

Year group:
Year 5



Term:
Autumn

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 to the nearest gram accurately.

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 eating bread in a balanced diet. Why is this bread healthy?

	Vocabulary
Micro organisms	A group of very small, simple forms of life like bacteria.
Tapioca flour	Tapioca is a starch extracted from the storage roots of the cassava plant, a species native to the north and central-west regions of Brazil.
Grill	A rack of metal bars used to hold foods for cooking over heat.
Spatula	A cooking utensil with a wide, flat blade that is not sharp used in cooking.
Scale up	To increase something in size. e.g. double it.
Parmesan	Parmesan is a hard Italian cheese.
Hygiene	The practise of keeping yourself and surroundings clean in order to stay healthy.
Greasing	To put butter, grease etc on a pan etc to prevent food from sticking to it.
Seeds	Pumpkin and sesame seeds are used to add taste and texture to a food item.

Evaluate

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

Did you cook it for the correct amount of time?

Were you able to use the preparation techniques: mix, grease, and grate?

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

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

Why is pao de queijo made of tapioca flour and what impact would a different type of flour have?

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

Outcome

To design, make and evaluate Brazilian cheese bread (pao de queijo).



Brazilian Cheese Bread

Grating



Greasing



Melting



Mixing/Blending

