

DT

## Cooking and Nutrition: 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.
- That products often have a target audience.



## 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	The process of changing something
Ainsley Harriott 	Ainsley Harriott is a well-known English chef (someone who cooks food) and television presenter (someone who hosts TV shows about cooking).

## Sticky Knowledge

- Beef comes from cows reared on farms.
- Recipes can be adapted to suit nutritional needs and dietary requirements.
- Nutritional information can be found on food packaging.
- Coloured chopping boards can prevent cross-contamination.
- Food packaging serves many purposes.

## Technical skills

Design:

- Researching existing products and recipes.
- Analysing nutritional content.
- Writing an alternative recipe.
- Designing a jar label.

Make:

- Making a developed recipe.
- Understanding cross-contamination.

Evaluate:

- Suggesting alternative ingredients.
- Feeding back to peers and making improvements.

Red - raw meat

Blue - raw fish

Yellow - cooked meat

Green - salad and fruit

Brown - root vegetables

White - bakery and dairy

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.



Taste testing



Juicing



Snipping



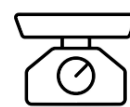
Grating



Mixing



Cutting



Measuring