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?

Information which will help me

Vocabulary to Use Question What is a national Associated. dish? ingredients, locally available, hygiene, How can we RDA (recommended monitor the daily amount) amount of sugar nutrition, seasonal, we eat when cuisines, influence, having desserts? traditions, essential What are the ingredients, culture, national dishes flavours, spice, and main herbs, research, ingredients of record, costings, Scotland sourced, protein, Welsh national salt, refrigerate, dishes, what are freeze, recipe they and how do I make them? What influences have the cuisines from other countries had on

our food?

meal?

How do you plan

and shop for a

Food Hygiene

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.

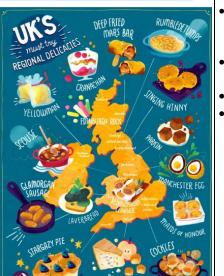
Don't taste food by licking your fingers! If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!

Follow instructions and recipes carefully. Make sure that food is cooked throughly. Not sure if something is cooked properly? Ask an adult.

Type of sugar	Food sources
Glucose	fruits, vegetables, table sugar, honey, milk products, cereals
Fructose	fruits, vegetables, honey
Galactose	milk products
Sucrose	fruits, vegetables, table sugar, honey
Lactose	milk products







 Use different techniques safely when cooking – peeling, mashing, grating and chopping

Can I....?

- 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.