

Year 6: Cooking and Nutrition

Is it better to home cook?

Situation

Many people consider takeaways and shop-bought food products to be better than homemade food products.

Design Brief

Design, make and evaluate a number of popular food products for yourself to help compare and contrast shop-bought and takeaway food products.

Ben and Jerry

Ben and Jerry are American ice-cream entrepreneurs. They set up in business together, initially organising free film festivals and giving away free samples to promote their products.



Ideas



pizza



healthy chips
- brush with oil and oven bake or cook with a little oil in an air fryer



trifle

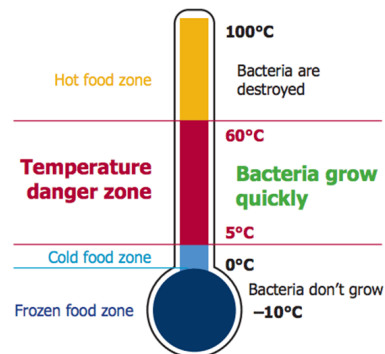
Design Your 'Fakeaway'

You need to consider:

- appearance/aesthetics - *how will each product look, smell, taste and feel?*
- cost - *how much money will you spend compared to purchasing a takeaway version?*
- customer - *who is your target market?*
- environment - *are any ingredients or stages in production good or harmful to the environment?*
- size - *portion - 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 - *your product is being compared to 'fast food' - could it be made relatively quickly?*

Hygiene and Food Storage:

- clean hands and surfaces often;
- separate raw meat and poultry from read-to-eat foods;
- avoid accidental cross-contamination;
- cook foods to the proper temperature for the correct amount of time to kill bacteria;
- chill leftovers in the fridge within 1-2 hours of being cooked.



Evaluate

How does your homemade product meet the design specification? How does it compare to equivalent takeaway or shop-bought food?

Vocabulary

contamination	Food being spoiled by something unpleasant or harmful that shouldn't be there.
cross contamination	Accidental transfer of something unpleasant or harmful from one thing to another.
danger zone	The temperatures when dangerous bacteria are likely to multiply on food.
freeze	To preserve food by lowering the temperature to stop bacteria growing on it.
microbes	Microorganisms (germs) that can cause disease.
processed	To be changed or preserved.
ratio	The quantitative relationship between amounts.
refrigerate	To preserve food by lowering the temperature to stop bacteria growing on it, without freezing it

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.