

GGA- Cooking Knowledge Organiser, Year Three – Summer - Spinach, Squash and Chickpea Curry.

Vocabulary

Butternut Squash

It has a sweet nutty taste. They mainly come from Portugal and Brazil. They grow on a plant.



Chickpeas

Chick peas are a round yellow seed and grow in hot countries that are above 65 degrees in the evening.

Protein

Protein is essential for building and repairing the tissue in our body.

Litres

A unit of measure for liquids.

Skills that I am going to learn.

Follow a Recipe.

I can follow the steps in a recipe.

Describe the Taste of Ingredients.

I can describe the taste of chilli, cumin and coriander.

Chop Hard Vegetables

I can chop butternut squash and remove the seeds.

Food Groups

I know that chickpeas are in the protein food group.

I know that I should drink 2 litres of water a day.

Likes and Dislikes.

I can say what I like and would change about the taste of my curry.



Useful Information

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipes/spinach-squash-and-chickpea-curry-2/>

Why are we learning this?

Try new flavours.

Why is this important?

Important to broaden what we eat so we can have a balanced diet.