

Cooking and nutrition: UKS2

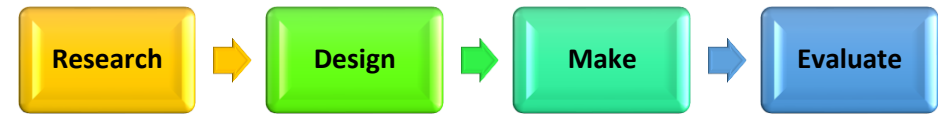
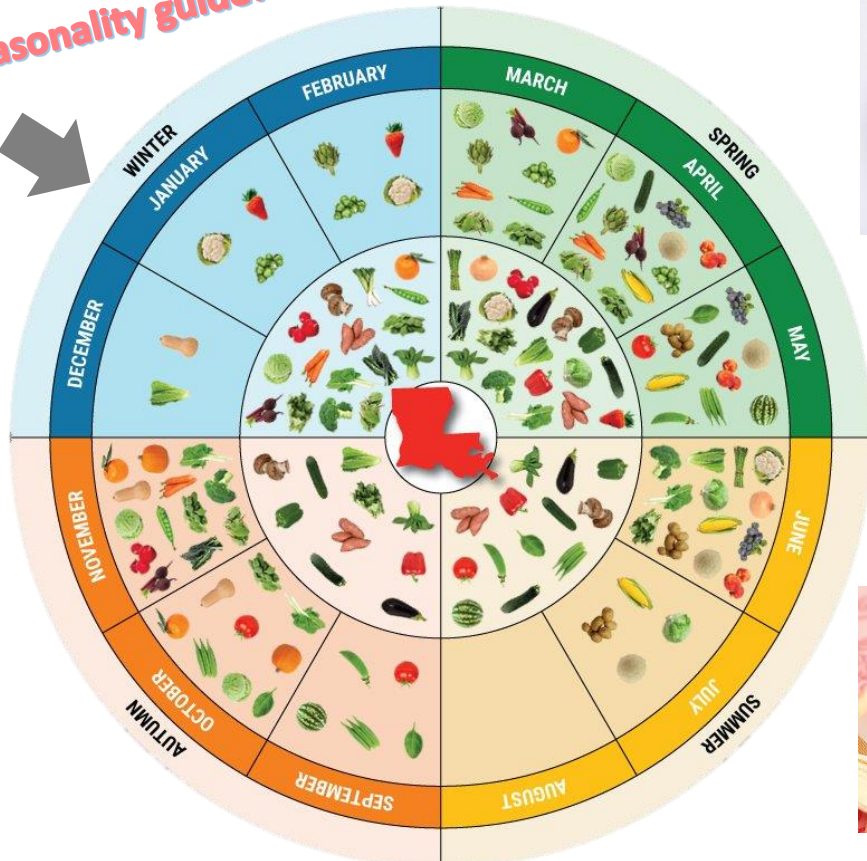
Year 5

- ✓ Create a predominantly savoury dish, understanding the concept of seasonality using a range of cooking skills.

Year 6

- ✓ Understand how ingredients are grown, reared, caught and processed, Create a savoury meal using a range of cooking skills.

Seasonality guide!



Cool cooking and nutrition vocabulary!

hygiene	Actions which maintain good health and prevent the spread of disease and bacteria.
safety	Protecting yourself or others from risk of danger or injury.
seasonality	Seasonality or seasonal produce refers to the time of year when the harvest or flavour of a type of food is at its peak or best. For example July = strawberries, raspberries and beetroot.
rearing	A large scale operation where produce is farmed/cared for on a large scale i.e. cows for their milk and meat.
processing	This term refers to the transformation of agricultural products into food. I.e. grain into flour and milk into cheese.
agriculture	The process of farming such as growing crops and rearing animals to provide products such as food, milk and wool.
savoury	A food which is largely salty or spicy. The opposite of sweet.

Healthy savoury dish ideas!