

Class 4

Theme: *Garden to Plate*

Personal Growth Curriculum: *Sustainability*



Life skills I will be covering:

Cooking

Perseverance

Health and Wellbeing

Resilience

Collaboration

Baking and Planting

### Vocabulary

Sustainability	<i>Sustainability is the ability to be maintained at a certain rate or level</i>
Produce	<i>Produce is grown products, particularly fresh fruits and vegetables.</i>
Variety	<i>Variety is a thing which differs in some way from others of the same general class or sort; a type.</i>
Feast	<i>Feast is a large meal, typically a celebratory one.</i>
Seasonal	<i>Seasonal is relating to or characteristic of a particular season of the year.</i>
Preparation	<i>Preparation is the action or process of preparing or being prepared for use or consideration.</i>
Food Hygiene	<i>Food hygiene includes making sure you're not eating food with bacteria on it or passing it to someone else. it's important to have good hygiene, which is a collection of personal care habits that keep you safe and healthy</i>

### Key Knowledge

<i>How can I use what the Romans (history topic) ate, to help me decide what are the healthy foods I should have in my diet?</i>	<i>Through discussion, research and looking at examples of Roman foods decide what would be the healthy choices for our lives. Discuss and research into how they are grown - in Roman times, they could not buy them from a shop!</i>
<i>How can I use the choices I make to create a healthy plate of food?</i>	<i>By using my knowledge of what a healthy meal consists of and researching into how these foods improve health and wellbeing.</i>

How can I use my knowledge of how to follow instructions to bake Roman bread?	By understanding the importance of how to follow instructions and carry them out with a group to create a food substance suitable to consume.
How can I use my knowledge of how plants live and grow to create a potted herb garden?	By using my knowledge of what plants need to survive.

<i>Engaging and practical experiences</i>	
<i>Research into Roman foods and group them according to food 'types.'</i>	
<i>Design a 'healthy' plate of food suitable for a Roman Feast.</i>	
<i>Choose the appropriate ingredients and a step by step process to make Roman Flat bread</i>	
<i>Work within a group to bake bread.</i>	
<i>Create a step by step process of how to plant a herb garden and ensure its growth by discussing the conditions in which to grow it.</i>	
<i>Work collaboratively within a group to research, design, create and make.</i>	

***Greater Depth Thinking***

*Can I use my previous knowledge of what 'healthy foods' are, to categorise the foods researched into the appropriate food groups?*

*Can I explain the effect of healthy eating to create a healthy body and lifestyle?*

*Can I devise a set of instructions to produce a product suitable for consumption?*

