

Overview

In this unit the children will learn about national dishes, the ingredients that are used and how healthy they are. Children will follow recipes to make a Cottage Pie and toppings for oatcakes.

What should I already know? Vocabulary:

Cooking skills

- Can weigh and measure accurately.
- How to shape and make a burger.
- Can measure and mix ingredients correctly.
- Can follow a recipe step by step.

Nutrition

- That fat is a natural oil substance that helps prevents disease in our bodies.
- That proteins are large molecules that assists with muscle and hair growth in our bodies.
- That carbohydrates are a nutrient that changes into sugar and provides energy for our organs.
- That the nutritional facts label gives detailed information about the proteins, carbohydrates, sugars, fats and salts in the food and how many calories it has.
- That there are guidelines to tell us if a food is high in fat, sugar and salt.
- That energy in food is measured in calories.
- The amount of calories our bodies need to power our brain and organs depends on our age, height and weight.

Food knowledge

- Know about American food and how its customs and culture can affect the food people eat.
- Know that food around the world is prepared in different ways, sometimes because of culture, customs and religion.
- Fast food is convenient and tastes good but it contains lots of fat and sugars. It should only be eaten in small quantities.
- That several changes take place when food is cooked. Cooking makes food soft and easy to eat and digest.



Savoury	A spicy or salty taste
Sweet	Tasting of sugar or a sugar substitute
Dessert	The final course of a meal
Staple	Eaten regularly and makes up a large part of a diet
Origin	The beginning of something - where it's from
Traditional	Long-established
Cuisine	A type of cooking typically linked to a country or region.
Influences	To affect or change something
Seasonal	Readily available at certain times of the year in the area you live.
'In season'	At its best for harvesting
Ripening	Becoming ready to harvest
Harvest	To gather in
Fruit-based	Made from fruit

What will I know by the end of the unit?

Cooking skills

- How to cut and chop vegetables using the bridge hold and claw grip.
- How to combine ingredients (mixing together).
- Know how to follow a simple recipe by following each instruction and doing what it says.
- Know how to modify recipes.
- To know how to plan a meal by choosing what is to be made, list the ingredients needed and put a price next to each of those things to determine the overall cost.
- Give general kitchen health and safety advice:
 - Get everything ready that is needed.
 - Wash hands and keep surfaces clean.
 - Use the correct equipment safely
 - Don't lick or taste food unless checking with an adult.
 - Follow instructions.
 - Tidy up.

Nutrition

- Know that nutrition labels include information on energy (kJ/kcal), fat, saturates (saturated fat), carbohydrate, sugars, protein and salt.
- Can recognise that the amount of energy and nutrients provided by food depends on the portion eaten.

Food knowledge

- That a national dish consists of food that is strongly associated with a particular country, they are made from locally available foodstuffs, and are an important part of the country's identity.
- That a savoury dish is food that has a salty/spicy flavour.
- Fried Breakfast, Roast Dinner, Toad in the Hole, Fish and Chips, Cornish pasty and Cottage pie are traditional national English dishes.
- Cottage pie is made with meat and mashed potato. It was first made at the end of 18th century when poorer people in Britain (living in cottages), started using potatoes as an everyday food.
- The Scottish climate is perfect for growing oats and has been a staple in Scotland since the Middle Ages.
- Oatmeal, Haggis, Cranachan, Oatcakes, Neeps and Tatties, Stovies, Rumbledethumps and Tablet are traditional Scottish dishes.
- Oatcakes have existed since the time of the Roman Conquest at the end of the 1st Century.
- Know that different fruits and vegetables are ripe and harvested at different times in the year - this is called 'seasonal food'.
- To know that a food product's 'shelf life' is the recommended maximum amount of time that it should be stored before needing to be eaten or thrown away.

Oat

A cereal plant grown in cool climates

Oatmeal

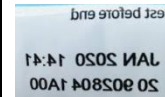
Meal made from ground oats

Use by



After this date the food is not safe to eat.

Best before



Food is safe but not at its best, after this date.

Shelf life

The maximum amount of time the product should be stored before needing to be eaten or thrown away