

Design and Technology: Cooking and Nutrition – Year 6

Previous learning in Year 5:

In Year 5, we learnt about the benefits of eating a varied diet and how specific food groups can affect our bodies in different ways. We also learnt that foods can be split into two groups: saturated fats and non-saturated fats and learnt some specific examples of foods from both groups. We built upon our previous learning from years 3 and 4 about how food can be caught, grown and processed.

What (Key vocabulary)

recipe	A set of instructions for preparing a food dish, a list of ingredients will be included
savoury	A food that tastes salty or spicy rather than sweet
grating	To reduce an item of food to small shreds using a grater
weighing	To find out how heavy an object is using scales
peeling	To remove an outer layer or skin of a piece of food
measuring	To show an amount of an ingredient using equipment such as a measuring jug
antioxidants	Are a substance found in foods which help protect healthy cells in our bodies
seasonality	A specific time of year when a type of food can be harvest for its flavour because it is the best time of year for it to grow
foraged	To search for a food source in the wild
source	To get something from a particular place or a type of food that produces something
processed foods	The transformation of agricultural products into food