



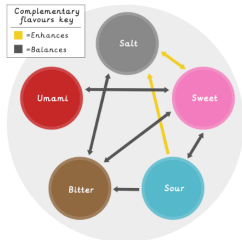
## Y6 Thinking like a designer

### Cooking and Nutrition: Come Dine with Me

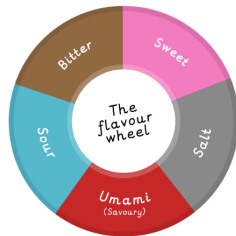
#### Key Knowledge:

- There are different techniques to prepare food.
- Healthy food forms part of a balanced diet.
- Hygiene is important when working with food.
- Food is grown, reared, caught and processed in a

#### Complementary flavours



#### The five basic tastes



As well as balancing each other, some basic tastes can enhance others.

#### Key Skills to Practise:

- The claw and bridge techniques for safely cutting foods such as the peppers and the pineapple.
- Safely using a grater with ingredients such as carrot.
- Using a garlic press.
- Measuring accurately.

## Learning Questions

Explain the dish you researched and designed.

Explain the use of complementary flavours.

Explain your recipe choices.

How did you apply your culinary skills and knowledge?

Reflection: Evaluate your dish. What feedback did you receive?

**What else did you find out?**

balance	Achieving an even, harmonious taste.
complement	A food taste or item that goes well with another.
enhance	To improve the taste or flavour.
flavours	How a food or drink tastes.
pairing	A technique that involves combining certain types of food & drink to complement their flavour.
equipment	The necessary items for cooking.
ingredients	Any food or substances that are combined to make a particular dish.
preparation	The process of food preparation– cutting, cooking, pickling, etc.
bridge method	Pinching the food between your thumb and fingers to make a bridge.
cross contamination	When bacteria transfer from one substance to another.
farm to fork	The entire food production process..
recipe	A set of instructions for preparing a dish.
method	The techniques used to apply heat to food.