



What should I already know?

- A healthy diet includes a balance of proteins, carbohydrates, fruit and vegetables.
- Ingredients are the foods needed to make a recipe.
- A recipe provides instructions about how to create a type of food. It can be adapted by varying the ingredients.

What will I know by the end of this unit?

Technical knowledge:

Our food comes from different **sources**:

- some foods are caught e.g. fish, crab.
- some foods are **reared** e.g. lambs, cows. These give us products such as meat and milk which can be used to produce cheese and yoghurt.
- some foods are grown e.g. fruits and vegetables such as strawberries potatoes or grains such as rice or wheat.

Adapting a recipe changes the **taste, appearance** and **texture** of a food.

Adding different ingredients have different effects.



Diagrams and Images

Using weighing scales:

- Ensure the scales are on zero before adding in the ingredients.
- Identify the markings for the measurement you are looking for before you start weighing out.
- Bend down so that you are at eye-level with the scales.
- Use a spoon to add a small amount at a time.

Using a knife safely

Claw grip



Bridge hold



What will I be able to do by the end of this unit?

Design:

- Evaluate different ingredients.
- Adapt a recipe to create my own soup.

Make:

- Weigh and measure ingredients using scales.
- Use a range of cooking skills such as mixing, whisking and chopping.

Evaluate:

- Consider the strengths of my product and how it could be improved.
- Make improvements to the recipe and use appropriate language when evaluating their own or their peers work.

Vocabulary

appearance	The way that something or someone looks
rear	Bring up and care for a child or animal until it is fully grown.
seasonality	The quality or fact of varying with or depending on the season or time of year.
source	A place, person or thing from which something originates or can be obtained.
taste	Sense of flavour
texture	The feel, appearance, or consistency of a surface or object.

Design and Technology: Skills and Enquiry

- Research soup recipes—what ingredients could you use to amend the recipe?
- Write a healthy recipe for soup. Choose the correct equipment for the task and use correctly including a blender –link to safety.
- Which equipment did you choose to use when cooking? Why?

Health and Safety

- Knives must be carried pointing downwards with a firm grip on the handle.
- Peelers and graters are sharp. Keep fingers away from the sharp edges.
- Use oven gloves when removing items from the hob and always do this with an adult.
- Always wash your hands with soap and warm water before touching food.
- Ensure all surfaces and equipment are clean before you start cooking.