

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 bought.
Explore the nutritional benefits of homemade food.

Technical vocabulary:

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

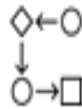
Processed – food that has been treated in order to change or preserve it.

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

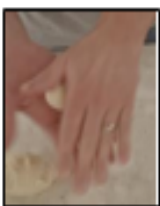
Gluten – a protein that is contained in wheat and some other grains.

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:



shaping



rolling



sautéing

Year 4

Spring 1

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