



Prior Learning																							
<p>Have an understanding of the eatwell plate                  Be able to place different ingredients into the correct food groups.                  Understanding of basic cooking techniques such as grating and chopping                  Following a simple recipe</p>																							
Key vocabulary for this unit																							
<table> <tr> <td>Ingredients</td> <td></td> </tr> <tr> <td>sensory</td> <td>chop</td> </tr> <tr> <td>global</td> <td>fry</td> </tr> <tr> <td>protein</td> <td>grate</td> </tr> <tr> <td>recipe</td> <td>boil</td> </tr> <tr> <td>carbohydrates</td> <td>hob</td> </tr> <tr> <td>nutrition</td> <td>oven</td> </tr> <tr> <td>techniques</td> <td></td> </tr> <tr> <td>skills</td> <td></td> </tr> <tr> <td>hygiene</td> <td></td> </tr> <tr> <td>equipment</td> <td></td> </tr> </table>		Ingredients		sensory	chop	global	fry	protein	grate	recipe	boil	carbohydrates	hob	nutrition	oven	techniques		skills		hygiene		equipment	
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Learning Sequence																							
<b>Where Ingredients Come From</b>	<p>Understand seasonality, and know where and how a variety of ingredients are grown</p> <ul style="list-style-type: none"> <li>▪To say where in the world different ingredients come from.</li> </ul>																						
<b>Food Groups</b>	<p>Understand and apply the principles of a healthy and varied diet. To understand how diets are varied around the world but still consist of the same food groups.</p> <ul style="list-style-type: none"> <li>▪To explain that diets around the world are based on similar food groups.</li> </ul>																						

<b>A Cup of Rice</b>	<p>Understand and apply the principles of a healthy and varied diet in the context of understanding the nutritional benefits of eating rice.</p> <p>Prepare and cook a variety of dishes using a range of cooking techniques in the context of cooking rice.</p> <ul style="list-style-type: none"> <li>▪To explain why rice is a good staple diet</li> <li>▪to correctly cook rice.</li> </ul>
<b>Mexican Food</b>	<p>Prepare and cook a variety of savoury dishes using a range of cooking techniques in the context of preparing and cooking Mexican food</p> <ul style="list-style-type: none"> <li>▪To demonstrate a range of food skills and techniques</li> </ul>
<b>Chinese Food</b>	<p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking Chinese food.</p> <ul style="list-style-type: none"> <li>▪To demonstrate a range of basic and advanced food skills and cooking techniques</li> </ul>
<b>German Food</b>	<p>Prepare and cook a variety of savoury dishes using a range of cooking techniques in the context of cooking pretzels.</p> <ul style="list-style-type: none"> <li>▪To accurately and mainly independently follow a recipe demonstrating a range of cooking techniques.</li> </ul>
<b>Assessment milestones</b>	
<ul style="list-style-type: none"> <li>▪Work independently to accurately follow a recipe</li> <li>▪Use a wide variety of basic food skills such as peeling, juicing and dicing and some advanced skills such as baking, which enable them to prepare some more complex savoury dishes.</li> </ul>	<p><b>D&amp;T Knowledge:</b></p> <ul style="list-style-type: none"> <li>▪Use a wide range of advanced cooking techniques such as checking that food is cooked correctly and adjusting temperatures on the hob and oven which allow them to prepare a variety of complex savoury dishes.</li> <li>▪Understand the importance of correct storage and heating of rice using knowledge of spores, bacteria and how these cause food poisoning.</li> </ul>