

What we should be able to do and/or know by the end of the unit:

- Find a suitable recipe for their course.
- Record the relevant ingredients and equipment needed.
- Follow a recipe, including using the correct quantities of each ingredient.
- Write a recipe, explaining the process taken.
- Explain where certain key foods come from before they appear on the supermarket shelf.

What we are going to learn (LOs)

- To research and design a three-course meal.
- To prepare a meal using a recipe.
- To understand where their food comes from.
- To write up a recipe.
- To evaluate and revise a recipe.

Key vocabulary

equipment	The tools and materials used to prep or make something, in this case in cooking.
bridge method	
flavours	The distinctive taste or texture of a food or drink; sour, spicy, savoury...etc.
ingredients	Types of foods and liquids used to create a meal/dish.
method	A specific type of way to do something right, in this case, methods needed to cook properly.
recipe	A list of ingredients and instructions to follow when creating a meal.
cookbook	A book that contains recipes, instructions and tips all for cooking and baking.
cross-contamination	The accidental mixture of two bacteria's/foods that shouldn't be mixed in order to keep the consumers safe and knowing of what they're eating.



What recipes will you follow and adapt for your 3 course meal?

Key skills or knowledge

Design	<ul style="list-style-type: none"> Writing a recipe, explaining the key steps, method and ingredients; Including facts and drawings from research undertaken.
Make	<ul style="list-style-type: none"> Following a recipe, including using the correct quantities of each ingredient. Adapting a recipe based on research. Working to a given timescale. Working safely and hygienically with independence.
Evaluate	<ul style="list-style-type: none"> Evaluating a recipe, considering: taste, smell, texture and origin of the food group. Taste testing and scoring final products. Suggesting and writing up points of improvements when scoring others' dishes, and when evaluating their own throughout the planning, preparation and cooking process. Evaluating health and safety in production to minimise cross contamination.
Cooking and Nutrition	<ul style="list-style-type: none"> To know that 'flavour' is how a food or drink tastes. To know that many countries have 'national dishes' which are recipes associated with that country To know that 'processed food' means food that has been put through multiple changes in a factory. To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.