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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. | |  |  | | --- | --- | | Seasonal or Seasonality  C:\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. | |  | | |