

# GGA- Cooking Knowledge Organiser for Year Two – Spring Term- Spicy Traffic Light Rice

## Vocabulary

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

## 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.

## Skills that I am going to learn.

### Food Groups

I know rice is in the food group a Carbohydrate, it gives me energy.

### Food Origins

I know a pepper is a fruit because it has seeds.



### Chopping an onion

I can chop an onion.



### Identify how to Improve taste.

I can use spices to improve taste.

In this recipe I will add cumin and turmeric to improve the recipe.

### Identify what I Like and Dislike about my food

I can say what I like and dislike about the meal I cooked.

## Useful Information

### Recipe

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/one-pan-spicy-traffic-light-rice-picture-recipe/>

