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|  **Year 5 – Design and Technology – Super Seasonal Cooking**  |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| * I know that imported foods travel from far away and this can negatively impact the environment.
* I can bring a creative element to the food being designed.
* I can follow a recipe to make a food product.
* I can weigh out food items.
* I can work within a budget to plan a meal.
* I know which seasons different foods are ready for harvesting.
 | * I can explain what is meant by seasonality and give examples of different fruit and vegetables that are in season in the UK.
* I can name some foods which are grown, reared, caught and processed in the UK.
* I can give examples of dishes that can be cooked seasonally and use their recipes as inspiration.
* I can generate a range of ideas for balanced seasonal soup recipes.
* I can develop and refine a recipe.
* I can chop and prepare different vegetables.
* I can explain what is meant by seasoning food and have experimented with using different seasonings.
* I can use mixers appropriately and safely.
* I can safely use a hob and manage hot pans.
* I can evaluate a range of products based on taste, appearance, texture and smell.
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| Seasonal or SeasonalityC:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\AD3F1DDE.tmp | Which foods are ready to eat during different seasons (Spring, Summer, Autumn and Winter). We’re focusing on seasonal British food. |
| C:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C73C0A0A.tmpGrown  | Food like fruits and vegetables which grow and are harvested. |
| C:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\880FE59C.tmpCaught | Food that is caught such as fish.  |
| C:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\32879EA8.tmpReared  | Food such as cows, chicken or sheep that are looked after then killed for meat. |
| C:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E56582F6.tmpProcessed  | Food that has been changed while being prepared. The most common processed foods include bread and cheese. Some processed foods are unhealthy.  |
| C:\Users\kfurby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\AAFD4274.tmpPreservatives  | Things like salt or chemicals that are added to food to make it last longer.  |
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