

KEY FOCUS: Cooking and Nutrition

National Curriculum Links:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown,
- reared, caught and processed.



Key Vocabulary	
Seasonal	Foods that ripen or are 'in season' at certain times of the year in the UK.
Sweet	A food or dish that is pleasant and sugary.
Bacteria	Microscopic organisms that are all around. Some bacteria are good
Contamination	When bacteria moves around from one place to another
mixture	A substance made by mixing different ingredients together.
Ingredients	Food or substances that are combined together to make a dish.
Recipe	A set of instructions for preparing a particular dish, including a list of the ingredients required.
Hygiene	The way in which we prevent contamination or bacteria in food preparation

Sticky Knowledge:

- Sweet dishes are usually had for pudding or desert.
- Bacteria is invisible to the eye so we need to be very careful when cooking to avoid food poisoning.
- We use recipes to produce a certain dish.
- We wash our hands and prepare our food area with caution to prevent contamination.