

Year: 5  
 Term: Spring 1  
 Topic: Cooking and nutrition - Developing a recipe



Where does this learning link to aspirations for the future?

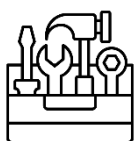
Cornish pasties must follow an very precise recipe. There are lots of companies that make and sell them. You could also invent new flavours!

In DT we follow this five step process.

Research



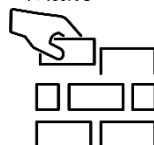
Skills



Design



Make



Evaluate



As a guide, we recommend this product provides: 3 servings		
NUTRITION:	Typical values Per 100g	Per 1/3 can
Energy	342kJ 81kcal	302kJ 72kcal
Fat	0.6g	0.5g
of which saturates	<0.1g	<0.1g
Carbohydrate	12g	10g
of which sugars	<0.5g	<0.5g
Fibre	3.4g	3.0g
Protein	5.7g	5.0g
Salt	<0.01g	<0.01g

TIN - METAL widely recycled  
 TIN made from 40% RECYCLED METAL

Nutritional value helps us understand how healthy a food is. Nutrition information on food labels can help us make better choices for our bodies by showing us the amounts of nutrients like fibre, protein and sugar

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

- Red - raw meat
- Blue - raw fish
- Yellow - cooked meat
- Green - salad and fruit
- Brown - root vegetables
- White - bakery and dairy



Glossary

- adaptation: The process of changing something.
- cook: To prepare food by heating it.
- cross-contamination: When something harmful spreads from one food to another.
- farm: To grow crops or keep animals as a business.
- hygiene: Keeping things clean to prevent illness.
- ingredients: The foods a recipe is made from.
- label: Something that provides information about the product it is attached to.
- nutrient: Substances that help living things stay healthy and grow.
- nutritional value: The nutrients a food or recipe provides.
- process: A series of actions.



taste testing



snipping



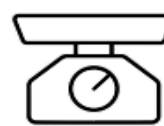
grating



mixing



cutting



measuring

Farmers rear cows.      Cows are killed and meat matures.      Meat is processed and packaged.

Food is transported to shops.      Customers buy beef products.      The food is consumed.