







| Design and Technology  | Year 6 Cooking & Nutrition - Vegetable Chilli<br>Celebrating Culture & Seasonality   |  |
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| Skills   | Knowledge  | Vocabulary   |
| <p><u>Preparation techniques</u></p>    |  <p><b>Spices</b> are used in cooking all over the world to add flavour to favourite dishes. Spices come from dried seeds, fruit, roots and bark. They are used to add flavour and colour to food, and are also another source of nutrients.</p> | <p><b>Recall:</b> Can you remember what these words mean?</p> <ul style="list-style-type: none"> <li>• fresh</li> <li>• reared</li> <li>• processed</li> <li>• harvested</li> <li>• hygiene</li> <li>• techniques</li> <li>• utensils</li> </ul>   |
| <p><u>Knife techniques</u></p> <p><b>Bridge technique</b> – Grip the food between the thumb and fingers leaving a bridge between for the knife to go between to chop.</p> <p><b>Claw technique</b> – Grip the food on the top, tucking your finger tips in, leaving enough space to chop the size of the piece of food you need</p>   |  <p><b>Legumes</b> are an important source of food because they are high in protein. Beans, lentils and peas are forms of legumes that people commonly eat.</p>   | <p><b>New vocabulary for this project:</b></p> <p><b>Nutrients</b> – Nutrients are substances found in food that carry out certain jobs in the body. We need different nutrients to keep us healthy. These are also known as food groups – carbohydrates, protein, fibre, fats, vitamins, minerals.</p> <p><b>Seasonality</b> – The times of year when foods, such as fruit and vegetables, are ripe and ready to eat. These are often placed into the four seasons.</p> <p><b>Intolerance</b> – When the body can't properly digest a certain ingredient or food that is eaten, or that it irritates the digestive system. A food intolerance is much more common than food allergy and is <i>not</i> caused by the immune system</p> <p><b>Combine</b> – The blending or mixing of two or more food ingredients to create a mixture.</p> <p><b>Presentation</b> – The art of modifying, processing, arranging, or decorating food to enhance its aesthetic appeal.</p> |
|  <p><u>Origins of the chilli dish</u></p>   |  |  |

