

D&T primary

Instant CPD

Tips for teachers

- ✓ When choosing bought products to evaluate, choose some with simple fillings (such as cheese) and others with more variety (such as bacon, lettuce and tomato). Include some with fillings from a variety of cultures.
- ✓ Children may need help to develop design criteria for their product. You can model this by discussing what the design criteria may have been for an existing product that the children have previously evaluated before encouraging them to create their own.
- ✓ If you grow edible plants in the school grounds such as herbs, lettuce or tomatoes, encourage the children to use these in their food product. When possible, use some ingredients which are seasonal and locally sourced.
- ✓ It is advisable to have additional adult support when children are learning to prepare ingredients.
- ✓ Use a range of fresh and processed ingredients.
- ✓ Some ingredients can be cooked using a heat source with adult supervision to introduce children to techniques such as boiling an egg or roasting a pepper.
- ✓ Hygiene: tie long hair back, wear aprons, cover cuts with blue plasters and wash hands thoroughly with soap and dry with a paper towel. More details on www.foodafactoflife.org.uk.
- ✓ Homework idea 1: Ask children to collect pictures of related food products from magazines etc. Research which similar products are used around the world.
- ✓ Homework idea 2: Ask members of the children's family which is their favourite lunch snack and why.

Useful resources at www.data.org.uk

- [Dips and Dippers](#)
- [Super Salads](#)
- [Sandwich Snacks](#)
- [Soups - Celebrating culture and seasonality](#)

Other useful web-based resources:

- www.foodafactoflife.org.uk
- <http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx>



Skills and techniques



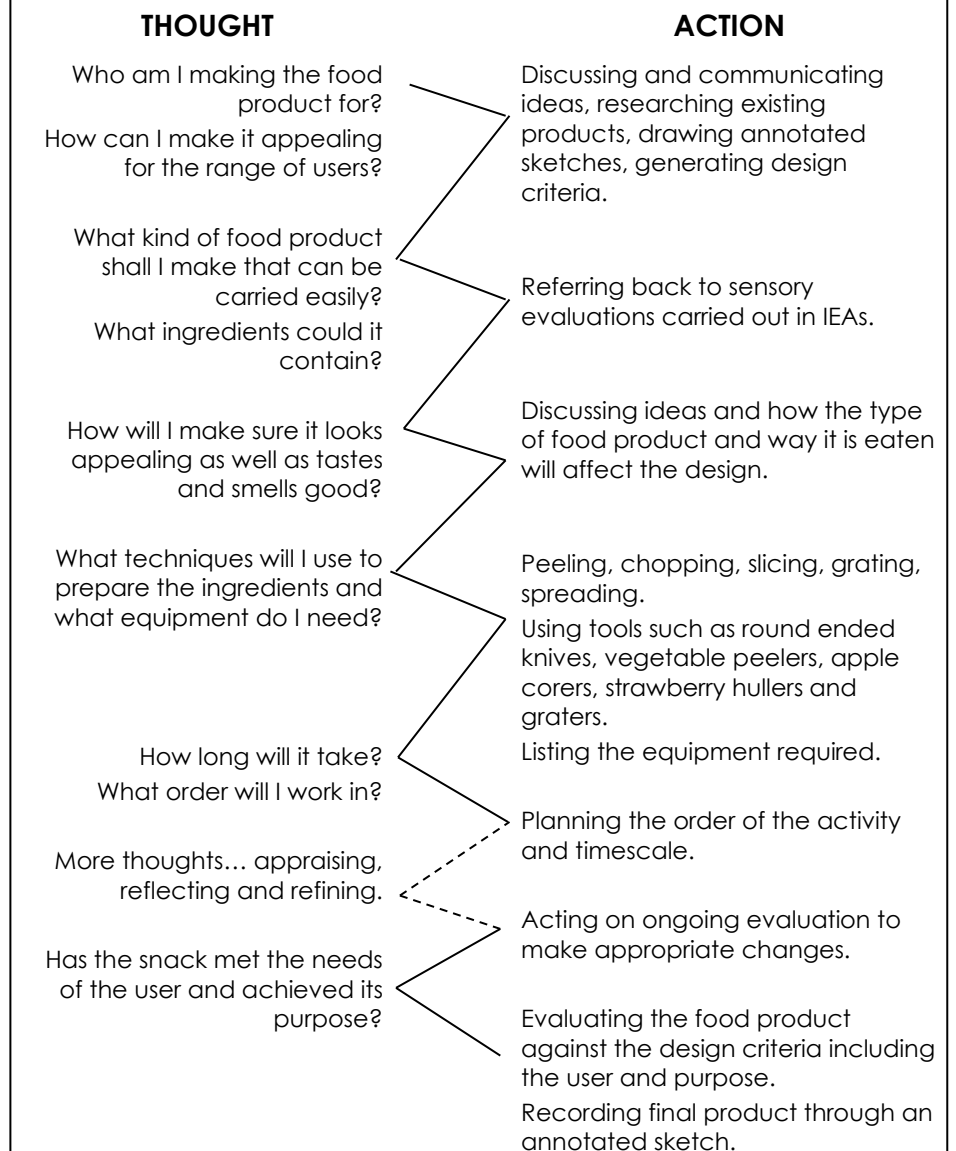
Investigating and Evaluating Activities

Children can analyse existing products related to their project using sensory evaluations and record their results in a table. Explain that tasting is not the same as eating. Provide kitchen towel so children can spit out food they do not like. Provide water to cleanse palette between tasting products.

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1					☹️	😊	😄
2							
3							
4							
Word bank	Colourful Dark/pale Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

Designing, making and evaluating a bread-based product with a filling for lunch, such as a wrap, a sandwich, a roll, a blini or a toastie

An iterative process is the relationship between a pupil's ideas and how they are communicated and clarified through activity. This is an example of how the iterative design and make process *might* be experienced by an individual pupil during this project:



Glossary

- **Appearance** – how the food looks to the eye.
- **Texture** – how the product feels in the mouth.
- **Sensory evaluation** – evaluating food products in terms of the taste, smell, texture and appearance.
- **Preference test** – trying different foods and deciding which you like best.
- **Strawberry huller** – tool to remove the stalk and leaves from a strawberry.
- **Processed food** – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.