








# Cooking and Nutrition – Great Lever (Y1)

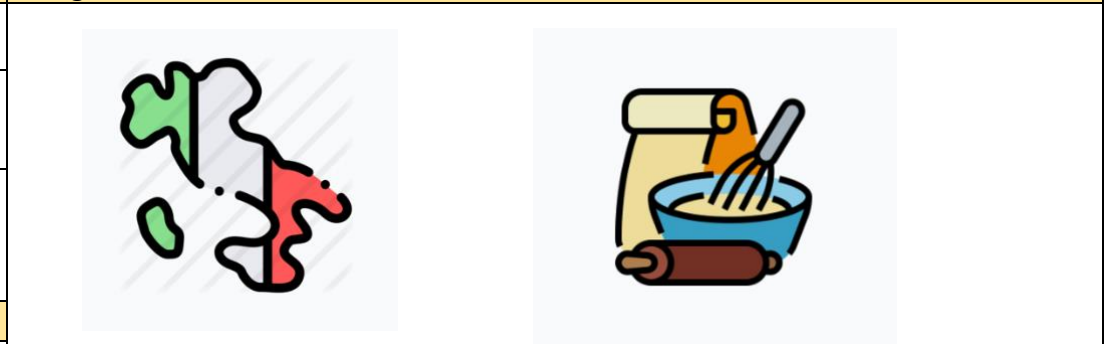
Cooking and Nutrition – Great Lever (Y1)							
<p>Prior Learning</p>	<p>Concepts</p>						
<p><u>Reception</u> Identifying a variety of healthy foods. Decorating biscuits.</p>	<p>Design</p>	<p>A plan or drawing to show the look and function of a product.</p>					
	<p>Make</p>	<p>Form something by putting parts together and combining materials.</p>					
	<p>Evaluate</p>	<p>Establishing whether something was successful and how it could be improved.</p>					
Key Vocabulary							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Peeling</td> <td>Remove the skin of a fruit or vegetable.</td> </tr> <tr> <td>Slicing</td> <td>Cut something into slices.</td> </tr> <tr> <td>Grating</td> <td>Reducing food to small shreds.</td> </tr> </table>	Peeling	Remove the skin of a fruit or vegetable.	Slicing	Cut something into slices.	Grating	Reducing food to small shreds.	<p>Images and Techniques</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">  <p>Peeling</p> </div> <div style="text-align: center;">  <p>Cutting</p> </div> <div style="text-align: center;">  <p>Slicing</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  <p>Grating</p> </div> <div style="text-align: center;">  <p>Squeezing</p> </div> <div style="text-align: center;">  </div> </div>
Peeling	Remove the skin of a fruit or vegetable.						
Slicing	Cut something into slices.						
Grating	Reducing food to small shreds.						
<p><b>Key Facts</b></p> <p>You need to be able to use cutlery to cut the food.</p> <p>Picnics include small bites of different foods and sandwiches.</p> <p>The five main food groups: fruit &amp; vegetables, carbohydrates, protein, dairy and fats</p> <p>A sandwich usually has two pieces of bread with a filling in the middle.</p> <p>A picnic would normally be outside in a garden or park.</p> <p>Picnics are usually in a wicker basket.</p>							

## Cooking and Nutrition - Italy (Y5)

Prior Learning	Concepts	
<p>Y4 – Cooking and nutrition – Mexico – Bridge cut, varied diet/nutrition and where food comes from.</p> <p>Y5 - Science – healthy balanced diet, different food groups.</p>	Design	A plan or drawing to show the look and function of a product.
	Make	Form something by putting parts together and combining materials.
	Evaluation	Establishing whether something was successful and how it could be improved.

Key Vocabulary	Images and Icons
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Dicing	The process of cutting food into small cubes of equal size so that the food is evenly cooked and/or pleasant in appearance for the recipe
Julienne cut	A cutting technique. A technique in which the food item is cut into long thin strips, similar to matchsticks. Common items to be julienned are carrots, celery and cucumber.
Claw cut	A cutting technique. Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers. Rest the claw on the item to be sliced. Holding the paring knife in the other hand slice the item, moving the 'clawed' fingers away as the cutting progresses



### Key Facts

1) Pizza is a native food to Italy. It involves a variety of toppings that can include fish, meat and vegetables.
2) Different cutting techniques are used for different styles of cooking and presentation of food.
4) Food grows in a variety of different landscapes. Some like tomatoes come in different varieties throughout Italy.

