

Year 6 - Cooking and Nutrition - Come Dine with Me - Term 2

Key Vocabulary

Recipe	Instructions for preparing food.
Ingredient	A food used in a recipe.
Method	The steps followed when making a dish.
Complementary	Flavours that go well together.
Accompaniment	A food served with another food.
Equipment	Tools and objects needed for a task.
Preparation	Getting ready before cooking.
Cross-contamination	Germs moving from one food or surface to another.
Flavour	How something tastes.
Target audience	The people a dish is intended for.

What can you remember from previous units?

How can recipes be adapted for users?

What hygiene rules are important in food preparation?

Anything else you have learnt?

What have you enjoyed?

Plan a three-course meal

A starter, main course and dessert should work well together and suit the intended diners.



Consider complementary tastes and textures.

Use clear recipes

Recipes list ingredients, quantities, equipment and steps in the correct order.

cross-contamination	Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from objects touch cooked or ready-to-eat foods.
equipment	Items and objects which are needed to complete a task.
corn	Land or water used to produce crops or raise animals.
saucer	How food or drink tastes. (e.g. sour, sweet, bitter, salty).
imperative verb	How things are 'done' or 'made' because they tell you what to do. (e.g. 'chop', 'grill', 'add', 'boil').
ingredients	Items that make up a mixture e.g. foods that make up a recipe.
method	A way of carrying out a certain process, following instructions.
intentionality	Belonging to a certain group of people in a particular way.
preparation	The process of getting ready to make something.
processed	When foods are passed through multiple processes to change or preserve it or to keep it safe.
breed	To breed and raise livestock. e.g. cows.

Imperative verbs explain what the cook must do.

Prepare food safely

Wash hands; keep raw and ready-to-eat foods separate; use equipment safely.



Prevent cross-contamination while cooking.

To know statements

To explain the use of complementary flavours.

To research and design a three-course meal.

To explain recipe choices.

To prepare a meal using a recipe; To understand where their food comes from; To write up a recipe.

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