

What are the advantages and disadvantages of fresh, pre-cooked, processed, grown and reared foods? What does a healthy and varied diet look like and why is it important?

# Muscle food

## Big Question

What food is suitable for an athlete prioritising muscle growth and repair?

Who is Joe Wicks and how have his 'Lean in 15' meals influenced and helped shape our world? (legacy)

Can I conduct market research to explore how the food preparation industry uses techniques to make food appealing? Using computer aided design, can I create an advertising leaflet considering appealing elements such as nutrition, cost, taste, convenience, food quality etc. Can I pitch my designs to an audience?

Can I prepare and cook my 'snack prep' menu to meet my design criteria?

Can I conduct market research to identify key nutrients needed for my target audience and identify foods suitable for this? Can I evaluate existing high protein snacks and use my findings to produce a detailed design criteria?

Considering my design criteria, can I plan a weekly 'snack prep menu' for my chosen audience to support muscle growth and repair? Can I gather ingredients and equipment needed to create my product safely and hygienically?

Can I assess my final product against the design criteria? Considering the views of others, can I suggest how I could improve my snack in future?

## Assessment Question / Task

Can I examine a food prep menu and use my technical knowledge to scrutinize the positives and negatives?

## Vertical Threads

Health, legacy

## Key Vocabulary

**As a design technologist, I will use:**

Fresh, pre-cooked, processed, healthy, varied, Joe Wicks, lean, nutrients, target audience, protein, energy, repair, muscle, growth, design criteria, ingredients, equipment, hygiene, safety, Industry, appealing, computer aided design, cost, convenience, quality, evaluate, improve, market research

## What to revisit?

KS1 — Where food is grown and seasonal foods

Year 3 — Food preservation and cooking techniques