

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'



SUBJECT : Design and Technology

YEAR : A

TERM : Autumn 2

YEAR GROUPS : 5/6

Key Question: What makes a Great British Dish?

Question	Vocabulary to Use	Information which will help me	Can I....?																
What is a national dish?	Associated, ingredients, locally available, hygiene, RDA (recommended daily amount) nutrition, seasonal, cuisines, influence, traditions, essential ingredients, culture, flavours, spice, herbs, research, record, costings, sourced, protein, salt, refrigerate, freeze, recipe	 <p>Don't taste food unless an adult says it's OK. Some food is not safe to eat when it is raw; some food may be too hot to taste.</p> <p>Don't taste food by licking your fingers! If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!</p> <p>Follow instructions and recipes carefully. Make sure that food is cooked thoroughly. Not sure if something is cooked properly? Ask an adult.</p>	<ul style="list-style-type: none"> • Use different techniques safely when cooking – peeling, mashing, grating and chopping • think about how recipes can be adapted to enhance the taste or to make them healthier. • explain how to maintain high levels of food hygiene when cooking? • Understand that different foods have different shelf lives. • Plan and cost a meal • Give general kitchen health and safety advice. • Understand and apply the principles of a healthy and varied diet • Prepare and cook a variety of predominantly savoury dishes using range of cooking techniques • Evaluate the food that I have prepared and adapt the recipe • Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. 																
How can we monitor the amount of sugar we eat when having desserts?		 <table border="1"> <thead> <tr> <th>ENERGY</th> <th>FAT</th> <th>SATURATES</th> <th>SUGARS</th> <th>SALT</th> </tr> </thead> <tbody> <tr> <td>1478KJ 352KCAL</td> <td>14.6g</td> <td>6.6g</td> <td>4.0g</td> <td>1.46g</td> </tr> <tr> <td>18%</td> <td>21%</td> <td>33%</td> <td>4%</td> <td>24%</td> </tr> </tbody> </table>		ENERGY	FAT	SATURATES	SUGARS	SALT	1478KJ 352KCAL	14.6g	6.6g	4.0g	1.46g	18%	21%	33%	4%	24%	
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Welsh national dishes, what are they and how do I make them?																			
What influences have the cuisines from other countries had on our food?																			
How do you plan and shop for a meal?		