Developing a Recipe

DESIGN AND TECHNOLOGY
Food- Year 5
Autumn Term

Overview

During this topic, children will learn about the process of beef production, from cattle being raised on farms to the beef being processed and sold in shops. They will research a traditional Bolognese recipe and make changes to improve it. Students choose healthy, nutritious ingredients, such as lean minced beef, carrots, tomatoes and onions, to increase the nutritional value of the dish.

Key Information



Nutritional value helps us understand how healthy a food is. Nutrition information on food labels can help us make better choices for our bodies by showing us the amounts of nutrients like fibre, protein and sugar.

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

- Red - raw meat
- Blue - raw fish
- Yellow - cooked meat
- Green - salad and fruit
- Brown - root vegetables
- White - bakery and dairy



Spaghetti bolognese is a popular dish that can be adapted in many ways. Adapting and developing the recipe by adding, substituting and removing ingredients can ensure that it suits dietary needs and tastes.







Vocabulary

- adaptation – the process of changing something
- cook – to prepare food by heating it
- cross-contamination – when something harmful spreads from one food to another
- farm – to grow crops or keep animals as a business
- hygiene – keeping things clean to prevent illness
- ingredients – the foods a recipe is made from
- label – something that provides information about the product it is attached to
- nutrients – substances that help living things stay healthy and grow
- nutritional value – the nutrients a food or recipe provides