



GGA- Cooking Knowledge Organiser for Year Six – Spring Term- Mexican Fish Tacos

Vocabulary

Avocado	The Avocado is grown on a tropical evergreen tree that bears the avocado, native to Central America. Best grow in warm conditions.
Sustainable Fishing	Is where you fish at a sustainable rate, so that the fish population does not decline over time because of fishing practices.
Pollock	Is part of the cod family and is found in the Northern Pacific Ocean.
Paprika	A powdered spice with a deep orange-red colour and a mildly pungent flavour, made from the dried and ground fruits of certain varieties of pepper.
Chilli	A small hot-tasting pod used in spice powders. There are various forms with pods of differing size, colour, and strength of flavour.
	
Cumin	The aromatic seeds of a plant especially grown and used in curry powder.
	

Skills that I am going to learn.

Food Groups

I can explain how fish is good for body.

Sustainable Fish.

I can explain what is meant by sustainable fishing .

Food Origins

I can explain where Avocados are grown.

Use a Can Opener

I can use a can opener to open tin sweetcorn.



Describe how food is grown.

I can explain how Cumin, Chilli and Paprika is grown before it is dried for spices

Present Dish

I can present my dish and describe the ingredients used.



Chop Avocado

Remove stone and dice Avocado into evenly shaped pieces..



Why are we learning this?

Describe different Sources of Food.

Why is this important?

To understand how our food arrives in our homes.

Useful Information

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/mexican-fish-tacos/>