

Year 4 - Cooking and Nutrition - Adapting a Recipe - Term 1

Key Vocabulary

Recipe	Instructions for making a dish.
Adapt	Change a recipe to suit a purpose.
Target audience	People a product is intended for.
Design criteria	Features a product must have or do.
Budget	The money available to spend.
Cost	How much something costs.
Research	Gathering information to inform a choice.
Feedback	Suggestions about what to improve.
Evaluate	To think about how well something worked.
Texture	How food feels in your mouth.

Who is it for?

Biscuits can be designed to suit different people, tastes and occasions.



A recipe is a set of instructions for making

A biscuit recipe can be

The target audience informs design choices.

Adapt an existing recipe

You can change ingredients or decorations, but you must consider cost and budget.

you. Sometimes people adapt recipes, which means changing them to make them better or more suitable. They might do this by adding more ingredients, such as chocolate chips or icing.



adapted for different people and events. For example, seeds and raisins could be added for someone who needs energy for a race, or icing could be used to create themed designs, such as yellow stars for a summer party.

An adaptation should suit its user.

Equipment and hygiene

Measure accurately and use suitable utensils; clean hands and worktops before preparing food.



apron to keep her clean.



A baking tray to put the biscuits on in the oven.



A sieve to sift the flour and remove lumps.



rolling pin to roll out the biscuit dough.



A wooden spoon to stir the ingredients.



A cutter to cut the dough into shapes.

Food safety is part of successful making.

To know statements



To analyse existing biscuits for taste, texture and target audience.

To follow a recipe to prepare and cook biscuits.

To design a biscuit for a target audience.

To prepare and cook an adapted biscuit recipe.

To evaluate the final biscuit product.

What can you remember from previous units?

How might food be chosen to suit a user?

What is important when preparing ingredients?

Anything else you have learnt?

What have you enjoyed?