

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



Many countries have traditional dishes. For example: India is known for hot curries, whilst England is known for the fish'n'chips which were historically served in newspaper.

### What I already know

- use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups.
- generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design.
- select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately.
- select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.
- investigate and analyse a range of existing products.
- evaluate their ideas and products against their own design criteria and consider the views of others to improve their work and motors].

### What I will know:

- I will understand how to research recipes by ingredients and that not all courses complement one another.
- I will be able to list ingredients needed for a chosen recipe.
- I will be able to read a method and make a list of all the equipment needed for my recipe.
- I will be able to describe the process of Farm to Fork for a given ingredient.
- I will contribute a recipe page to a class cookbook using imperative verbs, adjectives and illustrations.
- I will be able to prepare ingredients and follow a recipe safely and sensibly.

### Vocabulary

**Accompaniment**—Something which goes well together with other foods and drinks.

**Cookbook**—A book which contains recipes to make various dishes or foods.

**Cross-contamination**—is how bacteria spreads. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready to eat foods.

**Farm**—Land or water used to produce crops or raise animals for food.

**Flavour**—How food or drink tastes.

**Imperative verbs**—Words that tell you what to do. Put them at the beginning of a command or action E.G: bake, grill, add, heat.

**Ingredients**—Items that make up a mixture.

**Method**—A way of carrying out a certain process, following a list of instructions.

**Nationality**—Belonging to a certain group of people in a particular country.

**Preparation**—The process of getting ready to make something.

**Processed**—When foods are passed through multiple processes in a factory to change or preserve it so it keeps for longer.

**Reared**—To breed and raise livestock.

**Recipe**—A set of instruction for making or preparing a food item or dish.

**Target audience**—A particular group or person who a product is aimed at.

**Unit of measure**—The unit which you use to measure a quantity.