



Trailblazers Cycle A: Summer 2

Nutrition: Come dine with me?

Overview, Vocabulary and Sticky Knowledge



What do I already know about Cooking and Nutrition?

In Little Explorers, I learned...

- How to design a recipe.
- How to chop safely.
- To describe how foods look, feel, smell and taste.
- That vegetables taste different and are good for us.

In Big Explorers, I learned...

- Diet means the food and drink that a person or animal usual eats.
- The five main food groups: carbohydrates, fruits, vegetables, protein, dairy and oils and spreads.
- I should eat a range of different food groups from each food group to have a balanced diet.
- Ingredients means the items in a mixture or recipe.
- How to cut, grate, snip and spread to prepare foods.

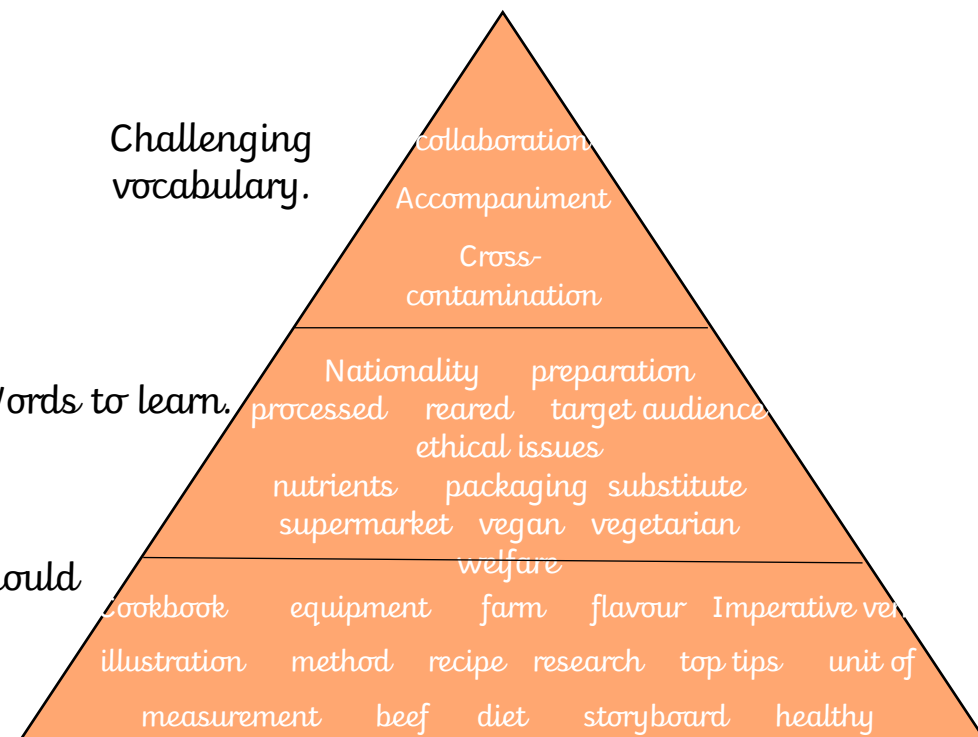
In Philosophers, I learned...

- The amount of an ingredient in a recipe is known as the 'quantity'.
- Safety and hygiene are important when cooking.
- The following cooking techniques: sieving, measuring, mixing/stirring, cutting out and shaping.
- The importance of budgeting while planning ingredients for a recipe.
- That products often have a target audience.

Challenging vocabulary.

Words to learn.

Words I should know.



Key facts I will learn...

That 'flavour' is how a food or drink tastes.
That many countries have 'national dishes' which are recipes associated with that country.
That 'processed food' means food that has been put through multiple changes in a factory.
That it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.
What happens to a certain food before it appears on the supermarket shelf (farm to fork).

Food - Come dine with me

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)

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.



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



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.

Come Dine with Me!

You will be researching and designing a three-course meal to wow your guests! You will be putting your culinary skills and knowledge to the test to create and serve a three-course menu.

Your come dine with me experience must:

- Use complementary flavours,
- Use a wide variety of food groups,
- Have a written recipe to present alongside the meal,
- Have shared information about where the food has come from.



Challenge: Can you recreate a national dish with your own exciting twist?



Sticky knowledge



Use the sticky knowledge statements as part of your sticky learning starters each lesson.

1. A _____ is a healthy mixture of different types of food. (Balanced Diet) (Y1/2)
2. The five main food groups are: carbohydrates, fruits and vegetables, _____, dairy, oils and spreads. (protein) (Y1/2)
3. A _____ is a set of instructions that explain how to make a dish. (recipe) Y1/2
4. The group of people a product is made for is called a _____. (Target Audience) (Y3/4)
5. A recipe can be _____ by making small changes by adding or removing ingredients. (Adapted) (Y3/4)
6. _____ is very important when cooking as things must be kept clean. (Hygiene) (Y3/4)
7. Something that goes well together with other food and drinks is called _____. (An accompaniment)
8. When foods are passed through multiple processes in a factory to change or preserve it, the food is called _____. (Processed)
9. _____ is how bacteria can spread. It happens when liquid from raw meats or germs from