



**What should I already know?**

- About a **balanced** healthy diet
- How to select ingredients and tools independently.
- Different food groups
- How to design and evaluate

**Process**

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- I can investigate different bread based products.
  - I can investigate and categorise a range of different pizza toppings.
  - I can design a **balanced** healthy pizza.
  - I can think about what ingredients I will need.
  - I can think about the shape and design of my pizza.
  - I can draw and label my design.

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- I can get all the ingredients that I need.
  - I can follow my plan.
  - I can work **safely**.
  - I can make changes if my design doesn't go to plan.

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- Did it look like my design?
  - Did I choose the correct equipment and ingredients?
  - Did it meet the criteria?
  - Did I work **safely** and carefully?
  - Did I design and make a **balanced** healthy pizza?
  - What would I do differently next time?

**Health and Safety**

- Don't walk around with any sharp equipment.
- To use equipment correctly.
- To ensure all surfaces and tools are clean.
- To ask an adult to help with the use of an oven.

**Vocabulary**

balanced diet	the human body needs a <b>balanced diet</b> to work properly
eatwell plate	shows the amount of each food type children and adults should be eating to achieve a healthy <b>balanced diet</b>
carbohydrates	bread, cereals, pasta, rice, and sweet foods
protein	nutrients that humans need in order to grow, reproduce, and be healthy
vitamins	a practise version, often to a smaller scale to see if your ideas we will work
minerals	solid substances that occur naturally
fibre	a type of carbohydrate that the body doesn't digest (break down)
calcium	is a mineral that is found in foods, specifically dairy, and stored in bones and teeth in our body
energy	power
safety	using equipment with care
hygiene	to keep things clean, safe and healthy

**Diagrams – Different types of pizza**



Margaretta



Pepperoni



Vegetable



Hawaiian

