

# Topic

Cooking & Nutrition:

## Super Seasonal Cooking



**Holy Family Halewood**  
Year 5 and 5 Design Technology



### Key Vocabulary

**Seasonality**- the fact that something changes according to the seasons

**Imported**- goods or services brought into a country from abroad for sale

**Ripe**- completely developed and ready to be collected or eaten

**Sustainable**- something you are able to use or do for a long time

**Reared**- when animals are brought up for the purpose of providing food in one way or another

**Caught**- food that has been caught in the wild, caught food general refers to the process of catching fish

**Processed**- foods that have been altered from their natural state, either for safety reasons or because it makes them easier to store or eat

**Raw**- food that is uncooked and unprocessed

**Texture**- qualities of a food that can be felt with the fingers, tongue, palate, or teeth

**Protein**- nutrient that's naturally found in plants and animals

**Nutrient**- molecules in food that all organisms need to make energy, grow, develop, and reproduce

### What does protein do ?

Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein.

Your body uses the protein you eat to make lots of specialised protein molecules that have specific jobs.

For instance, your body uses protein to make haemoglobin the part of red blood cells that carries oxygen to every part of your body.

Other proteins are used to build cardiac muscle in your heart. In fact, whether you're running or just relaxing, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

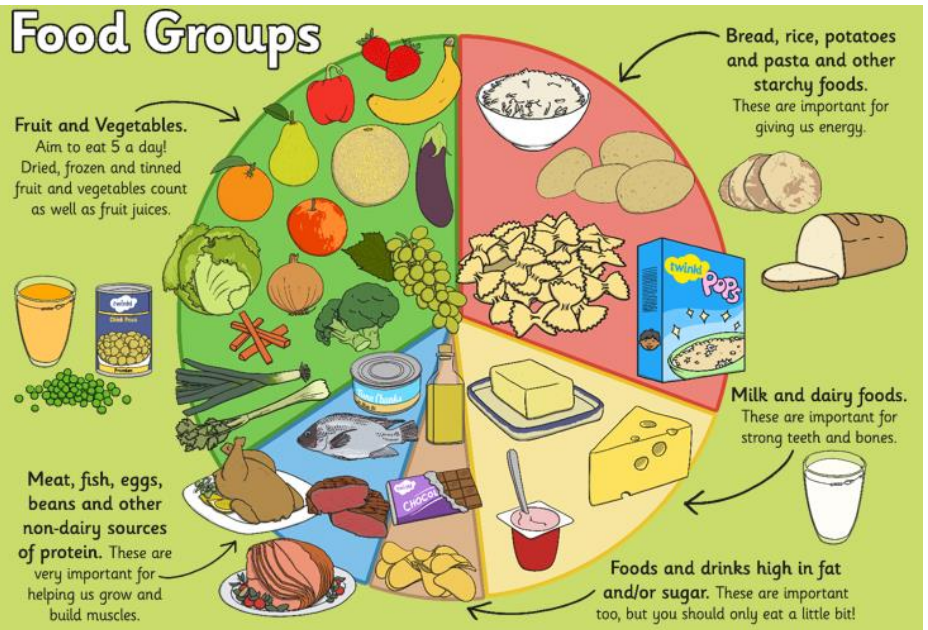
Many foods contain protein, but the best sources are beef, poultry, fish, eggs, dairy products, nuts, seeds, tofu and lentils.

### Learning Objectives

- To explain what seasonality means and know when different fruit and vegetables are in season in the United Kingdom
- To explain where, when and how a variety of ingredients are reared, caught and processed
- To taste and evaluate seasonal foods and recognise that sometimes we need to try a new food a few times to find out if we like it
- To explain the importance of protein as a proportion of a healthy varied diet
- To work as a group to generate, evaluate and refine recipe ideas
- To explain how to correctly store and handle meat and fish
- To prepare, cook and evaluate a healthy seasonal meal

## Food Groups

**Fruit and Vegetables.**  
Aim to eat 5 a day!  
Dried, frozen and tinned fruit and vegetables count as well as fruit juices.



**Bread, rice, potatoes and pasta and other starchy foods.**  
These are important for giving us energy.

**Milk and dairy foods.**  
These are important for strong teeth and bones.

**Foods and drinks high in fat and/or sugar.**  
These are important too, but you should only eat a little bit!

**Meat, fish, eggs, beans and other non-dairy sources of protein.**  
These are very important for helping us grow and build muscles.

### Skills We Will Acquire

- Using a wide range of food ingredients and kitchen equipment
- Following procedures for safety and hygiene independently
- Accurately following each step of a recipe
- Measuring accurately and calculating ratios of ingredients to scale up or down from a recipe
- Using a range of cooking techniques such as grilling, griddling, frying and boiling
- Using a heat source to cook ingredients with support
- Describing the taste, texture and smell of seasonal foods

### Knowledge We Will Acquire

- Understanding seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.
- When different fruit and vegetables are in season in the United Kingdom.
- The proportions of a balanced meal.
- The benefits of eating protein and which foods are good sources of protein.
- How to correctly store and handle meat and fish
- Technical vocabulary relating to cooking & nutrition