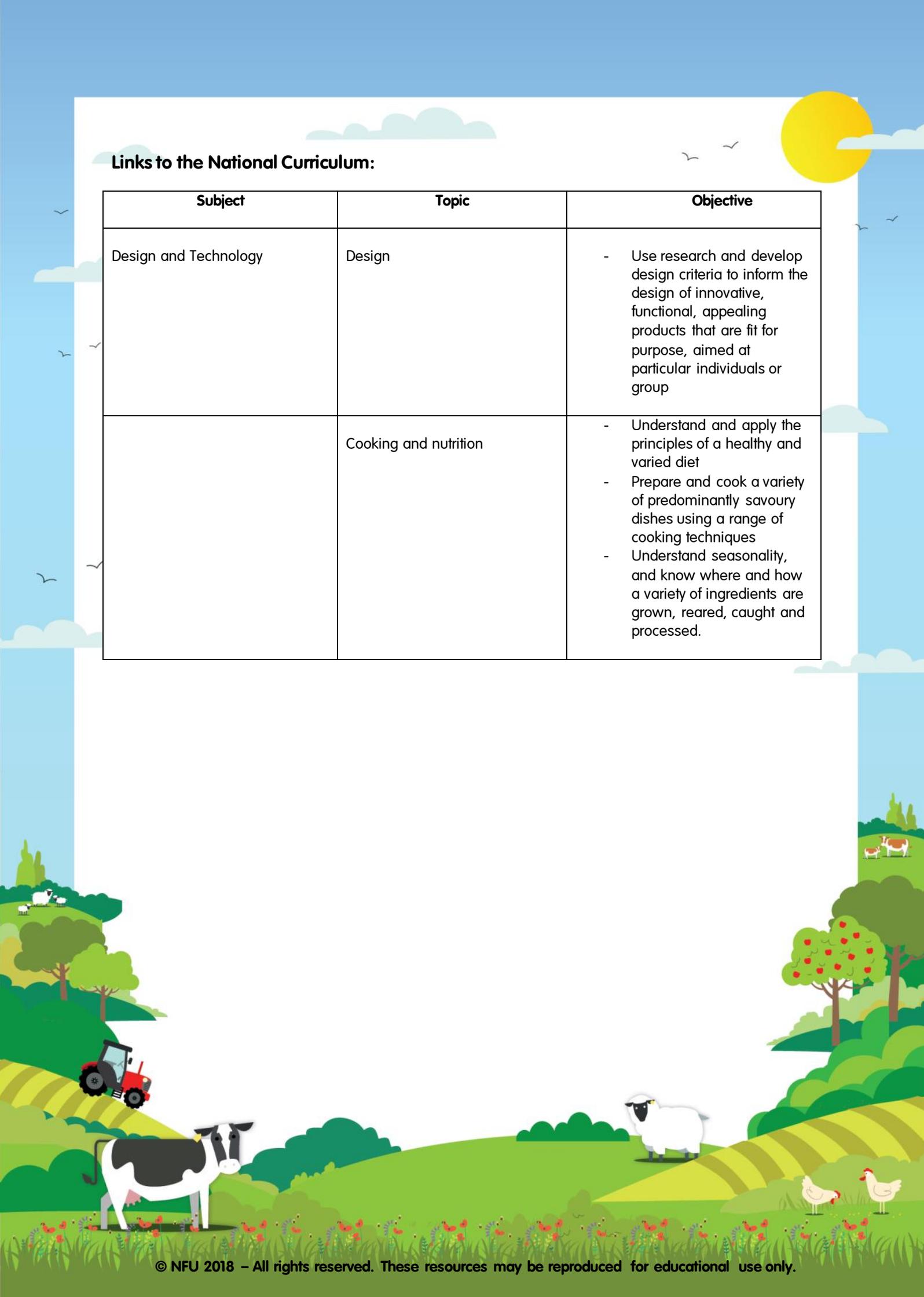
In this stage, the children think about eating healthily and the nutrients included in each food group. Using this learning, and inspiration from recipe books and the internet, they are then challenged to consider side dishes and sandwich fillings when designing a healthy balanced lunchtime meal that they could make using the food product they planned last lesson.

### Materials needed:

- Access to the internet
- Recipe books

### Presentation notes:

Slide 2: Introduction	<ul style="list-style-type: none"> <li>- 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.</li> </ul>
Slide 3-12: A healthy balanced diet	<ul style="list-style-type: none"> <li>- Discuss the British Nutrition Foundation's Eatwell guide and use the power point to learn about the different food groups that are important parts of a healthy, balanced diet.</li> </ul>
Slide 13: Introducing the task	<ul style="list-style-type: none"> <li>- In mixed-ability business groups, ask the children to brainstorm ideas for healthy fillings that they could add to their flavoured bread/ flatbread to create a new sandwich.</li> <li>- Share the basic bread or flatbread recipe that the children will be adapting and infusing with the flavours and ingredients they decided on last lesson.</li> <li>- Ask them to think about which nutritional requirements are not being met and think of some side dishes/ fillings that could be incorporated to turn it into a balanced meal.</li> </ul>
Slide 14-15: Features of instructions	<ul style="list-style-type: none"> <li>- Revise the features of instruction writing.</li> </ul>
Slide 16: Instruction writing	<ul style="list-style-type: none"> <li>- Explain that they will be writing a recipe card for the meal that they have planned.</li> <li>- Suggest that they could incorporate this into their advertising as a freebie to entice more customers to buy their product.</li> </ul>



**Links to the National Curriculum:**

Subject	Topic	Objective
Design and Technology	Design	<ul style="list-style-type: none"><li>- 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</li></ul>
	Cooking and nutrition	<ul style="list-style-type: none"><li>- Understand and apply the principles of a healthy and varied diet</li><li>- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li><li>- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</li></ul>