

## Topic

Cooking & Nutrition: Come  
Dine with me



## Holy Family Halewood

Year 5 and 6 Design Technology



### 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 countries 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.

### 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.)



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

Remember to also wash your hands after handling raw meat.

### Did you know?



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