

Our Lady and St Edward's Knowledge Organiser	Year 6- Design and technology	Spring	Textiles: World War II - Make Do and Mend
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Outcome: Exploring Mexican cuisine and tasting food. Study some main ingredients of Mexican food. Design a menu for a Mexican restaurant using the knowledge gained.

Key Knowledge	Key Vocabulary
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To explore the flavours of Mexican cuisine.
 To understand and identify the ingredients used.
 To identify produce local to Mexico.
 To design a menu for a Mexican restaurant.
 To understand the history of Mexican food and their origins.
 To try Mexican foods.
 To respond and review the foods introduced.
 To choose appropriate ingredients for the meals in their menu.
 To evaluate the authenticity of their menu and ingredients.
 To reflect on the influence Mexican cuisine has had on the food available in the local area (restaurants and supermarkets).



Guacamole: A dish of mashed avocado mixed with chopped onion, tomatoes, chilli peppers, and seasoning.
Salsa: A spicy tomato sauce.
Tortilla: A thin, flat pancake made from maize flour, eaten hot or cold, typically with a savoury filling.
Quesadilla: A tortilla filled with cheese and heated.
Taco: A Mexican dish consisting of a folded or rolled tortilla filled with various mixtures, such as seasoned mince, chicken, or beans.
Burrito: A Mexican dish consisting of a tortilla rolled round a savoury filling, typically of minced beef or beans.
Avocado: A pear-shaped fruit with a rough leathery skin and smooth, oily edible flesh.
Chilli: A small hot-tasting pod of a variety of capsicum, used in sauces, relishes, and spice powders.
Lime: A rounded citrus fruit similar to a lemon but greener, smaller, and with a distinctive acid flavour.
Tamales: A Mexican dish of seasoned meat and maize flour steamed or baked in maize husks.
Maize: A Central American cereal plant that yields large grains (corn or sweetcorn) set in rows on a cob. The many varieties include some used for stock feed and corn oil.
Cacao: The seeds from a small tropical American evergreen tree, from which cocoa, cocoa butter, and chocolate are made.
Enchilada: A tortilla served with chilli sauce and a filling of meat or cheese.

Key Information about Mexico and Mexican Cuisine	Health and Safety
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Today Mexican Cuisine is a nice blend of the indigenous and Spanish cuisine. It is still based on beans, corn, tortillas, and chilli peppers, but these are now usually served with some sort of meat and cheese. Most dishes come with some sort of rice and spices as well, a clear nod to the European influence.

All children should to be supervised when using equipment.
 Equipment: cutlery, hygiene products, foods.
 Dietary requirements of children must be taken into consideration when preparing and tasting foods.
NO PRODUCTS CONTAINING NUTS

What I should already know:	By the end of this unit, I will know:
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- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.

- 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.

