



Design and make a wrap pizza that could be eaten as part of a healthy diet.

Food and Nutrition - Designers of food products need to think about where food comes from and how the food fits into a healthy and varied diet. They must think about the preparing and cooking processes and different ways to get food ready to be eaten.

What we know so far

- How to think of an idea and plan what to do next.
- What it means to be hygienic.
- How to make bread dough and knead. (Bread rolls - Yr1 Aut2)
- To select healthy ingredients. (Fruit salads Yr2 Sum2)

New Knowledge

People have been eating pizza, in one form or another, for centuries. As far back as antiquity, pieces of flatbread, topped with savouries, served as a simple and tasty meal for those who could not afford plates, or who were on the go.



Key Vocabulary



Tsp – teaspoon measurement

Tbsp – tablespoon measurement

Healthy Diet- a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition

Cooking equipment must be held safely to chop, peel and grate.



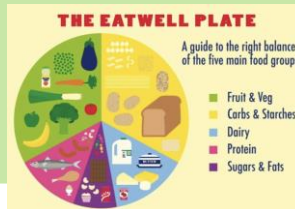
bridge grip



claw grip



grate



In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.