

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.)

Did you know?



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



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

Remember to also wash your
hands after handling raw meat.