

Topic

Cooking & Nutrition: **Global Food**



Holy Family Halewood
Year 5 and 6 Design Technology



Key Vocabulary

- Global**- relating to the whole world; worldwide
- Climate**- the weather found in a certain place over a long period of time
- Sensory**- the physical senses of touch, smell, taste, hearing, and sight
- Seasonality**- the fact that something changes according to the seasons
- Nutrition**-the substances that you take into your body as food and the way that they influence your health
- Staple**- a main or important element of something
- Ingredients** –any of the foods or substances that are combined to make a particular dish
- Equipment** – the things which are used for a particular purpose
- Technique**- a way of carrying out a particular task
- Measure**-to find out the size, extent, or amount of something
- Scale**- the size or extent of something

Learning Objectives

- To say where in the world ingredients come from
- To explain that diets around the world are based on similar food groups
- To explain why rice is a good staple food
- To cook rice
- To demonstrate a range of basic and advanced food skills and cooking techniques
- To accurately and mainly independently follow a recipe demonstrating a range of cooking techniques

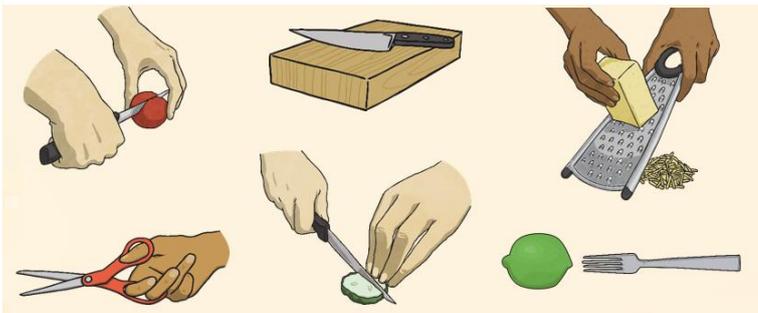
Food Skills

Slicing

Chopping

Grating

Shredding



Cutting

Dicing

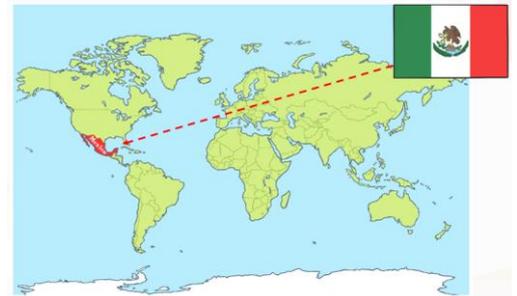
Peeling

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 hob as a heat source to cook rice
- Using some basic food skills such as cracking an egg, peeling, grating, dicing and shredding
- Using some more advanced cooking techniques such as baking and frying

Knowledge We Will Acquire

- That food is processed into ingredients that can be eaten or used in cooking
- That food is grown, reared and caught in the UK, Europe and the wider world
- Where in the world some ingredients come from
- Understanding and applying the principles of a healthy and varied diet
- Understanding the importance of correct storage and heating of cooked rice
- How to scale a recipe up or down
- Technical vocabulary relating to cooking & nutrition



Mexico



China



Germany