

Example D&T unit – Food: Eating Seasonally

Week	Week	Week	Week	Week	Week
Lesson 1: Food around the world	Lesson 2: Seasonal food	Lesson 3: Cutting and peeling	Lesson 4: Tasting seasonal ingredients	Lesson 5: Making a mock-up	Lesson 6: Evaluating seasonal tarts
To explain why food comes from different places around the world.	To explain the benefits of seasonal foods.	To develop cutting and peeling skills.	To evaluate seasonal ingredients.	To design a mock-up using criteria.	To evaluate a dish.

Intended outcome of the unit

Explain that fruits and vegetables grow in different countries based on their climates.

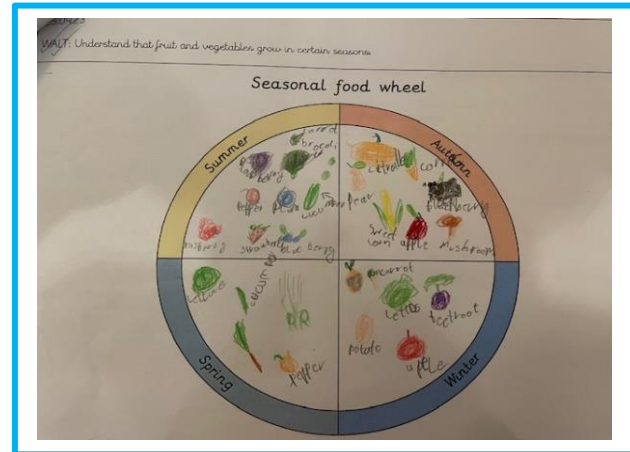
Understand that seasonal fruits and vegetables grow in a given season.

Understand that eating seasonal fruit and vegetables positively affects the environment.

Design a tart recipe using seasonal ingredients.

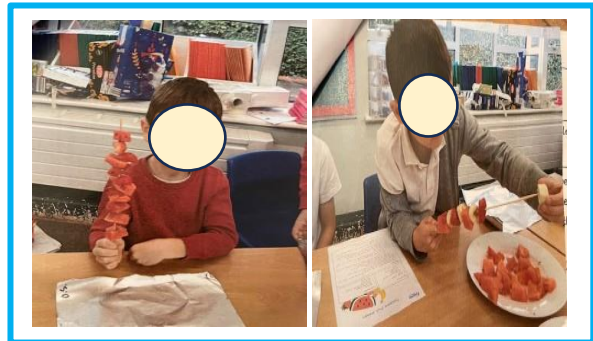
Lesson 1 and 2:

Children discovered that our food comes from different places around the world. Then, they created a seasonal food wheel to help them organise and understand which fruits and vegetables grow in certain seasons only.



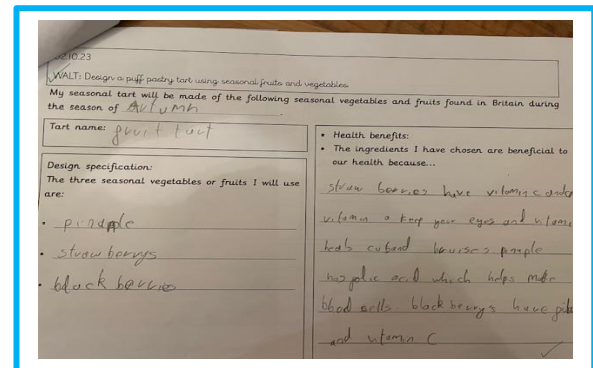
Lesson 3 and 4:

Next, children developed their cutting skills when preparing and making fruit kebabs, they learnt which fruits need to be peeled before eating and how to join and present different fruits together. Then, they tasted their creations which helped them with the evaluation of the seasonal ingredients.



Lesson 5:

Next, children designed a puff pastry tart (sweet or savoury) using seasonal ingredients that they had selected. They also had to think about the health benefits of the different fruits and vegetables which allowed them to use key vocabulary and become more aware of how different foods benefit their health.



Lesson 6:

Finally, children made their own puff pastry tart and then evaluated: what it looked like, tasted, the skills they have learnt in the process and what might they change next time.

