

Cooking: Eat Well Pizzas



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.

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 (market research) existing products analysing what makes them attractive to target audiences.
- Create/Test a basic recipe in order to build upon for their final product.
- Perform practical cooking skills such as weighing, mixing, dicing, slicing, chopping, grating and peeling with success.
- Plan and design a pizza inspired by their tests, using a basic recipe as a base to build upon, focus on improving taste, appearance, nutritional level and saleability.
- Evaluate final products analysing its success and possible improvements.

Possible experiences:

- Visit a restaurant.
- Healthy eating/seasonal workshop.



Key Vocabulary

Recipe	Instructions for making food.
Design	Planning and making something new for a purpose.
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 follow a recipe.
- Some practical cooking skills such as weighing, mixing, kneading and shaping.
- How to create a healthy balanced lunch using a variety of ingredients.
- How to describe and evaluate products using taste, texture and appearance.