

Edward Peake Church of England Middle School

Food

Topic: Food Preparation and Nutrition

Year: 5

What should I already know?

- That food is made up of different ingredients.
- That we need to eat different foods to give us a balanced diet.
- That we should eat 5 portions of fruit and vegetables a day.
- Some of the ways to work safely in the kitchen.
- How to wash and dry up.

What will know by the end of the unit?

- 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.
- About seasonality.
- Where and how a variety of ingredients are grown, reared, caught and processed.
- What makes up a portion of fruit and vegetables.

Vocabulary

Hygiene Keeping yourself or your environment clean.

Hazard A danger or risk.

Appearance What something looks like.

Bridge and claw technique Ways of cutting food with a knife.

Accuracy How close to being correct something is.

Presentation The way something has been made to look.

Hob The top surface of the oven where pans can be heated.

Portion. The amount of food you should eat.

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Hygiene and Safety

Working safely and hygienically in the food room is really important. Keeping yourself and equipment clean prevents the spread of germs.



Washing, drying up and putting away is an important part of cooking.

Key information

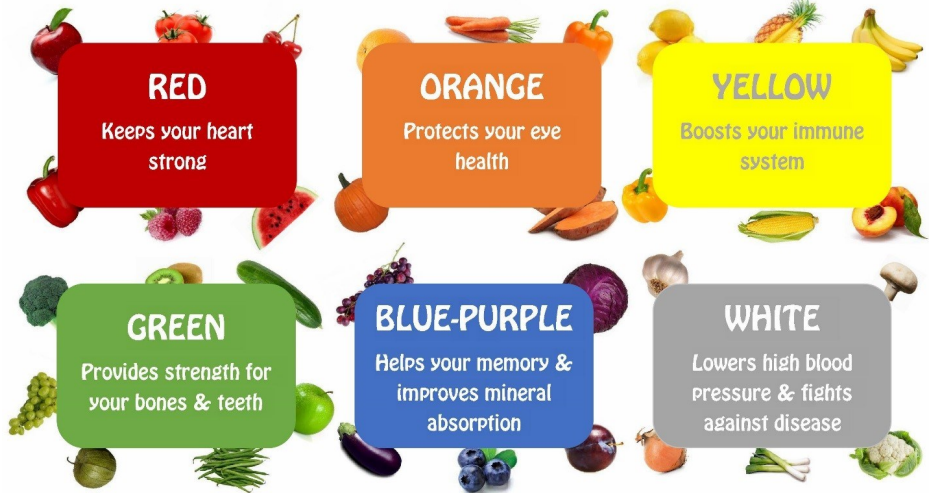
- Always carry a sharp knife down by your side, do not hold the blade.
- Wash up with warm, soapy water.
- Rubbing in is when you rub the butter and flour between your fingertips to combine the ingredients.
- Milk is stirred and then split into two parts the curds and whey, the curd is used to make cheese.
- A marinade is a sauce used before cooking to soften or add flavour to the ingredients.

Rainbow of Fruit and Vegetables



A portion is the amount that fits in your cupped hand.

You should eat 5 portions of different coloured fruit and vegetables a day.



Investigation tasks

1. Can you make a smoothie using a rainbow of different fruits?
2. Can you modify the kebab recipe to include different ingredients and a different marinade?
3. Some people have an allergy to dairy, research the alternative products available.
4. Can you grow any vegetables at home? Keep a record of what they look like at different stages of their growth.