

COOKING & NUTRITION: SEASONAL SOUP

Design, make and evaluate a seasonal soup (**product**) for children at our school (**user**) to enjoy as part of a healthy lunch (**purpose**).

Key Focus: Seasonality



KEY KNOWLEDGE AND SKILLS

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.
- Know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.
- Know how to prepare and cook a variety of predominantly savoury dishes safely and hygienically, including, where appropriate, the use of a heat source.
- Know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, and spreading.
- Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The Eatwell Plate.
- Know that to be active and healthy, food and drink are needed to provide energy for the body.

RELEVANT PRIOR LEARNING / UNITS

- Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.
- Be able to use some equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.
- Y3 Cooking and Nutrition (Healthy and varied diet): Bread-based product with filling

NAME: _____