



Year 5 – Food and Nutrition

Design and Technology

How are healthy snacks designed and packaged?

Design Brief

Design, make and evaluate a delicious healthy snack for busy working people that can be purchased and eaten quickly. Your snack must also be packaged appropriately.

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.
- On packaging note nutritional information using a version of a traffic light system.

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.

Key Vocabulary

dried fruit	Dried fruit is fruit that has been preserved by being dried. Often currants, raisins, sultanas (kinds of dried grapes).
preserved	To treat (food) to prevent its decomposition.
seasonal	Relating to or characteristic of a particular season of the year.
locally available	Can be sourced locally- not needed to be imported/transported across long distances.
combine	To come or bring into union by mixing something together.
evenly distributed	To be fairly shared/spread out.



Examples of food packaging

Key Information

- Healthy snacks often include nuts, raisins, dates, cereal and yoghurt. They may often include some dried fruit.
- Whilst dried fruit is higher in sugar content than fresh fruit, due to the reduced water content and more concentrated nature, they are also very nutritious when enjoyed in moderation.
- Dried fruit is very high in glucose, fructose, and sucrose, which is an immediate source of energy, making them the perfect pick me up if you're feeling low.
- The packaging of snacks is important because it needs to show a visual of the finished product to increase its appeal. Packaging may be made of more natural materials, such as cardboard. Information regarding the ingredients, nutritional information and allergies should also be included.

Links to other Learning

- History - Victorians
- English - Instruction writing
- Food is mainly taught through:
 - D and T: Cooking and nutrition all year groups
 - Science
 - Personal, Social, Health and Economic education (PSHE)
- Healthy Schools Week

Key Questions

- Appearance/aesthetics - how will your product look, smell, taste and feel? What are the features of appealing food packaging?
- Cost - how much money would your product cost to buy?
- Customer - who is your target market?
- Environment - are any ingredients seasonal?
- Size - how big or small will it be? How are ingredients accurately measured/weighed?
- Safety - will it be safe to be eaten by everyone? What skills are important when working with food?
- Function/purpose - what nutrients will it provide?
- Resources - what ingredients will you need?
- Manufacture - How does a recipe help the user? How might you adapt the recipe in future?

