

## Year 6 Design and Technology: Cooking

### Key Learning

Different food types have different effects on the body, e.g. eating too much sugar can cause tooth decay.

Some raw ingredients need to be processed before they can be used in cooking e.g. the feathers on a chicken have to be removed before we can cook it.

#### Design

I am making a food product based on a design specification for \_\_\_\_\_

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

#### Make

You can use an oven, grill or cooker hob to heat up food. It's important to remember to use oven gloves if you are going to be working with anything hot. Be extra careful when cooking something on the hob in case it spills. Point the handle of your pot or pan away from you.

#### Evaluate

The taste / appearance / texture / smell / nutritional value of my food is successful / not successful because \_\_\_\_\_



spreading



kneading

Recipes will tell you how to make your product and what preparation and cooking techniques you'll need to use. You can decide on what equipment you'll need based on this information.

### Key Vocabulary

air miles	Measure of distance flown by an aircraft.
baking	Cook food by a dry heat with no flame e.g. in an oven.
kneading	Pulling and squeezing dough to make it smooth.
locally sourced	Food that comes from 100–150 miles of where you are.
organic food	Food that has been made with no artificial chemicals, fertilisers or pesticides.
raw ingredients	Ingredients in their natural state before being processed.
spreading	Open out something to extend its surface area e.g. butter on bread.
sustainability	Avoidance of the depletion of natural resources in order to maintain an ecological balance.