



Year 5 Design and Technology: Cooking and Nutrition



How can we prepare a recipe using seasonal ingredients?

Prior Learning

- Have knowledge and understanding about food, hygiene, nutrition, healthy eating and a balanced diet.
- Be able to use appropriate equipment and utensils and apply a range of techniques for measuring out, preparing and combining ingredients.

Sticky Knowledge

- Understand about seasonality in relation to food products and the source of different food.
- Know how to use utensils and equipment, including a heat source, to prepare and cook food.
- Generate innovative ideas through research and discussion with peers and adults to develop a design brief.
- Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose.
- Use words, annotated sketches and information and communication technology as appropriate to develop and communicate ideas.
- Write a step-by-step recipe, including a list of ingredients, equipment and utensils
- Carry out sensory evaluations of a range of relevant products and ingredients.
- Evaluate the final product with reference back to the design brief and design specification.
- Understand how key chefs have influenced eating habits to promote varied and healthy diets.

Vocabulary

Product*	What you are making.
User*	Who is going to use the product.
Purpose*	What the product is going to be used for.
Function*	What does your product need to do to work.
Ingredients*	Any food that is needed for a dish or meal.
Diet*	The kind of food that a person eats.
Recipe*	The steps needed to make a dish or meal.
Nutrients*	All the things in food that the body needs to stay healthy.
Texture*	How the product feels in the mouth.
Processed*	The way raw ingredients are made into food.
Seasonality	Fruit and vegetables that are ripe and ready to eat during a particular season.
Innovative	A new or inventive idea.



Heston Blumenthal is a famous chef, TV personality and food writer who is well-known for his inventive, quirky and original recipes. Many of his famous dishes are inspired from historical periods, including his mock-turtle soup.





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How do I describe an ingredient?

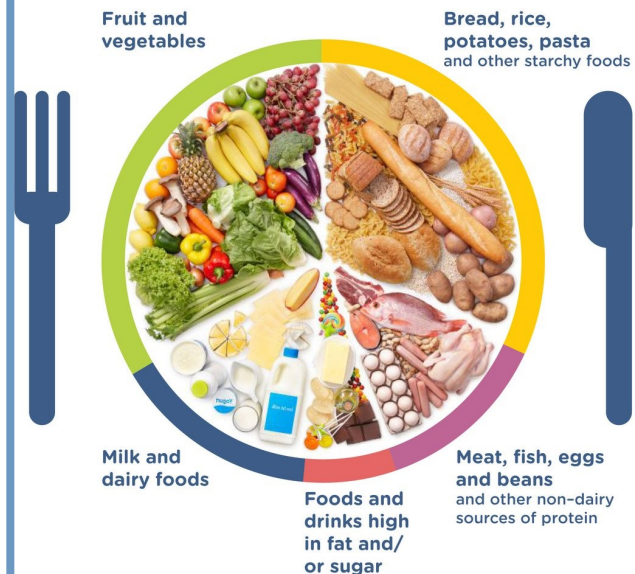
Appearance	Smell/ Aroma	Flavour/ Taste	Texture
Colourful	Fruity	Salty	Crispy
Dark/pale	Meaty	Herby	Crunchy
Greasy	Smoky	Spicy	Soft
Moist	Oniony	Fishy	Chewy
	Garlicky	Smoky	Sticky
	Fishy	Sweet	Smooth
			Hard

What equipment will we need?

Apron Peeler Scissors Knife Bowl Jug
 Chopping Board Grater Wooden Spoon Garlic Press
 Measuring Scales Saucepan Blender Ladle

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



What skills will I need?



Bridge Hold



Claw Grip



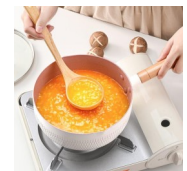
Measuring Ingredients



Crushing



Peeling



Using a heat source

Seasonality: When are different ingredients harvested in the UK?

Winter (Dec– Feb)		Spring (March– May)		Summer (June–August)		Autumn (Sept– Nov)	
Brussel Sprouts	Turnips	Carrots	Spinach	Beetroot	Tomatoes	Mushrooms	Potatoes
Cabbage	Leeks	Cucumber	Spring Onions	Garlic	Peas	Broccoli	Onion
Swede	Potatoes	Peppers	Broccoli	Runner beans	Radishes	Pumpkin	Tomatoes
Parsnips	Cauliflower	Watercress	Asparagus	Carrots	Green beans	Squash	Celery
Red Cabbage	Pears	Cauliflower	Rhubarb	Lettuce	Courgettes	Sweetcorn	Apples
Quince	Apples	Gooseberries		Blueberries	Strawberries	Pears	Elderberries
				Plums	Raspberries	Plums	Blackberries