

**What skills do I already have?**

- Tasting and sensory evaluating a range of fruit and vegetables to help design a product.
- Experience of cutting fruit and vegetables using appropriate utensils.
- Experience of blending uncooked fruit and vegetables to make a smoothie
- Following simple hygiene rules.
- Using the eat well plate

**Design and Technology skills:**

- Carry out sensory food testing of existing using some sensory vocabulary.
- Record the evaluations using simple tables.
- Generate ideas based on sensory food testing and talking with peers and adults to develop ideas for your own design.
- Choose ingredients based on testing, internet research and the eat well plate to make the design fit the purpose of being healthy.
- Write the main stages of a recipe including a list of ingredients, equipment and utensils
- Select and use appropriate utensils and equipment to measure, prepare and combine ingredients.
- Follow health and safety and hygiene rules.
- Evaluate the final product to see if it meets the design brief .
- Use sensory evaluation and the views of others to suggest any changes you might make.

**Real life examples**



- There are lots of different snack bars
- Some are homemade and some are manufactured.



- Some snack bars are healthier than others.
- Some claim to be healthy but are they really? Read packaging and recipes carefully. Some may actually be high in sugar—remember the eat well plate!
- Also remember some bars can contain seeds and nuts that some people may be allergic to.

**Steps to Success**

**Designing:**

- What snack bars do you like? Why?
- Have you done a sensory evaluation ?
- What snack bars do your class like?
- What ingredients will make your snack bar healthy?

Snack bar	Appearance	Taste	Texture	Marks out of 10
Summer fruits	Pale with colourful bits Glossy, Shiny	Fruity Berries	Chewy Crumbly Sticky	8
Raisin and Chocolate	Golden with dark bits, bumpy	Chocolaty Sweet	Crunchy, crisp	9

- Have you used the eat well plate to check your snack bar is healthy and balanced?
- Have you created a recipe?
- How will you make your snack bar? Have you created a method ?
- What equipment will you need to make your snack bar?

**Making:**

Are you following the hygiene rules? Are you following your method?  
Are using the correct equipment? Are you using the correct techniques?



**Evaluating:**

Do you like your snack bar? How would you describe your bar using sensory words?  
What do you like the most about your snack bar? What could you do to improve it?  
Do other people like your snack bar bar?

**Vocabulary:**

clean	to get rid of any dirt, mess and germs
combine	to mix together different ingredients to make
cook	to heat food to change its taste and texture
cutting	to pierce, slice, or open something
evaluate	to decide how well something works and what could be changed or improved
hygiene	the practice of keeping clean to stay healthy and prevent disease.
improve	to make something better
ingredients	foods or substances that are combined to make a particular dish
measuring	finding the exact size, weight, or amount
mix	to put things together so that it become one
nutrients	things in food that the body needs to be healthy.
peeling	to pull, tear, or cut off the outside of something
prepare	to make or put together from different parts
recipe	a set of instructions for preparing a particular dish, including a list of the ingredients required
safety	things that help us stay safe from danger
sensory evaluation	testing of foods where senses are used to evaluate it such as appearance, smell, taste, texture
slicing	to use a knife to cut into or across
texture	how something feels or looks
utensil	a tool, container, or other article for use in the kitchen
weighing	find out how heavy something is, typically using scales

**Final outcome**

