Year 4: Food and Nutrition Is cheap food always worse for you?



Core content:

Learn how to make healthy food from low-cost ingredients.

Consider how cheap processed foods will affect health in later life.

Technical vocabulary:

Cheap — to cost little money or to cost less than expected.



Fusion — cooking that is a mixture of different styles.



Texture — the way a surface, substance or piece of cloth feels when you touch it.



Shallow-fry — to cook in a small amount of oil or fat.



Shortening — butter, lard or fat used to make pastry or shortbread, resulting in a crumbly texture.



Fragrant — to have a pleasant or sweet smell.



Connections







rubbing in rolling and shaping

slicing

Year 4

Spring 1

Food &

Nutrition:

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Cultural Links

Spices were once treasured goods and fetched a huge price during the Age of Discovery. In fact, wars were fought over ingredients like nutmeg.

Life

Born in 1975 in Samoa, she grew up in New Zealand. After completing her training, she worked in a number of first-class restaurants. She moved to London in 1999.

Career

•2009 — 2022, she was a judge on MasterChef: The Professionals. •2017, she opened her own

restaurant in London.
• 2012 — 21, she had several cookery books.
• published.

Environmental Facts

Root vegetables are available for most of the year and the recipes using tinned foods can often be better for the environment as they reduce our carbon footprint.

Nutritional Facts

Processed foods contain added sugars, salts and food additives, and lose much of their nutritional content during manufacture and storage.





She is one of the bestknown and most highly respected female chefs in London, England.