

Autumn 2 Chocolate	Spring 1 Treasures of Ancient Egypt	Spring 2 Race to the South Pole	Summer 1 From Source to Sea	Summer 2 Meadowsong
<p>Chocolate</p> <ul style="list-style-type: none"> • Design and make an original chocolate bar • Using a double boiler • To understand where food comes from • To understand balanced nutrition and the benefits of limiting sugar intake • Sustainability – understand the importance of minimising food waste • Evaluate against design criteria 	<p>Pitta and hummus</p> <ul style="list-style-type: none"> • Follow a recipe to make pitta bread and hummus • To choose appropriate equipment • Fine chopping, kneading, baking • Comment on flavour, texture and consistency 	<p>Ice cream</p> <ul style="list-style-type: none"> • Follow a recipe to make ice cream • Understand how temperature changes ingredients • mixing ingredients • Understand how food is processed into ingredients that can be eaten or used in cooking • Comment on flavour, texture and consistency 	<p>Fish cakes</p> <ul style="list-style-type: none"> • Follow a recipe to make fish cakes • To measure ingredients • To alter recipes according to taste • Understand how recipes can be adapted to cater for dietary requirements, for example vegetarian alternative • Knife skills: dicing and slicing vegetables • Comment on flavour, texture and consistency 	<p>Red Lentil Dahl</p> <ul style="list-style-type: none"> • Follow a recipe to make red lentil dahl • To explore foods from different cultures • To understand the importance of a balanced diet • To consider the importance and effect of seasoning • Knife skills: slicing, chopping, that different food • Understand that different food and drink contain different substances – nutrients, water and fibre that are needed for a healthy diet • Comment on flavour, texture and consistency