



Key facts to learn:

• **Topic:** My Place (Oxford)

- What could be healthier? How to adapt and improve a recipe.
- How to adapt a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients
- To write an amended method for a recipe to incorporate the relevant changes to ingredients
- To design appealing packaging to reflect a recipe

Key skills to do:

- Cutting and preparing vegetables safely
- Using equipment safely, including knives, hot pans and hobs
- Knowing how to avoid cross contamination
- Following a step by step method carefully to make a recipe
- Identifying the nutritional differences between different products and recipes
- Identifying and describing healthy benefits of food groups
- Understanding where food comes from - learning that beef is from cattle and how beef is reared and processed
- Understanding what constitutes a balanced diet
Learning to adapt a recipe to make it healthier
- Comparing two adapted recipes using a nutritional calculator and then identifying the healthier option

Words to know and spell (Tier 2 Vocabulary)

Recipe	Ingredients	Method
Changes	Design	Cutting
Knives	Hob	Product
Food groups	Option	



Frogs – DT KCV – Cooking and Nutrition

Words to understand and spell (Tier 3 Vocabulary)

Healthier	Promoting good health
Adapt	Make something suitable for purpose
Improve	Make or become better
Nutrition	The process of providing or obtaining food necessary for health and growth
Substitute	A thing serving in place of another
Appealing	Attractive or interesting
Contamination	An action of making something impure or poisoning
Benefits	An advantage gained from something
Reared	Bring up and care for
Processed	Perform a series of operations in order to change or preserve it

Concept check questions. Test yourself:

How do you avoid cross contamination?

List ways to keep safe when cooking

Can you name some healthy nutritional values to look for when choosing products?

What are the health benefits of each food group?

What is a healthy diet?