

Year group:
Year 4



Term: Spring

Food

National Curriculum: understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. Understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

Key knowledge and skills

Prepare ingredients hygienically using appropriate utensils and assemble them safely.

Create a recipe that includes the ingredients amounts in grams.

Research and improve knowledge of the fruits of the Caribbean islands and how they are grown.

Improve knowledge of the origins of many different fruits and compare it the availability in the UK.

Consider the food groups the ingredients belong to and explore different ways of preparing it.

Know about the variety of fruits available for making healthy drinks and food products.

Understand the need for a healthy diet and the important contribution of fruit.

Test and adapt recipes to suit theirs and others' tastes, as well as consider the alternatives for food intolerances.

When presenting work, use a variety of ideas; art work, PowerPoint presentations, drama.

Vocabulary

Appearance	How something looks.
Seasonality	The fact that something changes according to the seasons.
Nutrients	A substance that provides nourishment essential for the maintenance of life and for growth.
Texture	How something feels.
Preference	Deciding which is best and explain why.
Smoothie	A smooth, thick drink made with blended fruit and yoghurt, ice cream, or milk, or with blended vegetables.
Food intolerance	Difficulty digesting certain foods and having unpleasant physical reaction to them.
Blend	Mix with another substance so that they combine together.
Climate	The weather conditions prevailing in an area in general or over a long period.
Blender	An electric machine used in food preparation for liquidising, chopping or pureeing.

Evaluate

What could you add to your drink if it is too thick?

Which ingredients did you like the most? Which ingredients taste good when combined?

What alternatives could you offer for dairy intolerances?

How could you improve your final presentation?

Which ingredients are typical for the Caribbean countries – are some seasonal?

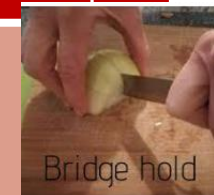


juicer/blender

Claw technique



Bridge technique



Outcome

To create a new recipe for a Caribbean fruit cocktail to be included on a menu at a smoothie bar.

