### Year 4: Food and Nutrition What's really in your food?



#### Core content:

Explore the difference between freshly made food and mass-produced food.

Learn how to make food that is commonly shop

Explore the nutritional benefits of homemade food.

#### Technical vocabulary:

Ingredients — any foods or substances combined to make a particular dish.

Processed — food that has been treated in order to change or preserve it.

Bread - a food made from flour, water and usually yeast, mixed and baked.

Gluten — a protein that is contained in wheat and some other grains.

Knead — to press a mixture for making bread, firmly and repeatedly with the hands and fingers.

Ferment — to experience a chemical change because of the action of yeast or bacteria.











#### Techniques:







rolling



sautéing

# Year 4

# Spring 1

Food &

Nutrition:

What's really in your food?

#### Cultural Links

Approximately 11 million loaves of bread are sold every day in the UK

The number of artisan bakeries is on the rise.

#### Ingredients are often added to processed and massproduced foods in order to enhance their flavour or extend their shelf life.

Nutritional

Facts

## Environmental

By making our own bread, e reduce our carbon footprint Less CO2 is emitted because o be transported acros

#### Early Life

- He was born 27<sup>th</sup> May 1975.
- He grew up in Essex, England.
- He learnt to cook in his parents' pub.

#### Career

He left school with few qualifications but pursued his passion for cooking e has written many cooker books, hosts his own TV cookery programs and

In 2005, Oliver started hi school dinners campaign to improve the quality of food fed to pupils in schools

Well known for