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**Class 5**

**Theme: Garden to Table**

**Personal Growth Curriculum: Sustainability**



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| **Life skills I will be covering:**PersistenceWell-beingHealthResilience |

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| Vocabulary |
| Sustainability  | The ability to be maintained at a certain rate or level |
| Harvest | The process or period of gathering in crops |
| Produce  | Natural products |
| Seasonal | Relating to a particular season of the year |
| Preparation  | The action of preparing for use |
| Processes | A series of steps taken in order to achieve a particular end |
| Decay | Rot through the action of bacteria and fungi |
| Edible | Fit or suitable to be eaten |

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| Key Knowledge |
| Know the processes food goes through before reading us | Know which foods are best for different times of year  |
| Know how to select and use the most appropriate equipment to plan and cook a range of dishes | Know how to modify existing recipes |
| Know how food can spoil and decay and what causes this | Explain how we process food at home to make it edible and safe |
| Explain how food is processed on a larger school to make it edible and safe to eat. | Know how to weigh and measure with accuracy |
| Know how to demonstrate good food hygiene when cooking | Explain how to use date marks and storage instructions on food packaging |

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| Engaging and practical experiences |
| Sorting a range of products to assess their suitability |
| Modifying recipes given to them, weighing and measuring accurately |
| Compost pile activity – sorting decomposable rubbish |
| Life as a factory worker |