ST LAWRENCE C.E. PRIMARY SCHOOL SUBJECT MANAGER OVERVIEW

SUBJECT: DT UNIT: Cooking CONCEPT: Diversity YEAR: 4

BIG QUESTION	How can I make a Spanish Vegetable Fajita?	
END OF UNIT OUTCOME	Make a Spanish Vegetable Fajita. 	
NC OBJECTIVES	• Understand and apply the principles of a healthy and varied diet. • Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.	
WEEK	KEY KNOWLEDGE	RESOURCES
1	Know that humans should eat 5 portions of fruit and vegetables a day. Know a human's diet consists of some carbohydrates (bread, rice and pasta) a small amount of protein (meat, fish, beans and pulsed) and dairy (milk, cheese, yogurts). Know that humans should eat a small amount of sugar. Know that vegetables and fruit contain lots of vitamins and minerals, which are good for the human body. Know that carbohydrates give your body energy to move. Know that protein helps to grow and supports our bones and muscles.	
RICH TASKS	Read information about the different types of food – where they can be found and the effects on the body. Review some menu choices and explain which are healthy / unhealthy and why.	Different menu choices
2	Know how to prepare a dish including savoury foods	

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RICH TASKS	Children plan their Spanish Fajitas. Children design their own menu, sharing the ingredients they are going to be using.	Examples of different menus
3	Know how to prepare a dish including savoury foods. Know the different skills to preparing food (chopping, grating, slicing and blending). Know the different ways of cooking food (boiling, frying).	
RICH TASKS	In groups, prepare the different vegetables. Focusing on the skills of cutting, grating and blending. Adults takes a group at a time to fry the vegetables. Once vegetables have been fried, children put together their fajita. Use avocado as a base and adding cheese as a topping. Children all sit and enjoy their fajitas.	Mushrooms Carrots Pepper Avocado Onion Tortillas Cheese Frying pan Knives Bowls
4	Know how to evaluate a product and the importance of this.	
	Review the Spanish vegetable fajita making process as well as outcome – what went well, what would you improve and do differently next time and why?	Evaluation template
5	Revision of key knowledge	
END OF UNIT OUTCOME	Make a Spanish Fajita. 	
BIG QUESTION	How can I make a Spanish Vegetable Fajita?	