



## Year 5/6: Celebrating culture-What foods typically form part of a South American diet?

Subject Specific Vocabulary		Prior Learning Y3/4	Sticky Knowledge
<b>rubbing in</b>	rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs.	Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet. Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.	<ul style="list-style-type: none"> <li>• Research key chefs who have promoted healthy diets using culturally diverse food.</li> <li>• Explain how the additions of herbs/spices change the taste or texture of food.</li> <li>• Consider which ingredients can be changed in a basic recipe to add variety e.g. the type of flour in bread.</li> <li>• Generate their own design criteria.</li> <li>• Take into account any dietary requirements medical or cultural before planning a product.</li> <li>• Preparing food in a safe and hygienic way.</li> </ul>
<b>knead</b>	pulling and squeezing dough to make it smooth	<b>Future Learning KS3</b>	
<b>dough</b>	a mixture of flour, yeast and water before it is cooked.	<p>Use research and exploration, such as the study of different cultures, to identify and understand user needs. Select from and use specialist tools, techniques, processes and equipment precisely. Select from and use a wider, more complex range of ingredients, taking into account their properties. Analyse the work of past and present professionals to develop and broaden their understanding.</p>	
<b>yeast</b>	a tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water.		
<b>unleavened bread</b>	flat bread where yeast has not been added, such as a tortilla.		
<b>budget</b>	amount of money you have to work with on a project.		
<b>food allergies</b>	where a body's immune system reacts to a particular food.		
			
		<p>Possible techniques that children could use</p>  <p>Mixing to combine ingredients if making savoury muffins or scones</p> <p>Rubbing in to mix fat and flour if making a yeast based product</p> <p>Kneading a bread dough</p>	