

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.

Skills that I am going to learn.	
Food Groups	I know rice is in the food group a Carbohydrate, it gives me energy.
Chopping an onion	I can chop an onion.
Food Origins	I know a pepper is a fruit because it has seeds.
Identify how to Improve taste.	In this recipe I will add cumin and turmeric to improve the recipe.

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

Why are we learning this?	Why is this important?
To know how to improve the taste of foods using spices.	To find different ways of making people enjoy different healthy recipes.