



## Endpoints for Design Technology

### Year 6 – Food for Life



We will be learning about how to make educated healthy choices about the food we eat by understanding the difference between processed and non-processed foods.

#### What I know and can explain

Processed foods can be convenient and increase availability but often lack of nutrients and contain unhealthy ingredients when compared to whole foods

Sliced bread is processed. It can contain many more ingredients than homemade bread, including preservatives and artificial ingredients

Whole foods have not been changed from their natural form.

Organic whole foods are grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives

Eating a balanced diet is a positive lifestyle choice that should be sustained over time

Food packaging provides important nutritional information about the food inside

#### Useful Vocabulary

**Additive** - A substance that is added to food in order to improve its taste or appearance or to keep it fresh and stop it from decaying

**Flavouring** - Something added to food to enhance its taste, such as herbs and spices

**Minimally-processed food** - Food that has been changed slightly, such as a packaged apple

**Organic food** - Food grown without the use of human-made fertilisers, pesticides or additives

**Pasteurise** - To heat something, especially milk, at a controlled temperature for a fixed period of time in order to kill bacteria

**Preservative** - Something added to food to make it last longer

**Processed food** - Food that has been changed during its preparation

**Shelf life** - The length of time a food product can be kept and remain usable

**Ultra-processed food** - Food with artificial ingredients added that is usually ready to eat and is low in nutrients, such as sweets

**Unprocessed food** - Food that has not been changed before it is eaten, such as an apple.