

Our Lady and St Edward's Knowledge Organiser	Year 5- Design and technology	Summer	Food: A Melting Pot of Flavours
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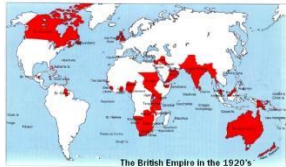
Outcome: To explore the influence of the former British Empire on British food today including Indian food, potatoes, spices, fruits. To taste, design, cook and evaluate foods that are available as a result of the British Empire.

Key Knowledge

To understand the influence colonisation has had on British cuisine.
 To understand the principles of a healthy 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.

Key Vocabulary

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 ingredient, many of which are used in food.
 Cocoa: A powder made from roasted and ground cacao seeds. Used to make chocolate.
 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.
 Colonisation: The action or process of settling and establishing control over the indigenous people of an area.
 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.
 Empire: An extensive group of states or countries ruled over by a single monarch, an oligarchy, or a sovereign state.



Key Information about The British Empire

The British Empire, at its largest, covered 13 million miles or 22% of the world! It controlled over 450 million people. It began in the 16th Century, with British forces establishing trading posts overseas and grew all the way through to the 20th Century.
India: India was an important producer of spices and of materials that were traded for money across the Empire.
The Caribbean The Caribbean grew important crops that were not found in Britain. Sugar, cocoa and coffee were all grown in the Caribbean and taken to Britain.

Health and Safety

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.

What I should already know:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from

By the end of this unit, I will know:

- 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.

