



I have been exploring **Food** and I have learnt...



### Stages of my food unit

#### I Don't Make Excuses

**Investigate-** We considered what types of food could be included in a healthy diet.

- We looked at our design brief and existing ingredients used to make a toastie. We investigated the appearance, smell and texture of the ingredients.
- We practised the skills needed to make our toasties such as grating, peeling and cutting.

**Design-** We considered which ingredients we would like to include in our toasties.

-Using sketches and labels, we designed different toasties. From this, we chose the best design, which we based our final product on.

**Make-** In groups, we discussed what techniques and equipment we would need to use to prepare our ingredients.

-Using our final designs, we assembled our toasties together.

**Evaluate-** We discussed whether our toasties met our design brief and considered if the ingredients complimented each other. We thought about what worked well and what we would do differently next time.

### Key Vocabulary

**Toastie-** a sandwich that has been toasted.

**Texture-** how the product feels in the mouth.

**Preference test-** trying different foods and deciding which you like best.

**Sensory evaluation-** evaluating food products in terms of the taste, smell, texture and appearance.