



Year 6 – Food and Nutrition

Design and Technology

How can I research, design and make a Mayan inspired meal?

Design Brief

To design, make and evaluate a two-course meal inspired by the Maya.

Key Vocabulary

maize	A Central American cereal plant that yields large grains (corn or sweetcorn) set in rows on a cob.
refrigerate	To preserve food by lowering the temperature to stop bacteria growing on it, without freezing it.
additives	Food additives are substances added to food to preserve flavour or enhance taste, appearance, or other sensory qualities
ratio	The quantitative relationship between amounts.
agricultural produce	The products/foods obtained from farming.
staple diet	A food that is eaten routinely and in such quantities that it constitutes a dominant portion of a standard diet.

Key Skills

- Weigh and measure ingredients using scales.
- Choose the correct equipment for the task.
- Adapt a recipe in terms of taste, appearance and texture of a food.
- To shape/slice ingredients into the required shape.
- Ensure food looks inviting to eat.
- To understand the nutritional value of different foods.
- To understand food origins.

What I Should Already Know

- A healthy diet includes a balance of proteins, carbohydrates, fruit and vegetables.
- Food can be grown, caught or reared.
- Recipes can be adapted by using different ingredients.
- Ingredients must be measured accurately.
- How to peel, chop, slice and mix
- Knives must be carried pointing downwards with a firm grip on the handle.
- Peelers and graters are sharp. Keep fingers away from the sharp edges.
- Use oven gloves when removing items from the oven and always do this with an adult.





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Key Information

- Healthy eating is important for many reasons, including fuelling your body, acquiring necessary nutrients and promoting optimal mental and physical well-being.
- There are lots of different Maya foods. Most of the Maya food was grown in the fields or gardens. Maize was the central food in their diet.
- Cocoa beans were also an important part of the Mayan diet, although limited to use as a luxury item. Consumption of chocolate in the Mayan society was mostly limited to the nobility class.
- The ancient Mayans used the cooking methods of boiling, grilling, and roasting extensively to process food, especially meat.
- Many Maya foods are still prepared and eaten today. Several of the staple foods, such as maize, tomatoes and avocado are still consumed regularly in countries like Mexico where the Maya at one time ruled large regions.

Links to other Learning

- History - Mayans
- Food is mainly taught through:
 - Design and technology: Cooking and nutrition, all year groups
 - Science
 - Personal, Social, Health and Economic education (PSHE)
- English - instructions
- Healthy Schools week

Key Questions

- Appearance/aesthetics - how will your final product smell, taste and feel?
- Cost - what research did you undertake beforehand?
- Customer - who is your target market? Did your research inform your choices when making?
- Environment - are any ingredients or stages in production good or harmful to the environment? Was the food that you used impacted by seasonal availability?
- Size - portion - how big or small will it be?
- Safety - will it be safe to be eaten by everyone? Where/how can your food be stored/preserved?
- Function/purpose - what nutrients will it provide? How do you know that your food is healthy?
- Materials - what ingredients will you need?
- Manufacture - What techniques did you use when producing your food? How could you adapt your food if making it again in the future?

