



I have been exploring **Food** and I have learnt...

Stages of my food unit

I Don't Make Excuses

Investigate- We investigated what ingredients would have been available to the Mayans, and therefore would have used in their cooking. We thought about which ingredients are grown in the UK, and which are grown overseas.

-We tried a variety of breads and dips and thought about the flavours we enjoyed.

Design- We practised some of the skills we would need to use to make our final product such as kneading and rubbing.

- We explored a range of initial ideas, and made design decisions to develop annotated sketches before creating a final design.

Make- We identified the appropriate utensils and equipment to accurately measure and combine appropriate ingredients.

-We followed our plan step-by-step to make our final product.

Evaluate- We considered our design brief and decided whether our final product met this.

- We listened to the views of others when considering whether our product has worked.

Key Vocabulary

Nutrition- the process of taking in food for health and growth.

Savoury- spicy or salty food.

Dough- a mixture of flour, yeast and water before it is cooked.

Knead- pulling and squeezing dough to make it smooth.

