



Food, Glorious Food!-Food from another culture



Year 5 Autumn Term 2

DT

Key Vocabulary

Preparing and Cooking Processes

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

- Slicing:** cutting food using a knife.
- Mixing:** to blend ingredients together, using a spoon, blender, or whisk.
- Weighing/measuring:** to get the right amount of an ingredient, using scales, table/teaspoons
- Grating:** to peel a layer off something (like carrots or cheese) using a peeler or grater.
- Serving:** making food look nice on the plate.
- Adding/ substituting:** changing the taste of food by adding or replacing ingredients.



Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

- Baking:** to cook food in a heated oven.
- Boiling:** to cook food in boiling (100°C) water.
- Frying:** to cook food in a pan of heated oil.
- Grilling:** to cook food by putting it under a hot grill (like a radiator in a cooker).
- Griddling:** to cook on a flat iron plate called a griddle.
- Steaming:** to cook using steam, normally from boiled water.
- Poaching:** to cook by simmering in a small amount of liquid.



Where Food Comes From

Grown, Raised, Caught

It is important to know that foods are grown, raised and caught more easily during certain seasons. This is called seasonality.

Some food is grown

- In order for us to get cucumbers, we need to grow a cucumber plant. Cucumbers grow on the vines of cucumber plants. In the UK, the cucumber season is between March and June, when they grow most naturally in the seasonal conditions.

Some food is raised

- In order for us to be able to eat chicken, we need to raise chickens. Eggs are laid by female chickens. In order to be sustainable, we need to know that most chicks are born in the spring/ summer seasons.

Some food is caught

- In order for us to get tuna, we need to catch the tuna-fish. There are also seasonal changes for caught food, as animals can migrate. E.g. a lot of tuna is caught between November-May in the Pacific off San Francisco.



Examples of Chinese food



面条 miàn tiáo
noodles



饺子 jiǎozi
dumplings



馄饨 húntun
wontons



包子 bāozi
stuffed buns



pak choi



馒头 mántou
steamed bread



烧饼 shāobǐng
sesame seed cake



油条 yóutiáo
fried bread stick



蛋糕 dàngāo
cake



Can you name any of the ingredients you could use to make a stir fry?



Where did your ingredients come from? Check your packaging to see which country they were produced in.