

# DT – Year 5 – Food Technology

## Topic Overview

In this unit, we will learn how to make vegetable soup using the correct techniques to prepare the ingredients. We will learn how food miles impact the environment, explore seasonality and find out about the celebrity chef Ainsley Harriet.

## Key Knowledge

Ainsley Harriott MBE is a British chef and TV star known for his big personality and bold flavours. Born in London to Jamaican parents, his Caribbean heritage shines through in his cooking celebrating spice, rhythm, and vibrant culture.

Everyone's diet is different and depends on what they eat. Sometimes health issues such as allergies affect diet as can culture or personal choices such as being a vegan or vegetarian.

Nut allergies are one of the most serious, particularly peanut. People are also allergic to shellfish and eggs amongst other things.

Lactose intolerant means having difficulty digesting lactose, the sugar found in milk and dairy products. Coeliac disease is a reaction to gluten which is found in wheat, barley and rye.

The more food miles travelled, the more fuel is used damaging the environment. Buying local usually means fewer food miles and fresher produce. Buying foods in season means fresher produce and is better for the environment as artificial conditions have not been used and food miles will be lower.

Food preservation is the way we keep food fresher for longer. It helps prevent waste. Common methods include freezing, drying, canning, and pickling. These techniques slow down bacteria and mould so that food lasts longer.



The claw method



The bridge method  
Enjoyment of food comes from many elements such as how it looks, its taste and smell as well as the texture.

## Important Vocabulary

Heritage Things passed down from the past like traditions or stories.

Culture The way people live including food, music and celebration.

MBE (Member of the Most Excellent Order of the British Empire) A special award given by the King for helping others or doing something amazing.

Diet The food and drink someone usually eats.

Carbohydrate Gives our body energy, found in bread, rice, or pasta.

Protein Helps our body grow and repair, found in meat, eggs and beans.

Climate The usual weather in a place - how hot, cold, rainy or dry it is.

Seasonality Foods that are ready to eat at certain times of the year.

Food miles The distance food travels from where it's grown to where it's eaten.

Preservation Keeping food fresher for longer.

Vegan A person who doesn't eat any animal products, including meat, milk, or eggs.

Vegetarian A person who doesn't eat meat but may eat eggs or dairy.

Allergies When someone's body reacts badly to certain foods.

Claw A safe way to hold long food while cutting.

Bridge A safe way to hold round food while cutting.

Ingredients The parts used to make a dish or recipe.

Texture How something feels when you touch or eat it such as smooth, crunchy, soft.

Garnish Something added to food to make it look nice such as herbs or slices of fruit.

## Assessment

I can give and briefly explain two things that might affect someone's diet – culture, allergies, vegan choices...

I can explain what food miles are and give two reasons why we should consider it in the foods we eat.

I can prepare hygienically and safely using food preparation techniques (bridge, claw) to prepare a soup.

I can evaluate giving three likes and dislikes about my preferences e.g. taste, texture.