



Design and Technology

Year 6 Summer 2 – Healthy Heart Meal



As part of your learning, you will be researching foods needed for different purposes, and plan, design and make a meal specifically for a healthy heart. You will use tools safely and maintain a hygienic kitchen.

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

- I must work safely and hygienically in the kitchen.
- Food products are designed to attract a target audience.
- In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.
- Living things need the right amount of nutrition to stay healthy (*Science*).

Key Vocabulary

cholesterol – a fatty substance found in certain foods. Too much **cholesterol** in the blood is linked to a higher risk of heart disease.



heart disease – where the heart and blood vessels aren't working as they should.

shelf-life – how long food will last before becoming mouldy or inedible.



New Knowledge

A hygienic workplace must be maintained by washing my hands before handling food, wiping down surfaces and keeping them clean, wearing protective clothing and tying back long hair.



Some foods have a long shelf life and are stored in cans and packets within a cupboard or freezer. Some foods are fresh and have a short shelf life. These need to be stored in a fridge

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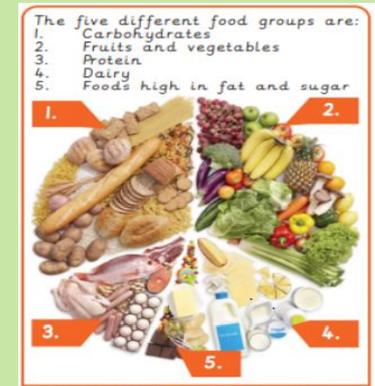
Fruit and vegetables – Good for vitamins, minerals and fibre which lower blood pressure and the risk of heart disease.

Carbohydrates - Good for energy, vitamins, minerals and fibre.

Proteins – Good for muscle-building, vitamins and minerals.

Dairy – Good for muscle-building protein, vitamins and minerals.

Fats and Sugars – Good for energy and fat reserves in small amounts. Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease.



A diet high in **salt** (or sodium) can cause raised blood pressure, which can increase your risk of heart disease.

