

D&T – Food – Culture and Seasonality

Year 6: Summer 2

Key Vocabulary

Dough – a thick, malleable mixture of flour and liquid, used for baking into bread or pastry.

Bran – pieces of grain husk separated from flour after milling.

Yeast – a microscopic fungus consisting of single oval cells that reproduce by budding, and capable of converting sugar into alcohol and carbon dioxide.

Unleavened – bread made without yeast or other raising agent.

Germ – the embryo of a seed or kernel of grain, located at the bottom centre of the kernel.

The germ is the oily part of a kernel or seed from which a new plant sprouts. It contains protein and fat and is loaded with vitamins and minerals, so it is highly nutritious.

Endosperm – a tissue produced inside the seeds of most of the flowering plants following fertilisation. Provides starch, though it can also contain oils and protein.

Knead – to work the dough, usually by hand.

Rubbing in – a technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones.

Finishing - setting up the food, so the plate is to be displayed properly and making sure all the proper sauces are there.

Key Questions

- How have ingredients been processed?
- How can my product be innovative?
- What is the impact of added ingredients/finishes/shapes on the finished product?
- Which shape is most appealing and why?



Key Skills

- Generate innovative ideas through research and discussion with peers and adults to develop a design brief and criteria for a design specification.
- Write a step-by-step recipe, including a list of ingredients, equipment and utensils.
- Make, decorate and present the food product appropriately for the intended user and purpose.
- Carry out sensory evaluations of a range of relevant products and ingredients. Record the evaluations using e.g. tables/graphs/charts such as star diagrams.
- Understand how key chefs have influenced eating habits to promote varied and healthy diets.
- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.

Concepts

Cooking and Nutrition

The nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet.

Designing

A plan or drawing produced to show the look and function or workings of a building, garment, or other object before it is made. The designer must consider the purpose and the intended user of the product being created.

Web links

<https://www.tes.c>
<https://www.nationaltrust.org.uk/lists/seasonal-food-and-growingom/teaching-resource/seasonal-foods-6340724>