

Great British Dishes : DT : Year 5/6

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To learn about and make some national English savoury dishes	In this first lesson, children will develop their understanding of what a national dish is. They will explore some national savoury dishes of England, looking at the origin of each one and discussing how healthy it is. In their independent activities, children will follow a recipe to cook a cottage pie, or in the alternative activity, they will sample and then plan their own ploughman's lunch.	<ul style="list-style-type: none"> Do children know the origins of some traditional English savoury dishes? Can children cut and chop vegetables safely? Can children combine ingredients and follow a recipe? 	<ul style="list-style-type: none"> Slides Cooking Safely Sheet Peeling, Grating, Chopping and Mashing Sheet Cottage Pie Recipe Card A/B Ploughman's Lunch Information Sheet (FSD? activity only) Taste Test Recording Sheet (FSD? activity only) Ploughman's Lunch Design Sheet (FSD? activity only)
Lesson 2	To know about and make some traditional English sweet dishes	Children will explore some national sweet dishes of England. They will focus on how healthy each one is, and learn about the RDA (Recommended Daily Allowance) values for sugar. They will look at seasonal fruits as a natural source of sugar for ingredients of desserts. In their independent activities, children will either make a fruit crumble, or research and then design their own Eton mess dessert.	<ul style="list-style-type: none"> Can children name some English desserts? Do children understand their RDA for sugar and how to identify the sugar content on food packaging? Do children understand the seasonality of different British fruits? 	<ul style="list-style-type: none"> Slides Cooking Safely Sheet Peeling and Cutting Methods Card Fruit Crumble Recipe Card A/B/C Eton Mess History and Recipe Sheet (FSD? activity only) Eton Mess Challenge Cards (FSD? activity only) Design Sheet (FSD? activity only) Seasonal Fruit Chart (FSD? activity only)
Lesson 3	To learn about and make some national Scottish dishes	In this lesson, children will find out how oats, a staple crop in Scotland, are grown, harvested and processed. They will then explore some of the national dishes of this country which include oatmeal as an ingredient. In their independent activities, children will design sweet and savoury toppings for oatcakes, or follow a recipe to make shortbread.	<ul style="list-style-type: none"> Do children know how oats are grown, harvested and produced? Do children know some traditional Scottish dishes and their main ingredients? Can children design/follow a simple recipe? 	<ul style="list-style-type: none"> Slides Teacher Suggestions Sheet Oatcake Topping Design Sheet A/B/C Request Cards Shortbread Recipe Sheet (FSD? activity only)
Lesson 4	To learn about and make some national Welsh dishes	Children will learn about the importance of sheep farming in Wales, and how this has led to lamb becoming a popular ingredient in a lot of Welsh food. They will look at a range of popular dishes from the country. In their independent activities, children will choose ingredients for their own Welsh rarebit muffins. Alternatively, they will learn more about a year in the life of a sheep farmer.	<ul style="list-style-type: none"> Do children know some traditional Welsh dishes and their main ingredients? Can children give their opinion of different ingredients? Can children follow and adapt a given recipe? 	<ul style="list-style-type: none"> Slides Welsh Rarebit Muffin Recipe Sheet Worksheet 4A/4B/4C Sheep Farming Information Sheet (FSD? activity only) Sheep Farming Picture Cards (FSD? activity only)
Lesson 5	To learn about the influences of and similarities between cuisines from other countries	Children will explore how and why the cuisines of other countries have influenced British dishes over the years, with a focus on Anglo-Indian food. In their independent activities, they will research how other countries around the world have influenced British cooking, or have similar dishes. In the alternative activity, children make the Anglo-Indian inspired recipe of Coronation chicken.	<ul style="list-style-type: none"> Do children understand what 'cuisine' means? Do children understand that the cuisine of different countries can influence and be similar to each other? Can children research, record and share their knowledge? 	<ul style="list-style-type: none"> Slides Cuisines of the World Information Sheets Question Cards Influences and Similarities Sheet Cuisine Challenge Cards Coronation Chicken Recipe Sheet (FSD? activity only)
Lesson 6	To know how to plan and shop for a meal	In this final lesson, children will first learn about the shelf life of different products, and find out the difference between 'best before' and 'use by' labels. They will then look at the steps that need to be taken in order to plan and shop for a specific meal. In their independent activities, children are challenged to plan a meal that they think represents great British food. Alternatively, children are challenged to create an artwork that they feel represents great British food.	<ul style="list-style-type: none"> Do children understand that different food products have different 'shelf-lives'? Do children understand how to plan and cost a meal? Can children give general kitchen health and safety advice? 	<ul style="list-style-type: none"> Slides Worksheet 6A/6B/6C Recipe books (optional) Challenge Cards (FSD? activity only)