

Year 6 Global Cooking

What it looked like last year...

- To explain what seasonality means and know when different fruit and vegetables are in season in the United Kingdom.
- To explain where, when and how a variety of foods are reared, caught and processed.
- To be able to explain the importance of protein as part of a healthy varied diet.
- Be able to explain how to correctly handle meat and fish.
- To taste and evaluate seasonal foods.
- To be able to work as a group to generate, evaluate and refine recipe ideas.
- Follow a recipe and produce a healthy meal made from seasonal foods.



What it looks like next year...

- Use specifications to design innovative, functional and appealing products.
- Evaluate products against their original specification and identify ways of improving them.
- Understand that food is processed and sold in different ways.
- Understand why people choose different types of food and what influences these decisions.
- How to store, prepare and cook food safely and hygienically.
- How to select and prepare ingredients.
- How to use utensils and electrical equipment.
- How to use taste, texture and smell to decide how dishes combine ingredients.
- How to adapt recipes.
- How to cook a range of savoury dishes and how to feed themselves and other a health varied diet.

Vocabulary (definitions)

Nutritional Diet Eatwell plate Protein Dairy

Carbohydrates Fats Boil Grate chop

Slice Hygiene Knead Measure Sensory

Food groups – Protein, carbohydrates, fruit and vegetables, dairy, fats and oils.

Fry – To cook in hot fat or oil.

Dice – cutting a solid into small cubes.

Flourish – growing well.

Climate – the weather conditions required to make the fruit/vegetable grow.

Global – world wide

Starchy fruit – Sugary fruits

Sequence of Learning

1. Understand seasonality and know where and how a variety of ingredients come from.
2. Understand and apply existing knowledge to how diets vary worldwide and how they are based on similar food groups.
3. Understand the nutritional benefits of rice and be able to prepare a savoury dish using a variety of techniques.
4. Understand a variety of global foods and the techniques used to prepare them.
5. To demonstrate a range of basic and more advanced cooking techniques.
6. Independently and accurately follow a recipe.

Cultural Capital

- To say where in the world ingredients came from.
- To explain that diets around the world are based on similar food groups.
- To be able to explain why rice is a staple food.
- To demonstrate a range of basic and advanced food skills and cooking techniques.
- To accurately and mainly independently follow a recipe.
- **The real life knowledge that links is:** Understanding seasonality and how diets vary globally.
- **The jobs that it can be used in are:** cooking, dietary



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