


# GGA- Cooking - Year 2

## Spring Term- Spicy Traffic Light Rice

### Vocabulary

<b>Cumin</b>	A spice used mainly in curries.
<b>Turmeric</b>	A spice that gives curry it's yellow colour.
<b>Pepper</b>	Is a fruit, it comes in different colours red, green, and yellow. Tend to be grown in Spain, Portugal and Netherlands.
<b>Food Groups</b>	Our body needs different amounts from different food groups. This recipe includes fruit & vegetables and Carbohydrates.

### Skills that I am going to learn.

<b>Food Groups</b>
I know rice is in the food group a Carbohydrate, it gives me energy.
<b>Food Origins</b>
I know a pepper is a fruit because it has seeds.


<b>Chopping an onion</b>
I can chop an onion.


<b>Identify how to Improve taste.</b>
I can use spices to improve taste.
In this recipe I will add cumin and turmeric to improve the recipe.

<b>Identify what I Like and Dislike about my food</b>
I can say what I like and dislike about the meal I cooked.

### Useful Information

<b>Recipe</b>	<a href="https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/one-pan-spicy-traffic-light-rice-picture-recipe/">https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/one-pan-spicy-traffic-light-rice-picture-recipe/</a>
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### Why are we learning this?

To know how to improve the taste of foods using spices.

### Why is this important?

To find different ways of making people enjoy different healthy recipes.