

# COOKING & NUTRITION: FAIRTRADE COOKIES

Design, make and evaluate Fairtrade cookies (**product**) for Willy Wonka (**user**) to sell as part of his new Easter Fairtrade range (**purpose**).

*Key Focus: Culture and Seasonality*



## KEY KNOWLEDGE AND SKILLS

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Know that seasons may affect the food available.
- Know how food is processed into ingredients that can be eaten or used in cooking.
- 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 mixing, spreading, kneading and baking.
- Know that recipes can be adapted to change the appearance, taste, texture and aroma.
- Know that different food and drink contain different substances – nutrients, water and fibre – that are needed for health.

## 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
- Y4 Cooking and Nutrition (Seasonality): Seasonal soup

NAME: \_\_\_\_\_