



Year group: Year 5

Term: Autumn

Subject: Design Technology – Food –  
Omelettes (short unit)

### Prior learning

EYFS – The children will have had a daily health snack capé. Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell. • Experience of cutting soft fruit and vegetables using appropriate utensils

Year 4 – Summer Term Making dough - Pizza

The children will have experience of making Pizza dough using a variety of tools and techniques to make dough and add pizza toppings

### What comes next?

Year 6 Spring Term – Mexican Fajita

Celebrating Culture and Seasonality – select and use appropriate utensils and equipment accurately to measure and combine ingredients. Make, decorate, and present the food product appropriately for the intended user and purpose.

### Notes and guidance

Learn to select and use a range of utensils and use a range of techniques as appropriate to prepare ingredients hygienically including the bridge and claw technique, cracking an egg, whisking, heating folding, grating, peeling, chopping, slicing to make an omelette

Food preparation and cooking techniques could be practiced by making food product using an existing recipe.

Discuss basic food hygiene practices when handling food including the importance of following instructions to control risk. E.g. What should we do before we work with food? Why is following instructions important?

### Key vocabulary

Omelette (French word) Savoury Fillings Combine



### Substantive Knowledge

I know an omelette is a breakfast dish made from eggs.

I know which fillings are tasty to add when making omelettes

I know how to use the appropriate equipment and utensils to prepare and combine food.

### Disciplinary Knowledge

I know that chefs evaluate the foods they make to see if the appearance, texture and taste is desirable to their customers.

I know that chefs must be aware of healthy and balanced diets.

I know that chefs must be aware of any allergens that may be in the food they make.

### Procedural Knowledge

I know how to select and use appropriate utensils and equipment to prepare and combine ingredients.

I know how to follow a recipe to make an omelette

I can select from a range of ingredients to make appropriate food products.

I know how to evaluate the product by taste testing.

### Links to other curriculum areas

Science – Health Eating – Nutrition and Diet – Growing and Cooking

### End Points

- To be able to use creativity and imagination to create high quality products.
- To master the use of a range of design technology tools and techniques.
- To be able to design, make and evaluate their products referring to whether it is fit for purpose and meets the design criteria.



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## Key vocabulary definitions.

- **Omelette** – A dish made by beating eggs, cooking them in a frying pan and sometimes adding other ingredients.
- **Savoury** – Food that tastes salty, spicy, herby, or cheesy rather than sweet.
- **Fillings** – The foods you put inside something else like vegetables, cheese, or meat inside an omelette or sandwich.
- **Combine** – To mix two or more ingredients together so they become one mixture.

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