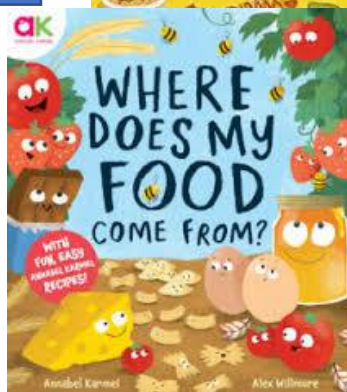
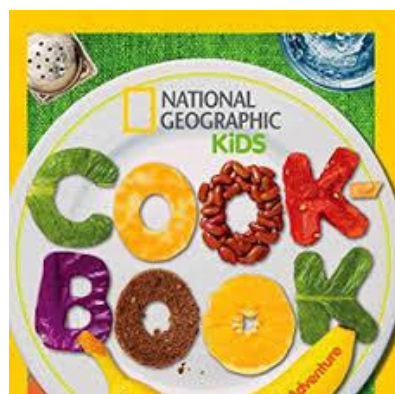
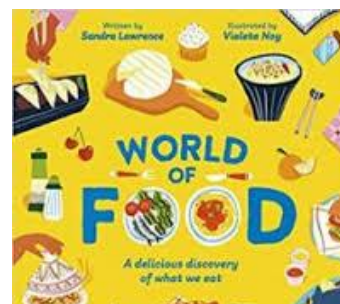


Books to help
me learn
even more.

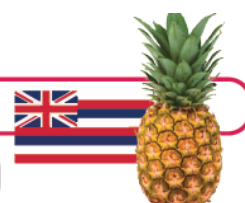


Many countries have traditional dishes. For example:
India is known for hot curries,
whilst England is known for the
fish'n'chips which were historically
served in newspaper.

Did you know?

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

 You cannot mix raw meat with other ingredients, it is not safe.
Remember to also wash your hands after handling raw meat.



End points

- Find a suitable recipe for their course.
- Record the relevant ingredients and equipment needed.
- Follow a recipe, including using the correct quantities of each ingredient.
- Write a recipe, explaining the process taken.
- Explain where certain key foods come from before they appear on the supermarket shelf.

Year 6



Cooking and nutrition

Key facts

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



Key Vocabulary

Accompaniment	Something which goes well together with other foods and drinks.
Cookbook	A book which contains recipes to make various dishes or foods.
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.
Equipment	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 which you use to measure a quantity. (e.g. litres)

Disciplinary knowledge		Prompts to deepen thinking
Marking out and cutting	• Making accurate patterns and templates. • Using a range of tool and techniques for marking out, measuring and cutting a range of sheet materials, wood, plastic, fabric.	
Fixing and joining	• Knowing that structures can fail when loaded. • Knowing how to reinforce structures and to research info about this from a range of sources. • Using a variety of temporary and permanent joining techniques, including framework, materials and textiles. • Assembling components to make working models. • Using known skills e.g. applique, cutting, embellishing, fabric gluing, stencilling and extend to include dyeing.	
Mechanisms and control	• Understanding how products can be driven by electricity. • Understanding of how to control speed and direction. • Understanding how different sorts of switches can be used to control electrical current.	
Finishing, including food hygiene	• Developing a structure with finishing techniques including cladding. • Distinguish between functional and decorative products.	