

## DT "Healthy Bakes"

This week's DT lessons are all based around our Healthy Me theme for this half term. They link with the science and PSHE lessons we have been doing recently. We have included recipes for 4 healthy bakes created by Joe Wickes. Whilst they are still considered sweet treats, they have some healthier alternatives to common ingredients and all include at least one fruit or vegetable. Feel free to bake your family favourite healthy bake or try a new recipe of your choice if you prefer.

Please help your child to complete their tasks as independently as you and they are confident to, safety is of course paramount.

We understand that time can be tight during the week. Lesson 3 can either be done in the week or at the weekend.

We would love to see your creations, we look forward to photos on Dojo. Happy baking!

The Year 3 Team.

### Success Criteria

I can identify healthier ingredients for baking.

I can choose a recipe that contains at least 1 fruit or vegetable

I can select equipment correctly.

I can follow a recipe to create an edible healthy bake.

### Lesson 1: To analyse the ingredients of healthy bakes

Today you will be using your knowledge of the Eatwell wheel to classify ingredients for 4 healthy bakes. Use the WAGOLL to help you. Can you identify what ingredient helps make each recipe sweet?

Feel free to include another healthy bake recipe of your choice.

You will then select a recipe you would like to try. Can you think of a reason why? Is there one you wouldn't like to try? Why?

## Lesson 2: L.O: To recognise and select the correct equipment for a recipe

In this lesson you will identify common baking equipment. Can you find any of the equipment in your house? Ask a grown up to help identify knives and other sharp equipment!

Can you then work out what equipment you will need for your recipe? There's a WAGOLL to help.

## Lesson 3: To follow a recipe and produce a healthy bake

If you are saving making your healthy bake until the weekend use today's lesson to write out your recipe on to the instruction sheet provided. Can you list all the equipment correctly?

If you are making your bake today please make sure you are being safe and have a grown up with you. Carefully follow the check list and then answer the questions in full sentences at the end.

Happy baking!