

YEAR 5/6
SPRING

Design Technology

FOOD



WHAT SHOULD I ALREADY KNOW?

- I know that all food comes from plants and animals.
- I know that food must be farmed, caught or grown elsewhere.
- I know that everyone should eat at least five portions of fruit and vegetables a day.
- I know how to prepare dishes without heat.

WHAT WILL I LEARN?

- I know how to stay hygienic and avoid cross contamination.
- I know how to prepare different foods by boiling and grilling.
- I know how to use measure to help with preparing dishes.
- I know that seasons can Impact food growth.

VOCABULARY

Boiling	A way to cook food whilst immersing it in hot water.
Energy	The strength and power we need for physical and mental activity.
Grilling	Applying dry heat to the surface of food.
Nutrients	Parts of food that are essential to life and health, they provide us with energy.



NIGELLA LAWSON

Nigella Lawson was born 6th January 1960, In London. She Is famously Known for her own cooking television program and has written many Cook books. She explores new Ingredients to try and suggest healthy options.

