

Subject: Design Technology

Unit Title: Healthy Snacks

Learning Objectives and Aims:

- To support the development of personalised MAPP learning intentions within the context of this unit.
- To support the development of independent organisational skills: preparing space, collecting ingredients, resources, and utensils, wearing correct protective clothing, tidying up.
- To identify and recognise the main food groups that offer a balanced and healthy diet.
- To identify what key foods are within the food groups.
- To communicate ideas with others, to design and plan snacks for different occasions that are healthy and balanced.
- To follow a basic recipe, to develop kitchen, food preparation and cooking skills with increasing independence and create a snack.

Suggested Lesson Activities & Unit Coverage:

- ❖ Links to PSHE, Creative and Science units
- ❖ Routine established at the beginning and end of sessions to increase independence skills in basic food hygiene [hand washing, wiping down]; workspace preparation; dressing appropriately [hair up, apron on]; symbols/now & next, sign and text to collect ingredients and follow recipe/instructions; follow safety rules, tidy up.
- ❖ Snacks for different occasions- discuss and plan the term ahead as a class. Suggested occasions are- a picnic; a packed lunch; TV supper; Bonfire celebration; Diwali; a birthday party; a Christmas party. Snacks should be predominantly savoury when planning and designing a menu.
- ❖ Snack foods that are a repeated, staged and task analysis process will support skills development.
- ❖ Sandwiches: sandwiches with assorted healthy fillings e.g., tuna, egg, cheese, salad. Bread that is wholegrain/wholemeal – try out and sample different types. Make open rye bread sandwiches and explore sandwich options and varieties from other countries/regions e.g., Scandinavia, US. Toasted bread snacks including toasted sandwiches and varieties e.g., paninis, bagels and fillings.
- ❖ Soups: link to Humanities and cross curricular links to root vegetable Viking soups. Bonfire night, Diwali and TV suppers can include themed soups with different ingredients and spices/herbs. Diwali- dhal lentil curry soup; Bonfire night- butternut squash and pepper; TV supper of tomato soup; Hannukah- chicken noodle/dumpling broth.
- ❖ Exploring healthy snacks from around the world- Chinese Dim Sum; Japanese Sushi; Middle Eastern pittas; Indian tiffin lunch boxes.
- ❖ Cross-Curricular, mini-enterprise project of a fortnightly lunch option to sell to staff. Produce a menu, research staff interest and preferred options, costings, consider balance of healthy ingredients, complete an order form, advertise and produce posters and fliers, consider allergies and labelling food, devise and compile feedback forms.