

Design Technology Year 4 Omelettes Spring Term

Prior Learning-children will have: *learned to use utensils to cut, peel, spread, grate and juice. They will have some understanding of food hygiene. They have encountered the Eatwell Guide.*

Cross Curricular Links – PE – Keeping healthy Geography – Where on earth are we – Where food comes from

Meet a famous chef!

Gordon Ramsay is a famous British chef who owns dozens of restaurants all over the world, which have earned a total of 16 Michelin stars- a special, rare award given to really good chefs! He is well known as a TV chef, but he also creates lots of recipes too.



- 1. TWAL: to understand a design brief**
- 2. TWAL: the components of a healthy diet**



We will be given a design brief of creating a delicious omelette for the teachers in Yr R to try because they are bored of their breakfast – they need a filling, healthy and nutritious breakfast as they are always outside! We will recap a balanced diet (Eatwell Guide), and look at a range of ingredients, identifying their health benefits. We will talk about the food groups and identify which ones could be part of our recipe

- 3. TWAL: about where our food comes from.**
- 4. TWAL: about what flavours we might use in our omelette.**



We will find out how a variety of ingredients used in products are grown and harvested, reared, caught and processed e.g. Where and when are the ingredients grown? Where do different meats/fish/cheese/eggs come from? How and why are they processed?
Flavours are important when generating meal ideas. We will look at some recipes that already exist, and then do a taste test to investigate what we might like to include in our own omelette, thinking about flavour, texture, aroma, and appearance. We will take notes on our thoughts about each ingredient.

- 3. TWAL: To plan a nutritious omelette**
- 4. TWAL: Carry out market research**

We will carry out market research with the Year R team to find out likes and dislikes. Now we have tried a range of flavours, we will plan our omelette, considering whether the ingredients we have chosen are healthy and will contribute towards a balanced diet. We will consider how we intend on presenting our ingredients to make sure our omelette is visually appealing. We may want to include seasoning in our omelettes. Our ingredients should include utensils such as a baking tin to cook a healthy omelette, a heat safe spatula to lift the omelette and a whisk to mix the egg.

Market Research tells us what the consumer wants before we plan.



5. TWAL: how to cook using heat safely

We will recap basic food hygiene practices when handling food, and build our knowledge of how to safely heat raw food. We will discuss the importance of following instructions to control risk e.g. What should we do before we work with food? Why is following instructions important?



Some foods need to be heated to make them edible. *Some raw foods can cause food Poisoning.*

5. TWAL: To cook an omelette using a recipe.

We will create our omelette using the oven. We will start by collecting the correct ingredients together. Next, we will ensure we weigh out the ingredients according to our plan and amend our plans if we think our weights are too much/too little. We will follow the instructions we developed in lesson two, to ensure that we are safe and hygienic. We will take photos to document our final omelette. We will recap our knowledge of safe cutting from previous years



We need to use correct safety measures when using kitchen appliances

6. TWAL: To evaluate our omelette against a design specification.

We will evaluate our smoothie and decide what we liked, what skills we have learned and what we will improve next time. We will compare with a hob cooked omelette as part of our evaluation



Item	Amount	Unit	Preparation Method	Notes
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Great chefs can evaluate food describing texture, taste, appearance and aroma!

Words we will know!

