

## DT

## Developing a recipe

## Year 5

### What I should already know

- That the amount of an ingredient in a recipe is known as the 'quantity'.
- That safety and hygiene are important when cooking.
- The following cooking techniques: sieving, measuring, mixing/stirring, cutting out and shaping.
- The importance of budgeting while

### planning ingredients for a recipe.

#### Technical skills

- That products often have a target audience.
- Explaining the farm-to-fork process.

- Researching existing recipes.
- Suggesting alternative ingredients.
- Analysing nutritional content.
- Writing an alternative recipe.
- Understanding cross-contamination.
- Using preparation skills.
- Designing a jar label.



### Sticky Knowledge

- That beef comes from cows reared on farms.
- contamination.
- That recipes can be adapted to suit nutritional needs and dietary requirements.
- That nutritional information is found on food packaging.
- That coloured chopping boards can prevent cross-
- That food packaging serves many pur



### Vocabulary

Adaptation	The process of changing something
Cross Contamination	When something harmful spreads from one food to another
Farm	To grow crops or keep animals as a business.
Hygiene	Keeping things clean to prevent illness
Ingredients	The foods a recipe is made from.
Label	Something that provides information about the product it is attached to.
Nutrient	Substances that help living things stay healthy and grow.
Nutritional Value	The nutrients a food or recipe provides.
Process	A series of actions.

adaptation cook cross-contamination farm hygiene ingredients label nutrient nutritional value  
process The process of changing something. To prepare food by heating it. When something  
harmful spreads from one food to another. To grow crops or keep animals as a business. Keep-  
ing things clean to prevent illness. The foods a recipe is made from. Something that provides  
information about the product it is attached to. Substances that help living things stay healthy  
and grow. The nutrients a food or recipe provides. A series of actions.