

Design Technology Cycle A 3/4

Cooking and Nutrition - Mayan food



Lesson 1

What foods did the Maya eat and what food groups are they in?

reared



Lesson 2

What seasonal foods would the Maya have eaten?

seasonality



Lesson 3

Did the Mayan civilisation have a healthy and varied diet?

healthy



Lesson 4

How can we design a Maya tortilla that includes healthy, varied ingredients?

design criteria



Lesson 5

How can we make a Maya tortilla that uses the cutting techniques safely?

bridge hold



Lesson 6

How can we apply our understanding of a healthy and varied diet to evaluate our tortilla?

evaluate

What will we be learning about over the coming weeks?