

Year 5 Super Seasonal Cooking.

What it looked like last year...

- To find out about important people and events in the past that shape the way that something is made today.
- Investigate existing products according to their characteristics.
- To develop a design criteria.
- To think of original ideas for a product based on design criteria
- To be able to develop designs based on a basic design.
- To select equipment and ingredients to follow a basic recipe.
- Prepare and make a savoury dish.



What it looks like next year...

- 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.



Vocabulary (definitions)

Ripe Protein Spring Summer Autumn Winter
 Seasonality – the seasons that fruit and veg are in season.
 Imported – products that are bought in from other countries.
 Sustainable – when a product can maintain itself.
 Reared – when something is looked after like an animal.
 Caught – when you catch something like a fish.
 Processed – when something is transferred from its original state.
 Balanced – the right proportions.
 Eatwell plate – plate showing a balanced diet.
 Design criteria – a list of things a product must do or have.
 Specification – a clearly defined list of things a product has.
 Generate – to make the product.
 Aesthetic – How something looks.

Sequence of Learning

1. To understand what is meant by the term seasonality. Looking specifically at when fruit and vegetables are in season in Britain.
2. To understand what is meant by reared, caught and processed and look at a range of examples.
3. To taste foods that are in season.
4. Understand what is meant by a healthy balanced diet using the eatwell plate and look at the importance of protein within our diets.
5. Design a seasonal meal taking into account fruits and vegetables that are in season in Britain and adapt my design following feedback.
6. Prepare, cook and evaluate a healthy seasonal meal.

Cultural Capital

- 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 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.
- **The real life knowledge that links is:** To understand what is meant by seasonal eating and understand sustainable
- **The jobs that it can be used in are:** Farming/agriculture, cooking,



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