

Year 3: Cooking and Nutrition

What could be better than chicken nuggets?

Situation

McDonalds are looking to expand their children's menu to include a McPizza.



Design Brief

Design, make and evaluate a delicious pizza style product for children to provide a healthier alternative to chicken nuggets and burgers. Your product must be quick to prepare and cook in a busy, commercial kitchen.

Jamie Oliver

Jamie Oliver is a famous TV chef, restaurant owner and cook book author. He is well known for leading a successful campaign for healthier school meals for children.



Ideas



bruschetta



pizza pinwheels



breakfast pizza wraps

Design a McPizza

You need to consider:

- appearance/aesthetics - *how will your product look, smell, taste and feel?*
- cost - *how much money will you spend?*
- customer - *who is your target market?*
- environment - *are any ingredients or stages in production good or harmful to the environment? How will it be packaged and eaten?*
- size - *how big or small will it be?*
- safety - *will it be safe to be eaten by everyone?*
- function/purpose - *what nutrients will it provide?*
- materials - *what ingredients will you need?*
- manufacture - *it's 'fast food' - could identical products be made quickly?*

Evaluate

Does your pizza product meet the design specification?



Vocabulary

commercial	To make a profit.
convenience	To be easy to use/access.
dairy food	Made from or contains milk.
fast food	Food quick to prepare.
food waste	Wasted food that could have been eaten.
nutritious	Providing good health and growth.
processed	To be changed or preserved.
seasonality	Best at set times of the year.
seasons	Autumn, Winter, Spring and Summer
sustainable	Without doing harm.

The Eatwell Guide



focus - dairy products

Bridge Technique



CRC Article 24: All children have the right to healthy, nutritious food.

CRC Article 29: All children have the right to develop their skills and talents.



Sources of Food



grown



reared



caught



processed