

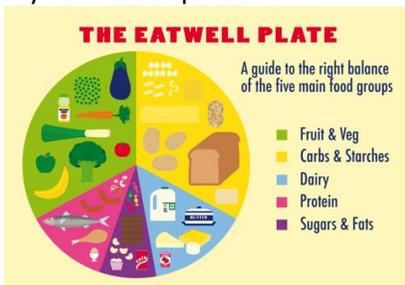


**What should I already know?**

- some ways to prepare ingredients safely and hygienically.
- some facts about healthy eating.
- the names of some types of equipment/utensils.
- how to prepare and combine ingredients to make a product.

**What will I know by the end of this unit?**

- Understand the need for an intended user and purpose.
- Develop understanding of balanced diet – links between health and nutrition (Eatwell plate).
- Continue to follow the rules for cooking safely and hygienically.
- Explore the idea of seasonality.
- What makes the salad Greek?
- Write a recipe.
- Create a Greek salad with a variety of toppings.
- Use the correct techniques for the task – claw grip/bridge hold –confidently.
- Explain what you like about your dish and how you could improve it.



**Design**



**What will I be able to do by the end of this unit?**

**Design:**

- Evaluate different ingredients.
- Adapt a recipe to create my own Greek salad.

**Make:**

- Weigh and measure ingredients using scales.
- Use a range of cooking skills.

**Evaluate:**

- Consider the strengths of my product and how it could be improved.
- Make and suggest improvements to the recipe.

**Using a knife safely**

Claw grip

Bridge hold



**Vocabulary**

|                    |  |
|--------------------|--|
| <b>appearance</b>  | The way that something or someone Looks.   |
| <b>nutrition</b>   | The process of providing or obtaining the food necessary for health and growth.                      |
| <b>recipe</b>      | A set of instructions for preparing a particular dish, including a list of the ingredients required. |
| <b>seasonality</b> | The quality or fact of varying with or depending on the season or time of year.                      |
| <b>taste</b>       | Sense of flavour.  |
| <b>texture</b>     | The feel, appearance, or consistency of a surface or object.   |

**Possible Experiences**

- Food tasting of possible Greek salad ingredients link to Eatwell plate
- Outside agencies or parents with a background in cooking to visit
- Research background of Greek salad
- Visit to a supermarket
- Investigate nutrition what nutrients can you gain from eating a Greek Salad?
- Create and name a new salad

**Hygiene- Wash your hands-**  
Keep food safe to eat.

