

American Food : Design & Technology : Year 4

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To find out about the diversity of foods grown in America's diverse climates, and develop cooking skills while following a recipe for a traditional American food.	Children will find out about the diverse climates of the USA and locate regions where much of their food is produced. They will learn about classic American favourite dishes, then cook either apple pie or chocolate chip cookies.	• Can children suggest ways in which America's diverse climate regions affect the food they grow? • Can children measure and mix ingredients? • Can children cut out, shape and mould pastry?	• Slides • Cooking Safely sheet • Apple Pie Recipe 1A/1B • Chocolate Chip Cookies Recipe (FSD...? activity only) • Pie/Cookies Teacher's Notes • Cooking ingredients and apparatus (see recipes)
Lesson 2	To discover some ways in which indigenous Americans grew, caught, gathered, prepared, and cooked, food.	Children will learn about American Indian food, including how they hunted, gathered, and cultivated. They will then either select ingredients to modify a simple vegetable 'jerky' recipe, or identify American Indian uses of buffalo.	• Can children describe some ways in which food was traditionally preserved by indigenous Americans? • Can children modify a simple recipe? • Can children use safe knife techniques for cutting medium and higher resistance foods?	• Slides • Cooking Safely sheet • Teacher's Notes • Aubergine Jerky Recipe • Ingredients and apparatus • Buffalo: Many Uses (cards and answers) (FSD...? activity only) • Buffalo Uses Diagram (FSD...? activity only)
Lesson 3	To find out about important, traditional staple foods in America, and how the slave trade influenced American cuisine.	Children will learn a little about the history of slavery in America, then go on to consider differences in the foods eaten by wealthy Americans and poor Americans/slaves. They will then either learn more about soul food, or make cornbread.	• Can children suggest differences between foods eaten by rich and poor, or free and enslaved, Americans? • Can children select and use appropriate apparatus to measure, sift, mix and pour when following a recipe? • Can children explain how and why some food changes when it is heated?	• Slides • Cornbread Recipe 3A/3B • Cooking Safely sheet • Teacher's Notes • Kitchen Apparatus (see recipes & Teacher's Notes) • Soul Food sheet (FSD...? activity only) • Internet access (FSD...? activity only)
Lesson 4	To learn about the cultural significance of chillies in Mexican cooking, and about how American food is heavily influenced by food from other cultures.	Children will learn a little about the history of the colonisation of the Americas, then consider ways in which Mexican food has influenced American cuisine. They may then either cook fajitas or sample Tex Mex/Mexican foods.	• Can children describe features of Mexican food? • Can children snip, cut and shred food safely, using appropriate apparatus? • Can some children, with support and supervision, use a hob to heat food?	• Slides • Cooking Safely sheet • Fajita Recipe 4A/4B/4C • Teacher's Notes • Apparatus and ingredients (see Teacher's Notes) • Shop-bought Mexican foods (FSD...? activity only; see Teacher's Notes) • Worksheet 4 (FSD...? activity only)
Lesson 5	To consider why certain foods are unhealthy if eaten regularly, and recognise the value of eating food together.	Children will consider why fast food should only be eaten occasionally, then look at some popular fast foods often eaten at special occasions such as at Independence Day parties or major sports events. After that children may either prepare a variety of side dishes for a BBQ/party, or plan an Independence Day party.	• Can children describe ingredients which are unhealthy when eaten regularly in large quantities? • Can children identify aspects of their own cooking skills which they wish to improve? • Can children work together to prepare a shared meal?	• Slides • Cooking Safely sheet • No-Churn Ice Cream recipe sheet • Coleslaw recipe sheet • Potato Salad recipe sheet • Teacher's Notes • Party Planner 5 sheet (FSD...? activity only)