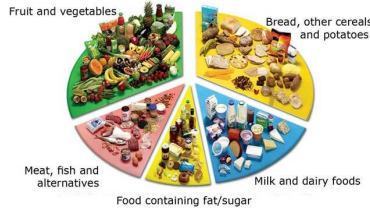


Year 4 Design and Technology: Cooking

Key Learning

Food is processed into different ingredients e.g. milk can be turned into butter.



Most fruits, vegetables and grains do not grow all year round and only grow during certain seasons e.g. strawberries are ready to be picked in the summer

The 5 food groups differ in size to make up a healthy diet.

Design

I am making a food product for...

To make it appealing to a range of users, I will...



Weigh ingredients using a scale.

Make



Use different equipment for different mixing techniques e.g. you use your washed hands to rub in, and a spatula for creaming.

Evaluate

The taste / appearance / texture / smell of my food is successful / not successful because...



Rubbing in

Key Vocabulary

creaming	Blending sugar and fat together.
cut and fold	Blend a mixture by cutting your spoon through and then folding it over.
processed food	Ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.
rubbing in	Rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs.
seasonal food	Food that only grows during certain seasons of the year.
stirring	Mixing together of ingredients using equipment like a spoon.
texture	How the product feels in the mouth.