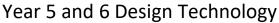
# Topic

Cooking & Nutrition: Come
Dine with me



# **Holy Family Halewood**





### **Learning Objectives**

- To research and design a three-course meal.
- To prepare a meal using a recipe.
- To understand where food comes from.
- To write up a recipe.

#### **Key Facts**

The five different food groups are:

- 1. Carbohydrates
- 2. Fruit and vegetables
- 3. Protein
- 4. Dairy
- 5. Foods high in fat and sugar





Many counties have traditional dishes, for example:

India is known for hot curries, whilst England is known for the fish 'n' chips which were historically served in newspaper.

You cannot mix raw meat with other materials, it is not safe.

Remember to also wash your hands after handling raw meat.

# **Key Vocabulary**

**Accompaniment:** Something which goes well with other foods and drink.

**Cookbook:** A book which contains recipes to make various dishes or food.

**Cross-contamination:** Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.

**Tools:** Items and objects which are needed to complete a task.

**Farm:** Land or water used to produce crops or raise animals for food.

**Flavour:** How food or drink tastes. (e.g. sour, sweet, bitter, salty.)

Imperative verb: Also known as bossy verbs because they tell you what to do. You put them at the beginning of a command or action. (e.g. bake, grill, add, heat.)

**Ingredients:** Items that make up a mixture e.g. foods that make a recipe.

**Method:** A way of carrying out a certain process, following a list of instructions.

**Nationality:** Belonging to a certain group of people in a particular country.

**Preparation:** The process of getting ready to make something.

**Processed:** When foods are passed through multiple processes in a factory to change or preserve it so it keeps for longer.

Reared: To breed and raise livestock e.g. cows.

**Recipe:** A set of instructions for making or preparing a food item or dish.

**Target audience:** A particular group or person who a product is aimed at.

**Unit of measurement**: The unit you use to measure a quantity. (e.g. litres.)

# Did you know?



Hawaii produces about 1/3 of all pineapples in the world.