


Our Lady and St Edward's Knowledge Organiser	Year 3 - Design and technology	Spring	Food: North African Food
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Outcome: To taste and make foods that originated in North Africa. To understand the influences of North African culture on the meals in their cuisine. To identify how the spices and other ingredients used have affected our cuisine in the UK.

Key Knowledge	Key Vocabulary
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To understand the principles of a balanced diet.
 To explore the health benefits of a varied diet that has been influenced by other cultures.
 To prepare a variety of predominantly savoury dishes using a range of cooking techniques from around the world.
 To know where and how a variety of ingredients are grown, reared, caught and processed.
 Tasting a variety of ingredients.
 To understand how other cultures influence British cuisine.



Spices: A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavouring or colouring food.
Sugar: Sugar is the generic name for sweet-tasting, soluble ingredients, many of which are used in food.
Nutrition: Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy.
Diet: The kinds of food that a person, animal, or community habitually eats.
Flavours: The distinctive taste of a food or drink.
Hygiene: The conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
Cuisine: A style or method of cooking, especially as characteristic of a particular country, region, or establishment.
Produce: Produce is a generalised term for many farm-produced crops, including fruits and vegetables.
Culture: The ideas, customs, and social behaviour of a particular people or society.
Recipe: A set of instructions for preparing a particular dish, including a list of the ingredients required.
Evaluate: Decide if your recipe design meets its purpose.
Prepare: To make (something) ready for use or consideration.
Tagine: A tagine is a North African dish, named after the earthenware pot in which it is cooked.

Key Information about North African Cuisine	Health and Safety
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North Africa: North Africa or Northern Africa is a region encompassing the northern portion of the African continent. There is no singularly accepted scope for the region, however the United Nations definition includes Morocco, Algeria, Tunisia, Libya, Egypt, Sudan, and the Western Sahara.
North African cuisine North African cuisine includes the unique flavours of Morocco, Algeria, Tunisia, and Libya. While these countries each have their own culinary traditions, they also share many common ingredients. Popular ingredients and spices are: harissa, couscous, chickpeas, fava beans, cumin, dukkah, saffron and mint. One regional cooking method is to use a tagine.

All children should 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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- Make healthy choices in relation to eating.
- Share experiences of eating different foods.
- Name some tools used to make different foods e.g. wooden spoon, knife.

- Understand where a range of North African food comes from.
- Taste and evaluate a range of spices and ingredients from North Africa.
- Use a range of equipment to make Moroccan Stew.
- Cut and prepare food safely and hygienically.
- Evaluate end products against design criteria.

