



RATIONALE:

Obesity and related health problems is one of the biggest modern day issues facing the NHS. We all have a personal responsibility to take care of ourselves but we need to be equipped with the knowledge and know-how in order to make the best decisions about the fuel we consume to keep ourselves healthy. Our Love Food journey will explore the science behind eating, including the role of the teeth, the digestive system, food groups and planning a healthy diet. We will also explore the environmental impact of what we eat and look at how eating seasonally can have a positive effect on the environment. Building on the learning in year 2 around health and hygiene and making healthy eating choices, children will create a small, non-profit making pop up restaurant for the staff, using healthy, locally sourced raw produce working within economic constraints. They will draw on their understanding of money and finances developed through their charity event in year 3 to help design a profit making business. By doing this, we are aiming to convince both ourselves and the adults that it is entirely possible to create healthy meals from scratch without it costing a lot or taking a lot of time...bring on the BFS Food Revolution!

English
Science
DT (Food)

We VALUE creativity

We will develop creativity through encouraging pupils to respond dynamically to purpose and need. For example, when investigating recipes, pupils will be encouraged to generate ideas about how cheaper or more seasonal substitutions for ingredients can be made. They will also be encouraged to evaluate menus and recipe cards to ensure that they are achieving the specified purpose and make edits where needed.

We VALUE Respect

We will develop respect through teaching pupils that decisions that they make today about how they take care of their bodies through fuelling will have an impact on their future. We will also encourage respect for the environment through exploring the environmental impact of what we eat and understanding that we can make decisions that make a difference!

We VALUE Independence

We will develop independence through encouraging pupils to plan effectively and make decisions about prioritising when preparing to run the café. They will be encouraged to develop good time management while running the café by making decisions about who has responsibility for which role in the café.

CHALLENGE: To persuade the staff that it is possible to make healthy food choices quickly and cheaply

OUTCOME: A popup café for staff

STEPS TO SUCCESS:

We need to think here about what they are learning rather than what they will be doing.

- Understanding the function of the different teeth
- Learning about the digestive system
- Looking at the different food groups and exploring the principles of healthy eating and a balanced diet
- Researching the "food story" behind some different foods – how do they get from farm to fork?
- Understanding the concepts of seasonal and local and their importance when sourcing their ingredients
- Carrying out a survey to find out what foods staff would like to eat
- Shopping for, preparing and cooking a range of savoury and sweet recipes
- The use of expanded noun phrases
- Writing a recipe for a specific audience
- Preparation for the running of our restaurant including preparing menu cards, advertisements, recipe cards
- Speaking and listening with confidence ready for customers at the restaurant

EVALUATION:

- What did you learn in the scientific, technical and literacy elements of the topic?
- Is there anything else we could have learned? Is there anything we could have left out? What do you know now that you didn't know before?
- Which parts of the topic did you learn the most in? Which parts could have been approached differently?
- How well did we use the values?
- What should next year's Year 4 do differently?

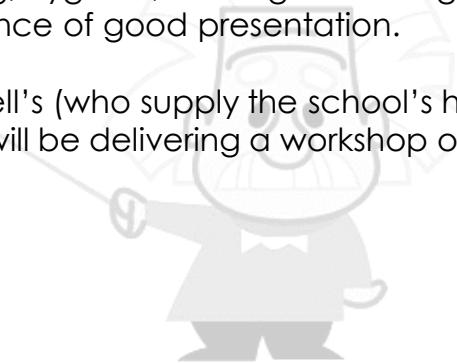
VISION FOR QUALITY

Published menu for customers
 Communication with eye contact and confidence
 Restaurant ambience created
 Kitchen and dining hygiene meets standards
 Local, seasonal sourcing of ingredients
 Food presented well on the plate
 Food served hot!
 Tried and tested recipes to ensure tasty food
 Written communication between waiters and chefs to avoid ordering errors
 Attentive service during the meal and when settling the bill

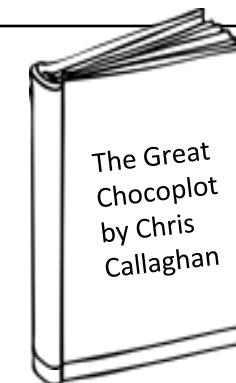
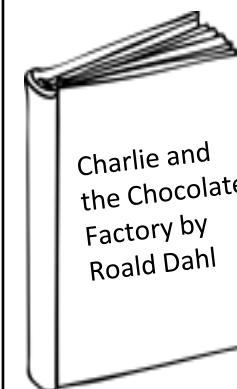
EXPERT CONSULTATION:

A local chef will visit near the time of outcome to advise on planning a menu, food preparation and handling, hygiene, dealing with allergies and the importance of good presentation.

Chartwell's (who supply the school's hot school meals) will be delivering a workshop on balanced diets.



QUALITY TEXTS:



Learners will collect data about food preferences and gain an understanding of their target market before planning, shopping and preparing menus.

Learners will manage a budget and shop locally for their produce

They will decide on appropriate costings for meals so that we break even on what has been spent.

Learners will practice scenarios to prepare them for their roles as waiting staff in the café and help to prepare the environment, take orders, deliver food and clear away in an appropriate fashion.

REHEARSAL FOR LIFE

COMMUNITY IMPACT:

Learners will convince staff that it is cheap, quick and easy to prepare healthy meals at home from scratch rather than relying on shop-bought ready-made and processed foods. Staff will be given menu and recipe cards for the meals that they eat, which will give our adults the knowledge they need to make the meals for themselves at home. They will also remind staff of the importance of eating seasonally where possible to cut down on the environmental impact of eating food that comes from abroad.

LEARNING BEYOND SCHOOL:



Take a look through your cookery books together at home and have a go at making something new.

Look out for the country of origin, the Red Tractor Mark and other indicators of where food comes from when out shopping. Try to buy local where possible!

Try encourage young ones to try new fruit and vegetables. What about adding one new fruit or veg to the weekly or monthly shop?

Do you know anyone who has an allotment? A small-holding perhaps? Or maybe it's time to get back out into the veg patch in preparation for the coming seasons! Take them shopping locally; ask the butcher or grocer some questions.

Try growing something to eat yourselves!

DISCRETE LEARNING:

Maths: Rounding to the nearest 10, 100 and 1000, solving practical and number problems, addition and subtraction and related vocabulary, solving two-stage word problems involving addition and subtraction, checking answers using inverse operations, times table recall development (ongoing)

PE: **Develop flexibility, strength, technique, control and balance**
Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

ICT: Pupils will create professional looking menus for our café using Microsoft Publisher

OBJECTIVES

The National Curriculum 2014 objectives can be found on our website <http://fluencycontent2-schoolwebsite.netdna-ssl.com/FileCluster/BroadstoneMiddleSchool/MainFolder/first-school/Curriculum/KS1-OVERVIEW-OF-OBJECTIVES-YEAR-2.pdf>