

D&T Year 6-Savoury Dishes

In this unit of work children will research a variety of savoury dishes including those which are traditionally British to source the ingredients. They will adapt recipes to ensure that their chosen dish includes a variety of nutrients from the 'eat well' plate and is affordable by working out the total cost and how much it is per portion. They will demonstrate a variety of skills when making it and evaluate its health benefits and value for money.

In this unit children will:

- Use research and develop design criteria to inform the design of their own innovative savoury dishes – including traditional British classics. Create costings for the dish and adapt recipes to make them even healthier, linking them to the 'eat well' plate.
- Understand that seasons may affect the food availability.
- Know how to prepare and cook savoury dishes safely and hygienically including the use of a heat source.
- Use a knife and other equipment safely, demonstrating a variety of techniques.
- Evaluate their final dishes against criteria including health benefits and affordability.

Prior Learning

EYFS: Stir, spread, knead and shape a range of fruit and vegetables. Begin to work safely and hygienically. Begin to work safely and hygienically.

Y1: Explore common food sources. Understand the 5 main food groups. Make simple dishes without a heat source. Know how to use techniques such as cutting, grating and peeling.

Y3: Start to know that food is grown and caught in the UK and around the world. Prepare and cook a variety of dishes using a heat source, using different techniques. Know that a healthy diet is made from a variety and balance of different food and drink.

Y5: Know how to cook a range of savoury dishes with a heat source. Confidently use a range of techniques safely and hygienically. Evaluate a meal and consider if they contribute towards a balanced diet.

Cross Curricular Links

Art-British artists; **Science**-Health and wellbeing;

Maths – costings, quantities

Key Questions

- How can you keep nutrients in your vegetables?
- How many traditional British savoury dishes can you name?
- How can you avoid spillages on a hob?
- Why shouldn't you leave a stove unattended when you're cooking?
- Which dish is the best value for money?

Key Vocabulary

- **Affordable-Inexpensive and reasonably priced.**
- **Availability- When something can be accessed or used.**
- **Brunoise – Small diced cube sized vegetables**
- **Chiffonade – Shredding technique is usually used on leafy vegetables.**
- **Costings- The price of each ingredient making up the total dish, combining the total cost.**
- **Hygiene- Cleanliness**
- **Locally sourced- Grown nearby/reduced milage**
- **Julienne – Match stick shape cuts of vegetables.**
- **Nutrients- Substances in food to help our body function.**
- **Goujons-Small pieces of meat, breaded before being cooked.**
- **Sautéing- To cook food quickly in a minimum amount of fat, over a relatively high heat.**
- **Steaming- By boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the food and cooks it.**

Key Knowledge

- To retain their nutrients, don't wash or cut veg until you're ready to use it. Most veg should be cooked until barely tender to retain colour and nutrients, except potatoes which need be cooked until tender.
- Savoury dishes include chicken goujons, Hotpot vegetable lasagne, cottage pie, cauliflower cheese
- To avoid hot spills turn pan handles towards the rear of the stove – don't leave the stove unattended.