



What should I already know?

- that all food comes from plants or animals
- that food has to be farmed, grown elsewhere (e.g. home) or caught
- that everyone should eat at least five portions of fruit and vegetables every day
- how to prepare simple dishes safely and hygienically, without using a heat source

What will I know at the end of the unit?

- To cook using British ingredients available all year.
- To know how seasonal fruits in Britain are grown and processed.
- To understand why vegetables form an important part of a healthy and varied diet.
- To find out about how seasonally produced meat can form part of a healthy diet.
- To know how fish are caught or reared, processed and used in healthy meals.
- How to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source
- How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
- Know how to use appropriate equipment and utensils to prepare and combine food.

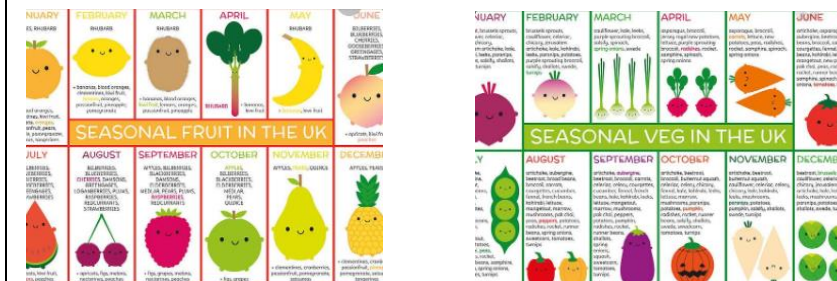
Key Vocabulary

Seasonal	Food hygiene
Seasonality	Food safety
Commercial production	Food preparation
Food Calendar	Healthy diet
Vitamins	Fibre
Minerals	Recipe
Food miles	Techniques

Progression through unit

Designing

I can indicate the design features of their products that will appeal to intended users.



Making

I can follow procedures for safety and hygiene and select from and use a wider range of seasonal ingredients to make a light meal or snack. I can plan the main stages of a recipe, listing ingredients, utensils and equipment.



Chef, food writer and food campaigner – Hugh Fernley-Whittingstall

- Hugh Fernley-Whittingstall (1965 -) is an English celebrity chef, journalist & food writer and campaigner on food and environmental issues
- He is an advocate for using seasonal food and reducing food and plastic waste
- He was involved in the Veg Power campaign to encourage children to eat more vegetables.



I can understand how individuals in design and technology have helped shape the world.

Cross curricular links.

Geography -agriculture and climate of Uk Seasonal



Recommended books

