

YEAR 5
DESIGN TECHNOLOGY

FOOD & NUTRITION

STICKY KNOWLEDGE

Seasonality means different foods grow in different seasons. This may affect the food available to us. We need to plan our recipes according to seasonality.

Many ingredients are grown, reared, caught and processed in many different countries.

Some foods are grown from plants (pears, wheat, potatoes).

Some foods are reared. These include poultry (chickens) and cattle (cows).

Other foods are caught (such as fish).

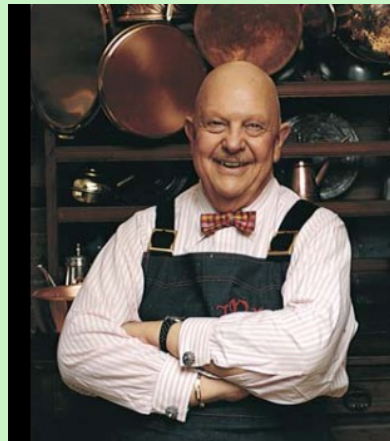
Thanksgiving in America involves families coming together to share their Thanksgiving meal.

Cooking things in different ways (such as baking and steaming) can make them healthier.

Unhealthy eating can link to obesity. We can prevent this with our diet and exercise.

FAMOUS PERSON

James Andrew Beard hosted the first cooking programme in the history of television, and published more than 20 cooking books.



JAMES ANDREW BEARD

1903-1985

Beard was an American chef, cookbook author, teacher and television personality. He pioneered television cooking shows, taught at The James Beard Cooking School and lectured widely. He emphasised the importance of preparing fresh, wholesome, American ingredients.

KEY VOCABULARY

DESIGN

Obesity: when somebody is above the healthy weight for his/her age and height

Diet: the food and drink that we consume

Exercise: physical activity which raises the heart rate

Grown: fruit and vegetables that have been planted and grown

Reared: animals brought up for the purpose of providing food

Processed: any food that has been altered in some way during preparation

Seasonality: the time of year when a given food is at its peak in terms of harvest or flavour

MAKE

Boil: cook food in boiling water

Simmer: cooking food in water just below boiling point

Grill: apply dry heat to the surface of food

Fry: cooking of food in hot fat or oil

Bake: cook using dry heat (in an oven)

Hygienic: keeping things clean to prevent the spread of germs

Chopping: cut into smaller pieces or chunks

Slicing: cut into thin, uniform pieces

Peeling: remove the skin or rind

Whisking: blending ingredients quickly to fluff them up

Grating: rubbing food against a sharp surface to reduce it to smaller pieces

Cooking utensils: equipment used for cooking

Sieve: used for separating ingredients

Crusher: crushes food into smaller pieces/a paste

Knife: sharp instrument used for chopping, cutting, slicing

FOOD & NUTRITION

EVALUATE

Substitute: to swap one ingredient for another similar one

Appearance: the way the final product looks

Taste: the flavours of the final product

Texture: how the food feels when being eaten

Aroma: the smell of the finished product

Health value: how healthy the final product is