

DESIGN & TECHNOLOGY - COOKING



Year 3
Pizza Base & Basic tomato sauce <ul style="list-style-type: none"> • Learn about nutrition • Using a recipe, write a shopping list using a budget • Cleanliness when preparing food. Safety in the kitchen, using a stove. • Discover how yeast works • The value and principles of bottling, freezing and preserving • Preparing a basic tomato sauce and bottling it. (Chopping, spicing and preserving for use later on) • Following a recipe, weighing, measuring and making a pizza dough. • Creating a simple cheese and tomato pizza. • Write up their own recipe to paste in books (Consider a recipe book which could be used in future classes) • How to serve a pizza.
Year 4
Homemade pasta and minestrone soup <ul style="list-style-type: none"> • All previous skills learnt in year 3 will be revised. • Nutrition • Recipe and shopping list with a budget • Cleanliness and safety in the kitchen. • Following a recipe, weighing, measuring, chopping vegetables, making pasta dough and cutting and cooking pasta. Discuss how to dry pasta to preserve it. • Serving soup as well as cooking pasta and serving with a basic tomato sauce learnt in year 3. • Writing up their recipe and adding it to their recipe books.
Year 5
Homemade Ravioli served with basic tomato sauce/cream sauce <ul style="list-style-type: none"> • All previous skills learnt in year 3 & 4 will be reinforced • Nutrition • Recipe, shopping list and budget • Cleanliness and safety in the kitchen • Follow a recipe, weighing, measuring, chopping, preparing filling for ravioli. • Rolling, cutting and filling ravioli. • Cook ravioli and serve with basic tomato sauce or a creamed sauce (mushroom, cheese, creamed tomato) • Learn how to plate up and serve meal with garnishing. (grated cheese, parsley, salad)
Year 6
Three/Four course Italian meal including tiramisu – Cooked, plated and served to paying customers <ul style="list-style-type: none"> • All skills used in year 3, 4 & 5. • Nutrition • Recipe, shopping list, budget, calculate price per head • Cleanliness and safety in the kitchen • Following a recipe, weighing, measuring, chopping preparing all dishes to a time limit • Planning how to pre-prepare and store food. • Set tables, decorate and serve food to customers.

