



### Key Vocabulary

Spelling	Definition
seasonal	produce that only grows in certain seasons
nutritional value	how much of each of the food groups is in each food and whether that makes it a healthy or less healthy choice
budget	the amount of money you have to spend
hygiene	keeping an area clean to prevent illness
vegetarian	a person who does not eat meat
vegan	a person who does not eat any food that comes from animals, including eggs
ethical	someone's view of what is the right behaviour
alter / adapt	to change
refine	improve to be a final product

### Possible experiences

Comparing different scones -  
taste test

Checking 'use by' and 'best before' dates in the supermarket

Visit to local supermarket to collect ingredients

Survey classmates to decide what flavours to use



### Prior Knowledge

- Develop knowledge of when, where and how food is grown in the UK, Europe and the wider world;
- Demonstrate how to prepare and cook a variety of savoury dishes safely and hygienically
- Demonstrate how to use a range of cooking techniques
- Explain that foods contain different substances, such as protein, that are needed for health and be able to apply these principles when planning and preparing dishes;
- Adapt and refine recipes
- Alter methods, cooking times and/or temperatures
- Measure accurately and calculate ratios of ingredients to scale up or down from a recipe
- Independently follow a recipe

### Diagrams and Symbols



(see cooking word mat)