

Cooking: Come Dine With Me



Curriculum Coverage:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Key Facts:

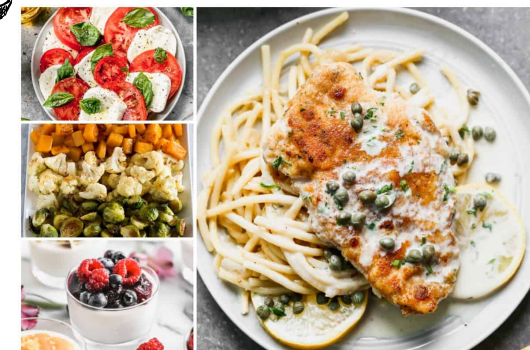
- A healthy diet includes all components of the Eatwell Guide and ensures these are eaten in a balance.
- Seasonality affects which foods are available and where our food comes from.
- Food can be grown, reared, or farmed.
- Three course meals require a starter, main and desert.

Key Skills:

- Understand and follow the necessary hygiene rules needed for food preparation as well as the safety requirements of using tools and cooking.
- Test and explore a variety of different recipes analysing ingredients and methods used.
- Perform practical cooking skills such as weighing, mixing, dicing, slicing, chopping, grating and peeling with success.
- Plan and design a three course meal, researching ingredients and recipes focussing on taste, appearance and nutritional level.
- Successfully prep and cook one of their three courses.
- Evaluate final products in a formal manner, analysing its success and possible improvements.

Possible experiences:

- Visit a restaurant.
- Healthy eating/seasonal workshop.
- In school dinner party.



Key Vocabulary

Recipe	Instructions for making food.
Design	Planning for a new creation.
Nutrition	Foods which provide us with energy to grow and stay healthy
Seasonal	Is available at a specific time of year.
Evaluate	Decide the success of something based on a pre-set criteria.

We should already know:

- How to adapt a recipe.
- Improved practical cooking skills such as weighing, mixing, cutting, peeling etc.
- How to create a healthy balanced meal using a variety of ingredients.
- How to evaluate products using taste, texture and appearance.