

GGA – DT –Cooking Year 6

Autumn Term

Vocabulary

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| Filo Pastry | Filo-based pastries are made by layering many sheets of filo brushed with oil or butter; the pastry is then baked. |
| Colander | A colander (or cullender) is a kitchen utensil used to strain foods such as pasta or rice or to rinse vegetables. |
| Mint | An aromatic herb. It is grown all over Europe. It needs to be planted on its own as it quickly spreads. |
| Bacteria | Bacteria can be caused when food is stored at the wrong temperature. Also important to wash vegetables first before cooking with them as they may contain bacteria which can make us ill. |

Skills that I am going to learn.

Food Safety

I can explain why we wash the vegetables first to remove bacteria.

To cut the foods into evenly diced pieces.

I can dice the vegetables into even sizes.



Demonstrate the Claw Grip

I can use the claw grip to dice an onion



Work with Filo Pastry

I can fold Filo Pastry



Create a Dip Accompaniment

I can use my senses to describe cumin, ginger and coriander.



Why are we learning this?

To prepare food by washing the vegetables first.

Why is this important?

Washing will help remove bacteria, including E.coli, from the surface of fruit and vegetables

Useful Information

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/lamb-and-vegetable-samosas/>

Make this recipe just vegetarian.

Cucumber Raita dip -
<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/cucumber-raita-2/>