



Year Group	Year 5	Subject	Food	Taught in	Rotation 1
Title	Fruit and Veg				
Summary	Pupils understand the first third of the healthy eating plate in great detail. Understand the health benefits of fruit and vegetables and vitamins and minerals. Understand safety and hygiene. Develop basic knife, grating, mixing and baking skills. Classification of fruit and vegetables and where they come from.				
Theory & Nutrition	<ul style="list-style-type: none"> - Understand that vitamins and minerals do specific jobs in our bodies. - Understand hazards and identify them. - Physical, chemical and biological hazards. - Freya- classification of fruit and veg. 				
Products	<ul style="list-style-type: none"> - Fruit salad - Cous cous - Scones - Apple Crumble - Banana Muffins and Plain muffins. 				
Key Skills	<ul style="list-style-type: none"> - Knife skills, Bridge, Cats claw, Fork secure. - Grating skills. - Rubbing in method - Shaping and Baking - Stewing/ Use of the micro-wave - Use of the kettle - Making a batter mix 				
Design	<ul style="list-style-type: none"> - 4x4 designing, using tone (shade) and basic annotations. - Annotation: notes to highlight ingredients. - Think about the view and presentation. 				
Make	<ul style="list-style-type: none"> - Understand how to evenly mix fruit salad. - Understand how fruit juice stops fruit going brown (oxidisation). - Add boiling water to couscous and fluff with a fork. - Rubbing-in method for scones. Shape evenly and neatly. - Stew basically and use a microwave. - Make a batter mix for muffins, using a fork to mix. 				
Evaluate	<ul style="list-style-type: none"> - Reflect on what went well, students gather around work and discuss. - Two stars and a wish. One improvement action. 				
Extra-Curricular	<p>Activity: Farmvention Purpose: Develop understanding of fruit and vegetables, where these come from and how they are farmed. Develop own food products and farm equipment/machinery. Related Module: year 5 sow.</p> <p>Activity: KS2 Bake off Purpose: To develop creativity in cooking Related Module: Build on skills learnt in class and develop decorative skills.</p> <p>Activity: Lets get cooking club (Monday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p>				



Long Term Overview

Year 5 Food

Ferndown Middle School

Activity: Bake off club (Wednesday lunch)
Purpose: To build knowledge and enjoyment
Related Module: All modules

Activity: Food for thought chocolate making
Purpose: Develop healthy eating skills
Related Module: SOW 1