

DT – Seasonal foods and vegetable soup
Year Five and Six



vegetables

seasonal

seasonality

environment

locally-produced

sourced

grown

soup

prepare

ingredients

preparation

recipe

evaluate

healthy

nutrients

cooking techniques

By the end of this unit, you will know about seasonality, where our food comes from and will be able to make a delicious vegetable soup.

Important information

Prior learning



In our Climate Change work, we talked about eating less meat-based meals and buying locally-produced and seasonal vegetables. All of these changes can help reduce our effect on global warming and can also save us money.

Why buy locally produced food?

- Locally grown food is full of flavour
- Eating local food is eating seasonally
- Local food has more nutrients
- Local food supports the local economy
- Local food benefits the environment
- Local foods promote a safer food supply
- Local growers can tell you how the food was grown



Why buy seasonal foods?

- It will reduce your environmental impact
- You can eat better food for less
- It supports your local community
- It's easier to know what you're getting
- You can help stop food waste

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Lesson	Lesson Objective/Question	What you will learn	Learning Review
Home learning	Tasting New Foods Which was your favourite/least favourite new food?	You are challenged to try as many new foods as possible. After you have tried the food, you will fill in a chart to name and describe the food.	
1	I can explain what seasonality means and I know when different fruit and vegetables are in season in the United Kingdom What vegetables are currently in season in the UK?	You will learn about seasonality in terms of fruit and vegetables that are grown in the UK. You will know which vegetables are in season currently.	
2	I can explain where some seasonal vegetables are sourced. Which seasonal vegetables did we find that were grown in England?	We will look at seasonal vegetables and where they are sourced. We will be able to establish which vegetables are sourced locally.	
3	I can work as a group to generate, evaluate and refine recipe ideas What ingredients did your group choose for the soup you plan to make?	In groups, you will look at a simple vegetable recipe and consider 2/3 additional ingredients you may choose to add. Ideally, there should be seasonal vegetables included in your recipe. You will write an instruction text that will help you make your meal in a future lesson.	
Home learning	Preparation and Cooking Techniques: Which preparation and cooking techniques did you use at home?	You will look at pictures of cooking and preparation verbs such as peel, fry, grate and bake. You will name 5 foods they could use each technique with. As an added challenge, you could work with an adult to choose a technique and have a go.	
4	I can prepare, cook and evaluate a healthy seasonal meal Can you describe the soup you made?	Carefully and effectively, you will prepare the vegetables you need for your soup before cooking your soup using appropriate cooking techniques. After that, you will evaluate your soup and make possible changes to your recipe?	