

## Objectives

Pupils should be taught about:  
Cooking and nutrition

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

## In Context

This will be linked to the geography topic of why is it so cold? It will also embed further previous knowledge as the children will have studied the science topic of animals including humans. They will have learned about the importance of having a balanced diet, including understanding about the food groups. They will have also studied the importance of hygiene.

## Existing Products

Ice cream



a soft, sweet frozen food made with milk and cream and typically flavoured with vanilla, fruit, or other ingredients.

## Key Vocabulary

Balanced/varied diet	In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Eating 5 portions of fruit and veg per day, eat enough protein and dairy, not eating too much fatty or sugary foods. It's important that we eat these things in moderation.
Dairy	made from milk or having to do with milk products
ingredients	one of the things that are used to make a food, product
Hygiene	the things that you do to keep yourself and your surroundings clean in order to maintain good health
Food sources	A food source is the place where a food comes from; food comes from plants and animals eg. <ul style="list-style-type: none"> <li>• Milk, butter, cheese can come from cows.</li> <li>• Chips, wedges and fries come from potatoes.</li> <li>• Fruit and vegetables come from different types of plants.</li> </ul> From source to plate – in order for us to get food, we need to grow it, raise it or catch it.

## Designing

You will need to think about what you have found out about current ice cream products, using the reviews you wrote about the ice cream you tasted. As part of the design process, you will sketch and label different ideas and make an ingredients list. You will also plan the main stages of making using a recipe.

## Making and Evaluating



- Does your ice cream look appealing?
- Is the taste enjoyable?
- What did you find challenging?
- What would you change if you were to make it again?