

Edward Peake Church of England Middle School

Food	Topic:	Year: 6
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What should I already know?

- How to work safely in the kitchen.
- How to carry out a sensory analysis of food.
- How to peel vegetables.
- How to stir ingredients together.
- How to use the bridge and claw technique to prepare fruit and vegetables.
- Measure accurately with weighing scales, measuring spoons and a measuring jug.
- Grate cheese.
- How to thread ingredients onto a skewer.
- Use the oven and hob safely.
- How to follow a recipe.
- Where and how a variety of ingredients are grown, reared, caught and processed.

What will I know by the end of the unit?

- About the eatwell guide and how to eat healthily.
- About seasonality.
- How food can be preserved so it can be eaten throughout the year.
- Where food comes from, what air miles are, what locally grown food is and why food is grown in different countries.
- How to make a batter.
- How to shape and finish pastry.
- How to modify recipes.

Vocabulary

Eatwell Guide	The governments advice on what to eat for a healthy diet.
Sensory Analysis	The testing of a product using the human senses.
Appearance	How something looks.
Aroma	How something smells.
Texture	How something feels.
Source	Where something comes from.
Seasonal	The time of year when food is at it's best and ready to be harvested.
Food miles	How far food travels from where it is harvested to your plate.
Locally grown food	Food grown close to where it is sold.

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Food

Topic: Food Preparation and Nutrition

Year: 6

Sensory Analysis

Sensory analysis is the testing of food using our senses.



We use our sight to describe the appearance of the food.

We use our smell to describe the aroma of the food.

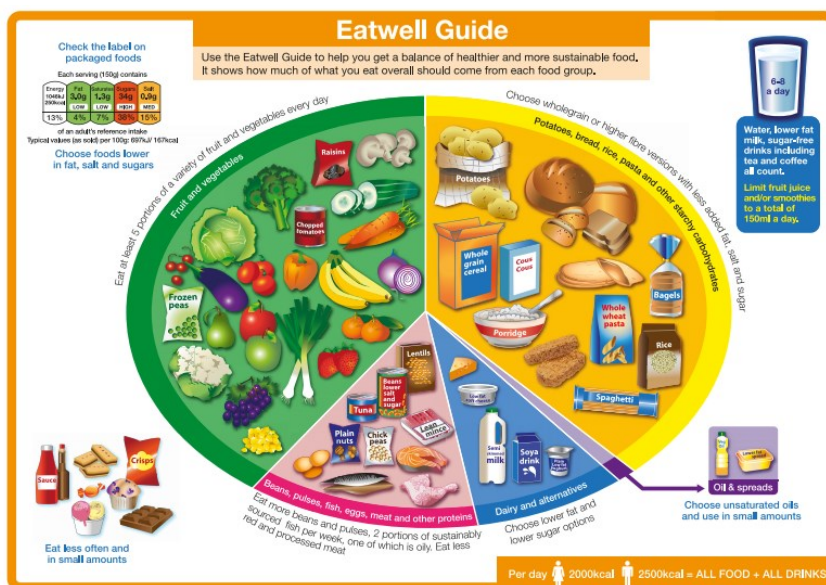
We use our touch to describe how the food feels in our mouth.

We use our taste to describe how the food tastes.

Key information

- The food we eat should be made up of carbohydrates, proteins, dairy, fruit and vegetables and a little bit of fat.
- Seasonal food is food that is ripe and ready to eat at a certain time of year.
- Food can be preserved by freezing, drying, canning, pickling and making it into jams or preserves.
- Food miles is the distance your food has travelled from where it is grown to where it will be eaten.

The Eatwell Guide



The Eatwell Plate is made up of 5 sections.

It is a guide showing us how much of each food group we should eat so we have a healthy diet.

The foods on the outside of the plate are foods that are nice to eat but not essential for a healthy diet.

We should drink 6-8 glasses of drink a day.

Investigation tasks

1. Research into the eatwell plate and produce an information leaflet for children explaining why they should eat foods from each section.
2. Modify the apple crumble recipe for each season of the year. Can you make one of them?
3. Research into which countries the food we eat come from, can you make a game for children to help teach them this information?
4. Can you make your own bread?