

# DT Global Food

Summer 2  
2022

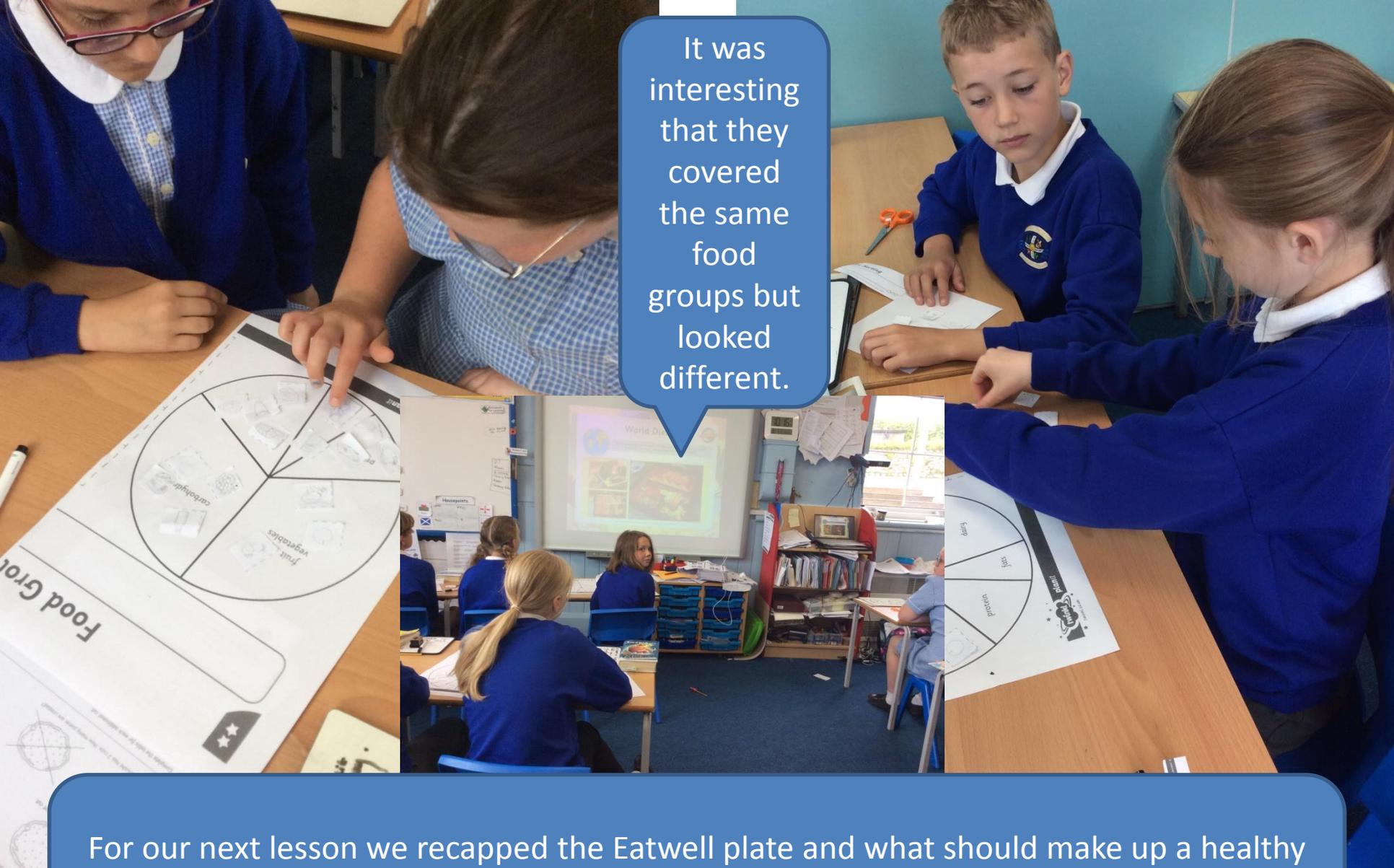
Class Lynher

The lemongrass and ginger both smelt sharp but completely different.



In our first lesson we looked at, smelt and tasted some ingredients from around the world including lime, ginger, pak choi, dates, mango and lemongrass. We looked at where they typically come from.





It was interesting that they covered the same food groups but looked different.

For our next lesson we recapped the Eatwell plate and what should make up a healthy diet. We looked at some traditional meals from different countries and how they also matched with the Eatwell plate.

In this session we focussed on rice. We learnt how to safely prepare, cook and store it. Then we prepared the ingredients (cutting our spring onion carefully) and cooked egg fried rice.

I'd only tasted egg fried rice from a packet before but it tasted nicer being home made.





I found that it was easier to dice the tomato than slice it.

In this lesson we looked at traditional Mexican food and then prepared the ingredients for quesadillas with guacamole and salsa.



We all tried something new in this lesson.



We filled the wraps and fried them. Then we got to eat!



It was interesting that the mix of ingredients gave it the texture and flavour that it had. The quesadilla was my favourite.

China was our focus for this lesson and we then prepared a Chinese-style stir fry with fresh vegetables and a home made sauce.

I didn't like stir fry before but I liked this one. I think it was because the texture was crunchy with the beansprouts.



Finally we evaluated what we had learnt through our unit.

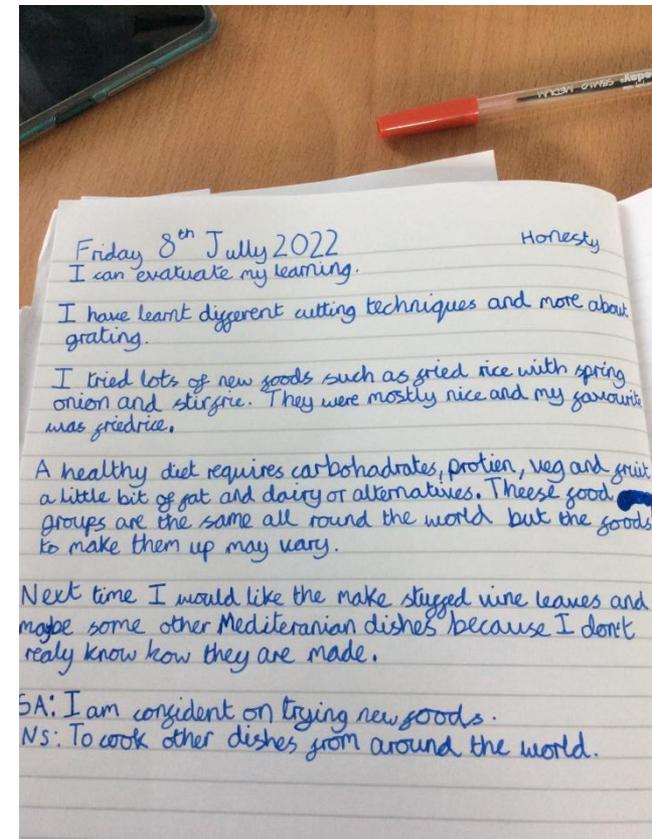
My favourite lesson was when we had egg fried rice because it was so simple to make but it tasted really nice.

My favourite was the quesadillas and I even made them at home with my mum.

I really liked the fried rice too because of the way the spring onion flavoured it.

My favourite lesson was the quesadilla because I liked how you had the salsa and guacamole to go with it.

I liked the egg fried rice best because the texture and taste was really nice. Next time we do cooking I would like to do barbecue chicken.



Friday 8<sup>th</sup> July 2022

Honesty

I can evaluate my learning.

I have learnt different cutting techniques and more about grating.

I tried lots of new foods such as fried rice with spring onion and stir-fry. They were mostly nice and my favourite was fried rice.

A healthy diet requires carbohydrates, protein, veg and fruit a little bit of fat and dairy or alternatives. These food groups are the same all round the world but the foods to make them up may vary.

Next time I would like to make stuffed vine leaves and maybe some other Mediterranean dishes because I don't really know how they are made.

SA: I am confident on trying new foods.

NS: To cook other dishes from around the world.



### Skills

- I can prepare food
- I can read and follow a recipe
- I can follow food hygiene rules
- I can use proportions when cooking
- I can research using the internet

### Forever Facts

Different food groups help the body in different ways so it is important to eat a range of food groups everyday.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.

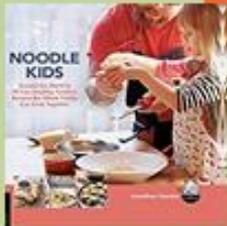
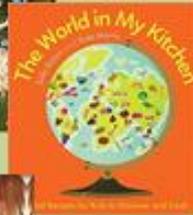
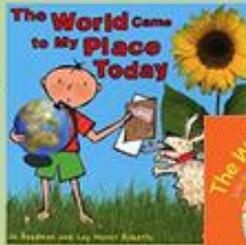
People around the world eat a wide variety of food.

It's important to throw away any rice and grains that have been left at room temperature overnight.

When using a knife, always cut away from you.

Wash your hands before you handle food.

### Exciting Books



### Subject Specific Vocabulary

quesadilla	A Mexican dish made with two tortillas sandwiched together with a cheese based filling
guacamole	A Mexican dip made mostly of avocados
salsa	A sauce made mostly of tomato and onion
protein	Food group including meat, fish, eggs, beans and other non-dairy sources.
carbohydrates	Food group including bread, rice, potatoes, pasta and other starchy foods, e.g. yam, plantain, couscous
nutrition	The substances you take into your body as food
precaution	An action taken to protect against possible harm

### Cultural Capital

Real life knowledge it links to: knowing what a healthy diet consists of and cooking skills  
Jobs for the future could be: chef, cookery writer

### Our Endpoint

I have cooked and tasted food from around the world

**What I have learnt before:** We have learnt about seasonal food