

Staying Healthy

A healthy & varied diet

W/C: 11th May 2020



This week's non-core topic is all about staying healthy by making a tasty side dish! You will be applying the principles of a healthy and varied diet. With adult support, you're going to be weighing ingredients and keeping time to make sure that your tasty dish doesn't burn. Your skills will involve peeling, slicing, grating and mixing food whilst making sure you do all of this hygienically! Let's get cooking, Year 4!

Subject: Design & Technology Lesson 1

Activity Outcome: Design Criteria

Explain: Before making any product, including food, it's important to come up with a set of design criteria. In other words, what does your 'thing' have to do or have in order to be a success? What needs to happen for the product to be appealing?

The side dish that you are going to be making is called 'Mediterranean Potatoes,' with a bit of a twist!

Before starting, read the recipe on Page 2 and then complete the Design Criteria on Page 3.

Subject: Design & Technology Lesson 2

Activity Outcome: Planning and Ideas

Explain: Read the recipe again carefully; the recipe is on page 2. This recipe will tell you exactly what you will need to make the Mediterranean Potatoes.

Now that you have a clear idea about what to do, make a plan on Page 4

Subject: Design & Technology Lesson 3

Activity Outcome: Making

Adult help and supervision is essential.

Explain: Use the recipe on page 2 to make your Mediterranean Potatoes! We would LOVE to see how you get on making them! Please take lots of photos and either tweet them to us

@FeatherstoneSch

@FeatherstoneYr4

or email Mr. Douglas and he will put them in next week's newsletter

n.douglas@feathstn.bham.sch.uk

Eat and enjoy!

Subject: Design & Technology Lesson 4

Activity Outcome: Evaluating

Explain: Now that you have made and eaten your Mediterranean Potatoes, complete the evaluation on page 5.

Evaluating is an important part of the Design and Technology process because it helps you to celebrate your successes and be even better next time!

Recipe for Mediterranean Potatoes (serves 4 people)

Mediterranean Potatoes are a great side dish to have with many meals, including fish, steak, chicken or even at a barbeque! Follow this recipe step-by-step for a great-tasting, mouth-watering complement to any meal!

You will need

- 6—8 large red potatoes
- 150g of cheese (grated)
- 12—15 cherry tomatoes
- Black pepper
- Butter or margarine

Method



- 1) **Hygiene Prep 1:** Wash your hands for 20-30 seconds with warm, soapy water.
- 2) **Hygiene Prep 2:** Spray down the sides and area that you will be working in with anti-bacterial spray.
- 3) Peel your red potatoes, removing all of the skin.
- 4) Carefully chop your peeled red potatoes into slices that they are approximately 1/2cm thick (maximum). If your potatoes are too thick, they won't be nice and soft when cooked.
- 5) Chop your cherry tomatoes into halves or quarters.
- 6) Grate your cheese (be careful not to scrape your knuckles or fingers)!
- 7) Put a small blob of butter into a large, deep dish that is microwave and oven proof.
- 8) Put your chopped red potatoes into the dish, a few at a time, building up layers.
- 9) On each layer, put a small blob of butter, a sprinkling of cheese, a sprinkling of black pepper and a few of your tomatoes.
- 10) Cover your dish of potatoes with clingfilm (loosely) and pierce a few times.
- 11) Put your dish into the microwave for 20minutes.
- 12) Turn your oven on to heat to 180°C (gas mark 4).
- 13) Take your potatoes out of the microwave (be careful—the dish will be hot). Remove the clingfilm (again, be careful as steam will come out from the dish) and bin the clingfilm. Place the dish of potatoes into a pre-heated oven for 8—10mins.
- 14) Serve and enjoy!

Lesson 1 Design Criteria

What does your Mediterranean Potatoes dish need to have and be like in order to be successful? List them here (I have done one for you to get you started). Try to think about looks, taste, smell and texture when listing your criteria.

Design Criteria	Why?
My potatoes need to look nice in the dish and be well-presented.	Food that looks horrible, messy and sloppy will mean that people might not want to

Lesson 2 Planning

Draw and label a plan of what your potatoes will look like. Make sure you are careful to show all of the ingredients in there and maybe what you plan on serving the potatoes with.

Lesson 4 Evaluation of my Mediterranean Potatoes

Copy your design criteria into this table below in order to help you evaluate your potatoes.

Design Criteria	Evaluation—how good/successful was this
My potatoes need to look nice in the dish and be well-presented.	