

How Does Food Affect your Senses?

Year 1: Food and Nutrition
How does food affect your senses?



Core content:

Learn that eating is a sensory experience.
Learn about nutrition and why colourful food can be better for you.
Use a range of techniques to create and modify dishes that appeal to our senses.

Technical vocabulary:

Senses – what the body uses to explore and interact with the world around us: sight, smell, taste, hearing and touch.



Vitamins – natural substances in food that are necessary for the growth and good health of the body.



Sensory – something that relates to the physical senses of touch, smell, taste, hearing and sight.



Caramelise – to cook a food that contains sugar so that the food becomes sweet and often brown.



Marinade (verb) – to soak food in a seasoned liquid before cooking to change its flavour and / or texture.



Ribboning – to slice food such as vegetables into long, thin strips.



Techniques:



grating



ribboning



marinading