Design and Technology: Cooking and Nutrition – Year 5

Previous learning in Year 4:

In Year 4, we looked at where our food comes from and how it reaches us so that we can eat it when it tastes best. We learnt about the journey that food goes on and how it travels across the world. We used our cooking skills to create a tasty dish by combining flavours together.

What (Key vocabulary)

icing	A sweet/creamy glaze that can be used to decorate cakes and biscuits
piping	A cone or triangular shaped bag which presses food through an opening to decorate sweet treats
pressing	An act of applying force or weight to an object
mixing	To combine or put together ingredients to form one substance
cutting	The separation or opening of a physical object using a sharp tool
whisking	To beat or stir ingredients using a light, rapid movement
clot	A thick mass or liquid or material that has stuck together
dehydrated	Food being preserved so that it will last longer by removing its moisture
cholesterol	A type of fat found in blood, certain foods can be high in cholesterol
internal organs	An organ which is inside of the body which is protected by layers of skin, fat and bone
immune system	Processes of the body which provide resistance to infection and viruses
saturated fats	Fats that are found in meat and animal products – eating too many can cause increased risk of heart disease
non-saturated fats	Fats that are found in plants and fish and are beneficial to the heart