

Year 6 - Autumn – How can I use alternatives to meat and fish to create a meal?

What I need to know by the end of this unit:

- Food is reared, caught and grown for human consumption.
- Consumers can make sustainable choices to benefit their health and the environment.
- There are alternative foods to meat and fish such as tofu, lentils and plant-based products.
- Food packaging provides the consumer with a range of dietary, allergy and nutritional information, as well as information linked to storage, best before dates and use by dates.
- Recipes can be adapted to be more sustainable.
- Foods have different nutritional benefits and come from different sources.
- Food must be prepared safely and hygienically.



Key Vocabulary – Top 5!

- **consumer** – someone who buys goods or services.
- **contaminate** – to make something dirty or unsafe by adding harmful or unwanted substances.
- **sustainable food** – food that is grown, made and eaten in a way that is good for people and the planet.
- **adapt** – to adjust or change.
- **alternative** – another option or choice.

