



Digital Learners



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Healthy Citizens



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Year 4 - Medium Term Plan – Technology

Using the K, S and U that you have gained over the course of this topic, can you answer the enquiry question: How healthy was an Anglo Saxon diet?



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Aspect of Study

Cooking and nutrition

Transferable Knowledge:

History - a study of an aspect or theme in British history that extends pupils' chronological knowledge beyond 1066

History - Anglo-Saxon village life

National Curriculum Overview of Programme of Study

Design and technology is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science, engineering, computing and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present design and technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality design and technology education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

During this area of study students should be taught to:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



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Parental Support page



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Places to visit/things to do at home:

- St Mary the Virgin, Old Seaham, County Durham
- Escomb Church, Bishop Auckland, County Durham

Knowledge, skills and understanding covered in this unit:

- Works confidently in a range of contexts.
- Describes the purpose of their products.
- Clarifies ideas through discussion
- Model ideas using prototypes and patterns.
- Uses annotated sketches with some cross-sectional drawings.
- Beginning to use computer aided design.

Books and websites to support with learning:

<http://www.primaryhomeworkhelp.co.uk/saxons/food.htm>

<https://www.historyhit.com/anglo-saxon-food-and-drink/>

<https://www.dkfindout.com/uk/history/anglo-saxons/what-did-anglo-saxons-eat/>

- Anglo-saxon Food & Drink Book by Ann Hagen
- Food and drink in Anglo-Saxon England Book by Debby Banham

Influential Figures

Saint Augustine - Christian Missionary

Ethelbert - First Anglo Saxon king to turn his back on paganism

Edwin of Northumbria - First Christian King of the North

Key vocabulary	Concepts	Language skills
Balanced diet Nutrition Seasons Seasonality Anglo-Saxon Germanic Middles Ages	Balanced diet Nutrition Seasons Seasonality	ORACY FRAMEWORK

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Sequence of Teaching and Learning

	National Curriculum LO/EQ?
1	<p>NC OBJ:</p> <ul style="list-style-type: none"> Understand and apply the principles of a healthy and varied diet <p>E.Q: How healthy was an Anglo Saxon diet?</p>
2	<p>NC OBJ:</p> <ul style="list-style-type: none"> Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques <p>L.O: To complete a sensory analysis of Anglo Saxon food.</p>
3	<p>NC OBJ:</p> <ul style="list-style-type: none"> Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. <p>L.O: New concept - To understand seasonality.</p>
4	<p>NC OBJ:</p> <ul style="list-style-type: none"> Understand and apply the principles of a healthy and varied diet <p>E.Q: Did the Anglo Saxon people have a healthy and varied diet?</p>