

Year 5 Food

If you are working on this booklet it means we aren't at school for a while. The work inside is based on the skills we have been working on in food.

Try your best to have a go at all of the activities. Some of them you may find a little bit tricky but have a go and see what you can do.

If you need any help you can always email me and I will reply as soon as I can.

Miss Ashby

LO: To know what foods should be eaten and in what quantities to have a healthy diet.

MUST: Know that the eatwell guide shows how much of different groups of foods you should eat.

SHOULD: Be able to place foods in the correct sections of the eatwell plate. Know what types of

COULD: Explain why different foods are healthier to eat. Be able to explain why foods would be suitable for a healthy lunch box.



Using the information above answer the following questions.

1. How many portions of fruit and vegetables should you eat a day?

2. What type of bread, pasta and rice should you choose?

3. How many portions of sustainably caught fish should you eat a week?

4. Why are crisps and chocolate on the outside of the plate?

5. How many glasses of drink should you have a day?

6. How much fruit juice should you have a day?

Draw or write the names of the foods below in the correct sections of the plate.



Can you add any of your own foods onto the plate?



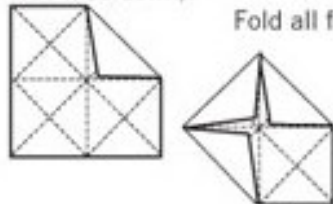
1. Cut out the square. Turn the printed side face down. Fold and crease the square along each diagonal (corner to corner).



The folds cross at the centre of square.

Make the corners meet exactly and the folds sharp

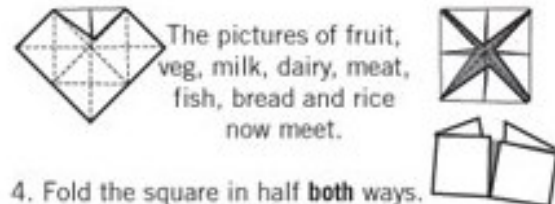
2. Open out and lay flat (still with the printed side face down).



Fold all four corners into the exact centre.

The numbers now meet at the centre.

3. Turn the square over so that the numbers face down. Fold all four corners into the centre.



4. Fold the square in half both ways.

5. Open out the flaps and put your fingers or thumbs into each compartment.

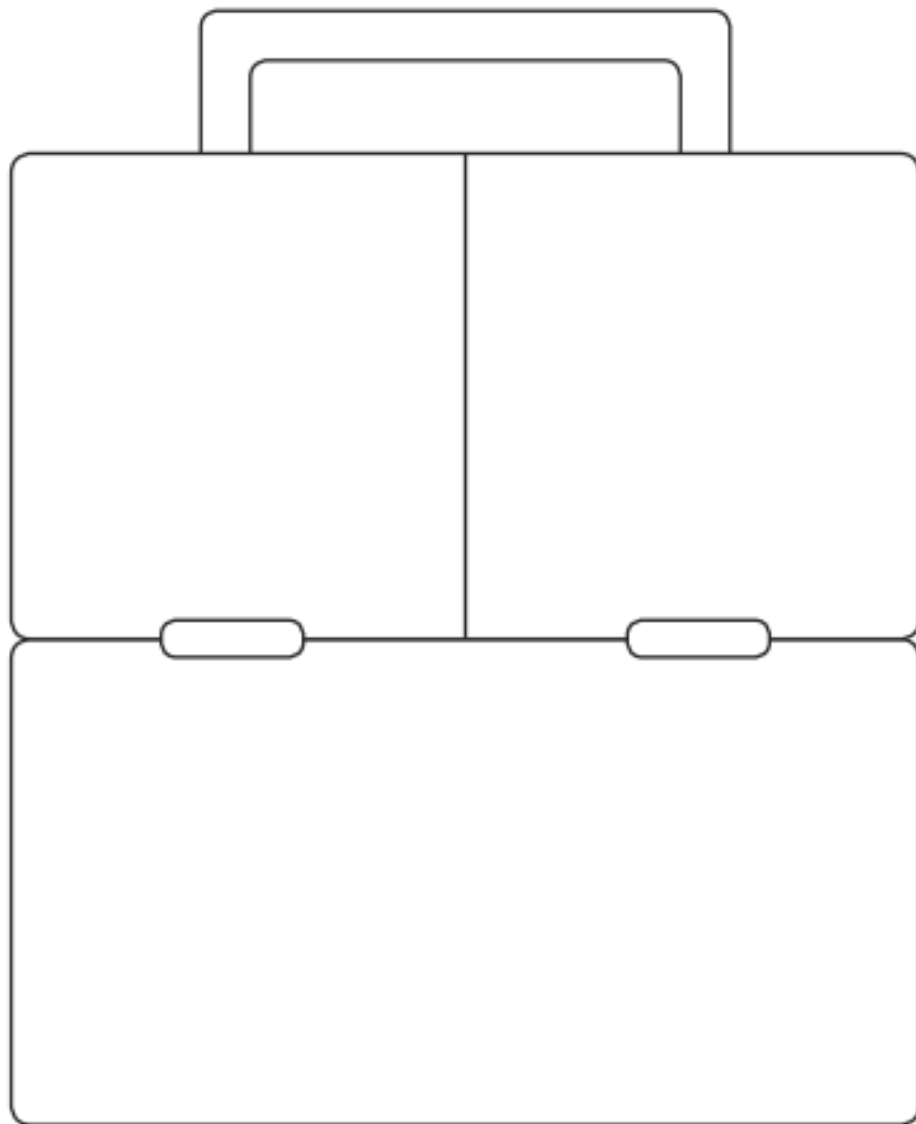
6. Ask a friend to choose a number on the outside. Spell out the number, letter by letter, as you snap in and out.

7. Open the snapper and ask them to pick one of the four words shown. Snap-spell, as above.

8. Ask them to pick **another**. Open that flap and read out the **question**.



Healthy Eating Lunchbox



Add food to design your own healthy lunchbox.

Below are some images of food to help you.



1. What foods have you included from the carbohydrates section? Do these make up around 1/3 of the food?

2. What fruit and vegetables have you included? Do they make up around 1/3 of the food?

3. What have you used in the place of crisps, chocolate and cake? Why are these healthier options?

4. What drink have you included? Is it a healthy option? Why?

5. What foods have you included from the protein group?

LO: To be able to make and evaluate fruit kebabs.

MUST: Be able to use the bridge and claw technique cut up the fruit safely and thread it onto the kebab sticks. Be able to use some words to describe the finished fruit kebabs.

SHOULD: Be able to use the bridge and claw technique to cut up the fruit into regular sized pieces. Be able to use a range of sensory words to describe the fruit kebab. Identify what went well and

COULD: Use the bridge and claw technique to cut even sized pieces. Explain what went well and how you could improve. Use a wide range of sensory words.

Fruit Kebabs

Ingredients

Strawberries
Melon
Pineapple
Kiwi
Blueberries
Grapes



It doesn't have to be all of these fruits, it can be any fruits you have at home.

Method

1. Peel the melon and kiwi.
2. Using the bridge and claw method cut the fruits into cubes.
3. Thread the pieces of fruit onto the kebab sticks.

The bridge hold



The claw grip



Evaluation of Fruit Kebabs

What went well	
Even better if	
Describe the appearance (what it looks like)	
Describe the aroma (what it smells like)	
Describe the taste	
Describe the texture (what it feels like in your mouth)	

LO: To be able to make and evaluate chocolate crispy cakes.

MUST: Be able to use the hob safely, to be able to combine the ingredients so they set together.

SHOULD: Be able to weigh the ingredients accurately, be able to combine the ingredients so all the dry ingredients are covered. Be able to use a range of sensory words to describe the chocolate crispy cakes. Identify what went well and where you could improve.

COULD: Have equally sized cakes. Explain what went well and how you could improve. Use a wide range of sensory words.

Chocolate Crispy Cakes

Ingredients

50g butter

100g chocolate

3 tbsp. golden syrup

100g cornflakes or rice crispies



Take extra care when using the hob. Be careful of the melted mixture, it will be very hot.

Method

1. Put the butter, golden syrup and chocolate into a saucepan.
2. Turn the hob on to a medium heat, put the saucepan on and stir until the ingredients are melted and mixed together.
3. Remove from the heat and add to the cornflakes/ rice crispies.
4. Stir until all the cornflakes/rice crispies are covered.
5. Spoon into cup cases and put into the fridge to cool. Leave until set.

Evaluation of Chocolate Crispy Cakes

What went well	
Even better if	
Describe the appearance (what it looks like)	
Describe the aroma (what it smells like)	
Describe the taste	
Describe the texture (what it feels like in your mouth)	

Pictorial Recipe

