






Overview		
<p>During this sequence of learning, pupils will learn about classic American dishes and how the food has been influenced by other cultures. The children will learn how to preserve food, the draw backs to fast food and make side dishes for an Independence Day party.</p>		
What should I already know?	Vocabulary:	
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> <li>• How to cut (with a knife), chop (with a vegetable knife), spread (with a knife) and grate safely.</li> <li>• How to design and make a healthy sandwich.</li> <li>• Can select own ingredients</li> <li>• How to present food that looks appealing by using fresh ingredients, arranging products neatly, ensuring the plate is clean.</li> <li>• How to work safely and appropriately with food by washing hands before handling food; ensure work areas are clean; wearing an apron; being sensible with knives and graters.</li> </ul> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> <li>• That food can be divided into groups -               <ul style="list-style-type: none"> <li>○ carbohydrates - they contain sugars that give us energy</li> <li>○ fruit and vegetables are low in fat and contain natural sugars to give us energy.</li> <li>○ proteins help our body to grow and repair itself</li> <li>○ dairy products contain calcium to keep our bones and teeth strong</li> <li>○ Fats and sugars are necessary but in small amounts.</li> </ul> </li> <li>• A 'food pyramid' shows the proportions of different foods that should be eaten.</li> <li>• Can understand that a variety and balance of food and drink is needed in a healthy diet.</li> <li>• Junk foods taste nice but do not contain many nutrients and eating too many is unhealthy.</li> </ul> <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> <li>• Vegetarians replace meat and fish with eggs, beans, lentils and soya.</li> <li>• That different combinations of ingredients affect the taste and texture of the product.</li> </ul>	<p>Traditional food</p> <p>Fast food</p> <p>Soul food </p> <p>Maize </p> <p>Wheat </p> <p>Apparatus</p> <p>Techniques</p> <p>Preserved</p>	<p>Foods that have been eaten in a country for a long time and still eaten today.</p> <p>Food that is prepared and served quickly.</p> <p>Food traditionally eaten by southern black Americans.</p> <p>A tall annual cereal grass.</p> <p>Cereal grain that grows in tight clusters on the tall stalks of a grass.</p> <p>Equipment and utensils.</p> <p>A way of doing something using special knowledge or skill.</p> <p>Treated in a way so that it does not go bad (spoil from bacteria).</p>
What will I know by the end of the unit?		

<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> <li>• How to cut out, shape and mould pastry.</li> <li>• How to snip (with scissors), cut (with a knife) and shred (with grater) safely.</li> <li>• To be able to select scales to measure, a sieve to sift, a spoon to mix and a jug to pour.</li> <li>• To be able to follow a recipe (read and do what is stated) step by step.</li> <li>• How to modify a simple recipe by changing ingredients.</li> <li>• Know how to use a hob safely: <ul style="list-style-type: none"> <li>○ Using a hob at the back.</li> <li>○ Using a pan that is not too small for the hob with the handle inwards.</li> <li>○ Watching what is happening so the heat is not too hot for the pan and what is being cooked.</li> <li>○ Turning the hob off when the pan is to be moved.</li> <li>○ Not leaving an empty pan on the hob.</li> </ul> </li> </ul> <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> <li>• Know about American food and how its customs and culture can affect the food people eat. Apple pie is a dish that is a traditional American dish.</li> <li>• Know that food around the world is prepared in different ways, sometimes because of culture, customs and religion.</li> <li>• Chillies are a key ingredient in Mexican food.</li> <li>• Tex-Mex dishes are easy to eat on the go.</li> <li>• Fast food is convenient and tastes good but it contains lots of fat and sugars. It should only be eaten in small quantities.</li> <li>• That several changes take place when food is cooked. Cooking makes food soft and easy to eat and digest.</li> <li>• That food can be preserved by smoking or drying it.</li> <li>• That 'Veggie Jerky' is made by drying vegetables in an oven.</li> </ul>	<p>Cultures</p> <p>Skillet</p> <p>Jerky</p>  <p>Apple pie</p> <p>Staple</p> <p>Cornbread</p> <p>Chilli</p>	<p>Behaviours shared by a society, or group of people.</p> <p>A frying pan</p> <p>Lean trimmed meat that has been cut into strips and dried.</p> <p>A pie with pastry at the top and bottom, filled with apples.</p> <p>Food items that can be stored easily and eaten throughout the year.</p> <p>Cornbread is a bread made with cornmeal.</p> <p>Pod of a tropical pepper plant.</p> 
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