

DT

British Food

Year 6

What I should already know

- Understand how food is processed into ingredients that can be eaten or used in cooking. (See Y5 DT Burgers.)
- Know that different food and drink contain different substances, nutrients and water that are needed for health. (See Y5 DT burgers.)
- Know the 5 categories of food from the eat well plate and name a range of products that contain them. (See Y5 DT burgers, Y4 DT pizza, Y3 DT scouse, Y3 Science Animals including humans)



Sticky Knowledge

Know the origins of some traditional British dishes and desserts.

Know how to combine ingredients and follow a recipe, adapting this to suit particular needs/wants when necessary.

Know the recommended daily allowance for sugar, carbohydrates and fat and how to find the content of each on food packaging.

Know how to plan and cost a meal.

Give general kitchen health and safety advice.

Know how to cook using a range of different heat sources.

Vocabulary

Nutrient	A substance that provides nourishment essential for life and growth.
Sweeten	Making something taste sweeter by adding sugar.
Recipe	A set of instructions for preparing a particular dish, including a list of the ingredients required.
Source	Get from a particular place.
Seasoning	Salt, herbs or spices added to food to enhance the flavour.
Herbs	A plant, leaf, seed or flower used for flavouring food.
Cuisine	A style or method of cooking, especially as characteristic of a particular country, region, or establishment.
Kitchen Utensils	A tool, container, or other article, especially for kitchen use.
Balanced meal	A snapshot of a diet that covers the three core food groups. The balance is a quarter proteins, a quarter carbohydrates and half vegetables.

Technical Knowledge and skills

- Explore and evaluate the taste and appearance of a range of different British meals including desserts discussing their ingredients, costings, intended consumer and nutritional content.
- Carry out research involving questionnaires and interviews to determine the wants and needs of particular groups, including their recommended daily allowances for each of the categories of food.
- Select and use the correct tools and techniques to make a chosen British meal to prepare and cook a British meal using a range of different heat sources.
- Critically evaluate their British meal against their own criteria and consider the views of others.