

Year group:
Year 6



Term:
Summer

Food

National Curriculum:

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.

Follow a recipe.

Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).

Measure ingredients accurately and calculate ratios of ingredients to scale up or down from a recipe.

Create and refine recipes, including ingredients, methods, cooking times and temperatures.

Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms).

Evaluate their product: discuss the healthy benefits of a white bean soup in a balanced diet. How does it compare to traditional soups in the UK?



Vocabulary

Micro organisms	A group of very small , simple forms of life like bacteria.
Garnish	To decorate or embellish (especially food).
Season	Add salt, herbs, pepper or other spices to food to make it taste better.
Simmer	To keep the water or food that is being heated just below boiling point while bubbling gently.
Scale up	To increase something in size. e.g. double it.
Soak	Placing food in a liquid, usually water, and leaving it in so that the food absorbs the water and becomes softer and easier to eat or cook.
Hygiene	The practise of keeping yourself and surroundings clean in order to stay healthy.
Soup	A liquid dish, typically savoury and made by boiling meat, fish or vegetables in stock or water.
White beans	One of the many varieties of beans used in cooking. They are tender, with an earthy, nutty flavour.

Evaluate

Did I weigh out ingredients accurately so that my soup tasted good?

Did you cook it for the correct amount of time?

Were you able to use the preparation techniques: soak, simmer and garnish?

Would you change the way you prepared any of the ingredients next time?

If you could change or add an ingredient in your soup to improve it, what would use?

Would you consider this dish to be healthy and balanced? Why?

How does this type of soup compare with the soup in the UK?

Outcome

To design, make and evaluate Greek fassolatha (white bean soup).

Garnish



Simmer



Season



Soak

