 **Threshold Concepts and Subject Progression**

**Technology**

**Year: 6 Unit Name: Diet and Nutrition**

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| **What do I need to know from previous learning?** |
| The safe use of a knife.  How to use basic kitchen equipment.  How to use the oven safely (grill, hob and oven).  How to prepare a range of fresh ingredients e.g. peeling, grating etc.  How to weigh and measure ingredients.  How the Eatwell Guide supports a healthy and balanced diet.  The different sections of the Eatwell Guide and how key nutrients from each section benefit the body.  Food hygiene (including how to wash up, dry and store equipment).  Food provenance. |
| **What do I need to learn? What do I need to remember?** |
| * Follow Food Safety and Hygiene rules in the kitchen * Use kitchen equipment, including the oven, grill and hob * Increase practical skills: boiling water, knife skills, marinading, creaming method and combining different foods * Prepare fresh ingredients e.g. proteins, carbohydrates and vegetables * Weigh and measure ingredients as per recipe requirements * Understand how a balanced diet and active lifestyle have a postivie effect on the body * Be able to adapt recipes by increasing vitamins and minerals and reducing sugar * Build upon awareness of social, cultural, moral and environmental issues * Have an understanding of food waste and the effects on the environment |
| **How can I extend this learning?** |
| Investigate key nutrients in greater depth.  Use shopping as an investigation task – product availability/season produce, packaging, provenance, weight.  Further reading (suggestions given) on how to decrease sugar in our daily diets.  Using the government sugar app to gauge the amount of sugar within food that is being consumed by the family. |