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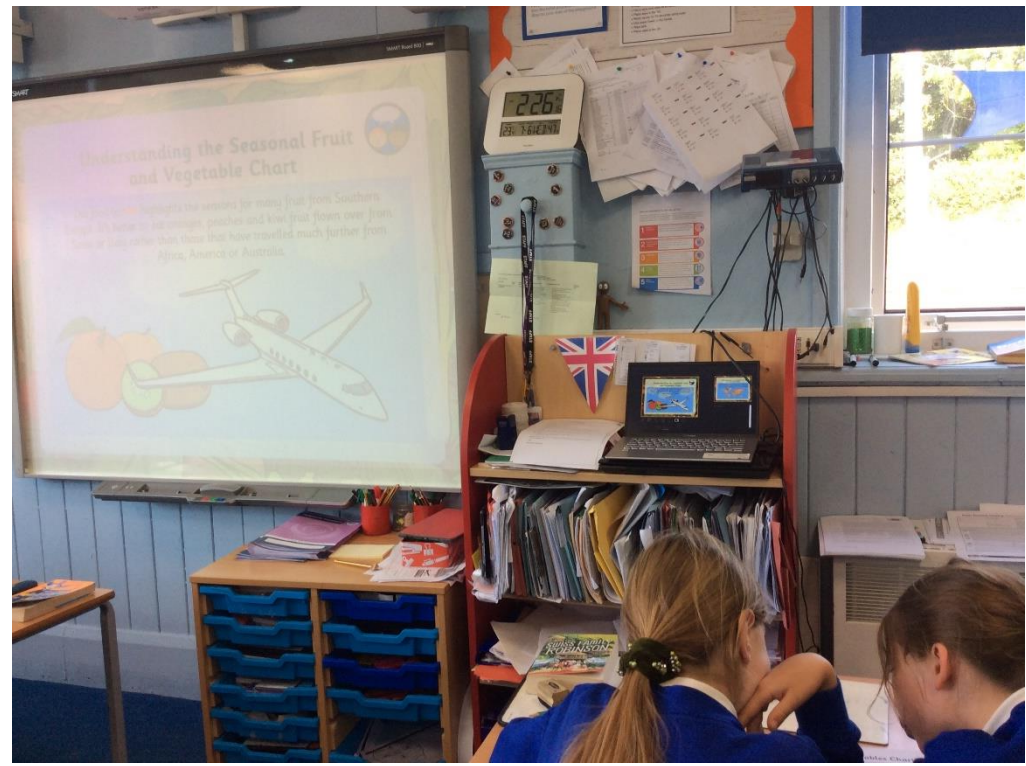
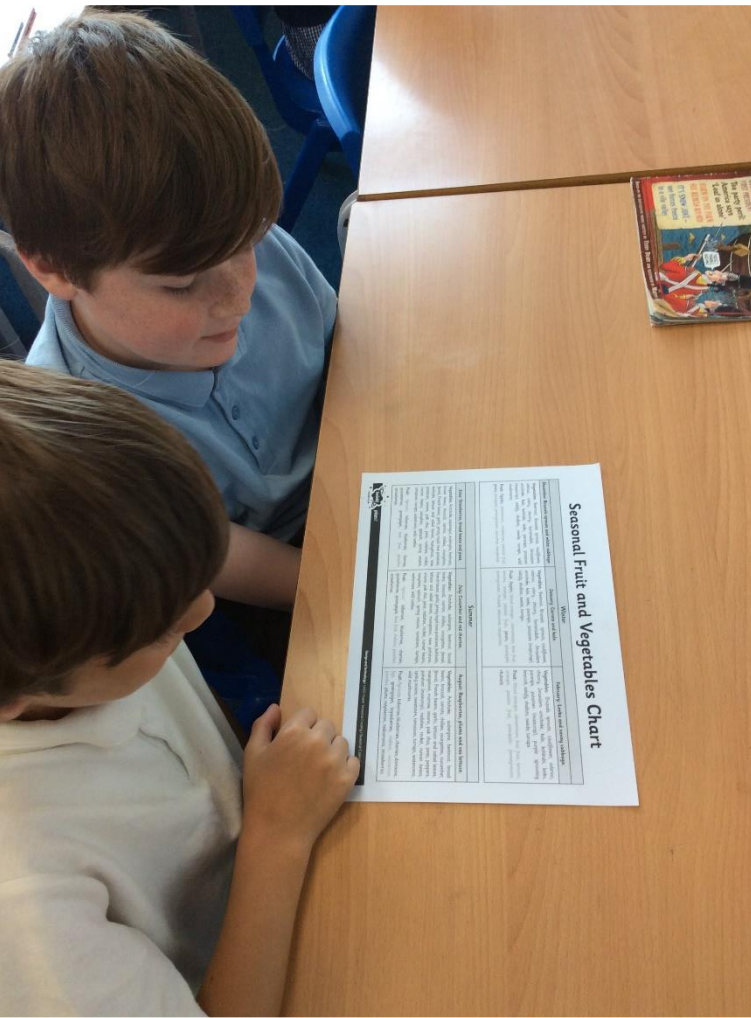
**Design and make a
meal using seasonal
ingredients**

Summer 2 2023

Class Lynher

We learnt what seasonality means and looked at when different fruits and vegetables are in season in the UK.

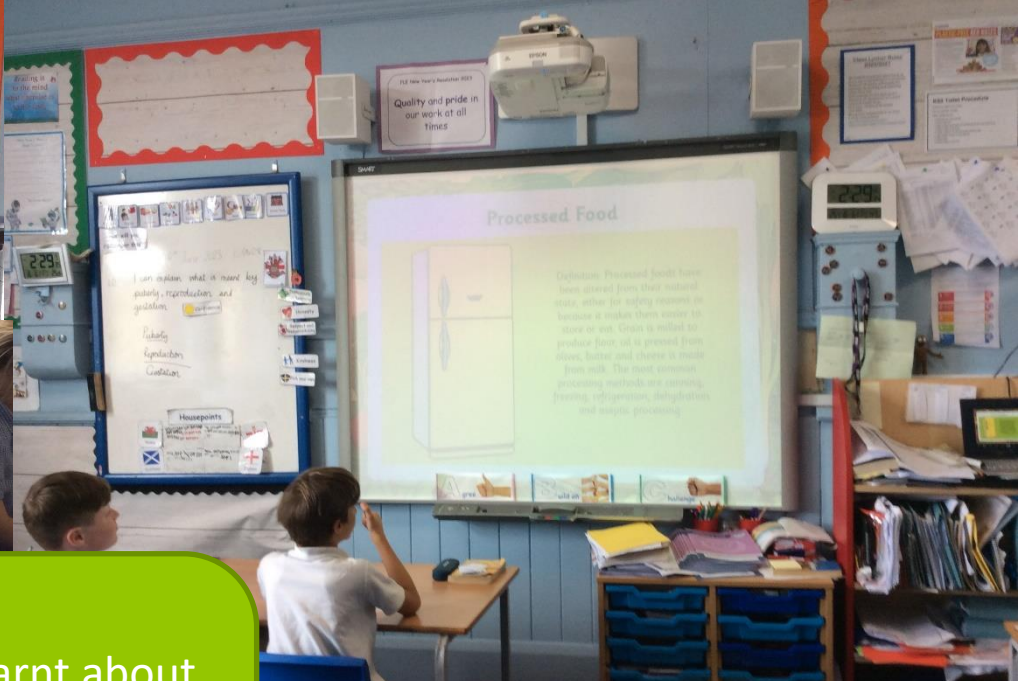
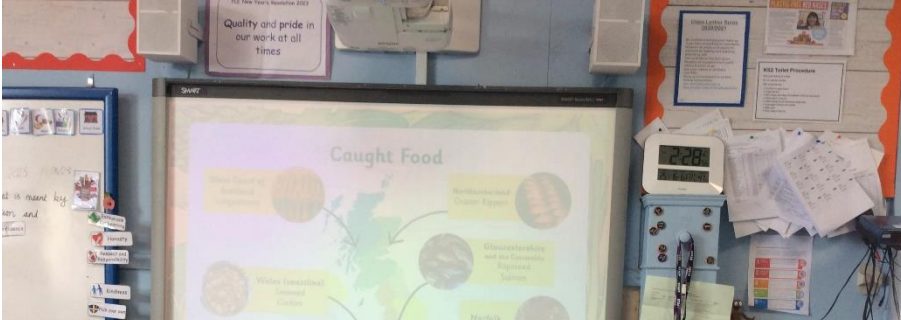
It was fun learning what seasonal food meant and some of us learnt new fruit.



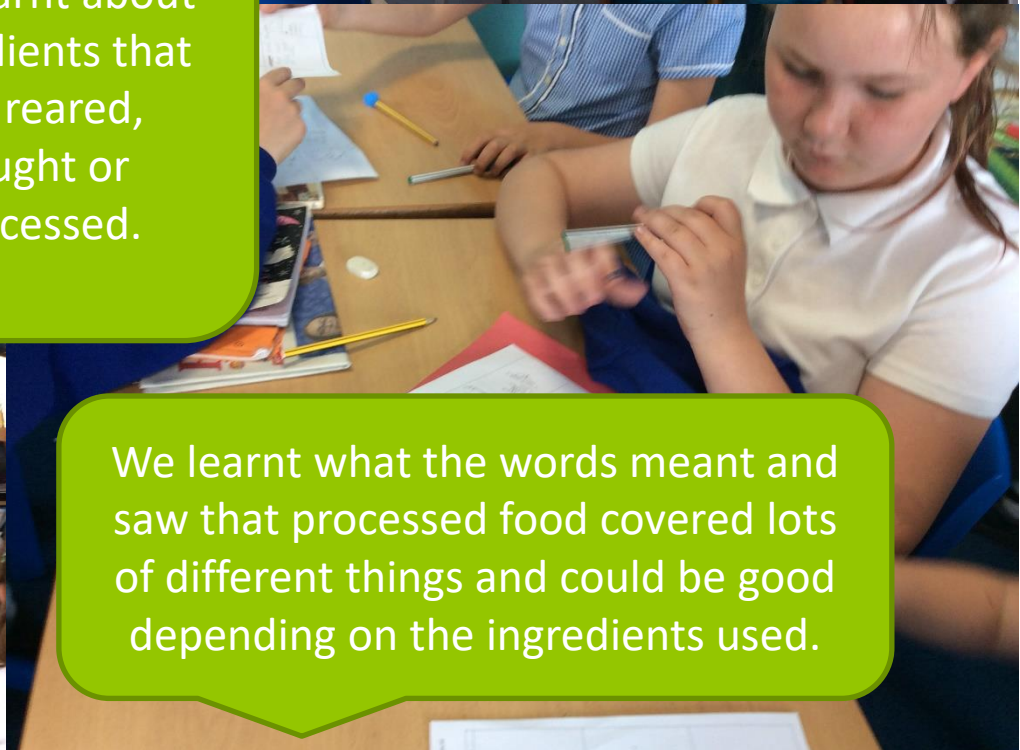
We tasted food that was in season.

It was the first time I tried rocket. It was a little bit spicy and tangy.





We learnt about ingredients that are reared, caught or processed.

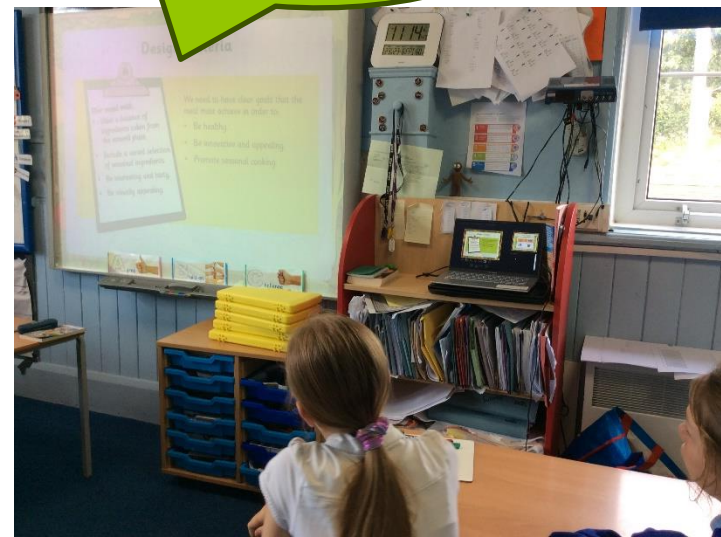
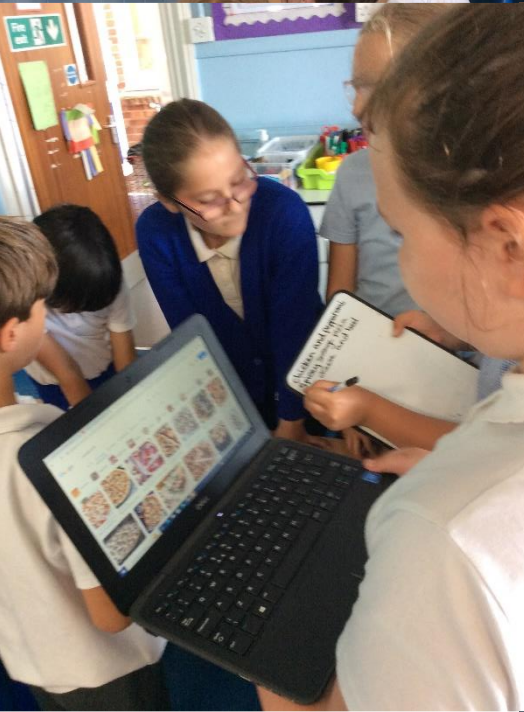


We learnt what the words meant and saw that processed food covered lots of different things and could be good depending on the ingredients used.

We recapped the Eatwell plate and what a balanced meal looked like. We then combined this with seasonal ingredients to research recipes and decide on what we wanted to make.



We had to think carefully to make sure our recipes fit the food groups and used seasonal food.





We really enjoyed preparing our recipes.



I found it fun because you could learn different chopping techniques and how to weigh things.





I think everything
turned out nice
and delicious. My
favourite was the
quiche.

Eating was fun too. Then we
evaluated them against our
specification.

Guide to seasonal food



What I have learnt before:

- The Eatwell plate
- Foods from different countries

Forever facts

Foods including fruit, vegetables and meat are in season at different times in the year

Food can be processed for safety reasons or to make it easier to store or eat

A variety of food is needed in the diet because different foods contain different substances which are needed to keep you healthy

Skills

I can use different cooking techniques

I can select from a range of ingredients for a meal

I can work as a group to generate, evaluate and refine recipe ideas

Exciting Books



Our Endpoint

I can make a meal using some seasonal ingredients

Subject Specific Vocabulary

seasonality	depending on the season or time of year
imported	brought into a country from abroad
ripe	ready for harvesting and eating
reared	to raise, feed, breed and take care of animals
caught	to capture something
processed	altered from their natural state
balanced	having different elements in the correct proportions

Personal development

Children will develop working as a team
 Children will learn how to cook balanced meals
 Children will learn where some foods come from
 Jobs it could lead to – Dietician, Chef, farmer