

In DT we are learning about... Food - Can you make a Mediterranean inspired pasta salad for yourself for a healthy lunch?

Key vocabulary



- Slicing:** cutting food using a knife.
- Mixing:** to blend ingredients together, using a spoon, blender, or whisk.
- Weighing/measuring:** to get the right amount of an ingredient, using scales, table/teaspoons
- Grating/peeling:** To peel a layer off something (like carrots or cheese) using a peeler or grater.
- Serving:** making food look nice on the plate.
- Cooking processes** -the different ways that we heat food before it is eaten e.g. baking, boiling, frying and grilling.
- Draining** - To use a colander to remove the water from the pasta.
- Seasonality** - The season that fruit and vegetables grow
- Harvesting** - The process of gathering a ripe crop from the fields.
- Sensory evaluation** - evaluating food products in terms of the taste, smell, texture (how it feels in the mouth) and appearance (how it looks)

Characteristics needed for this topic:



- Concentration
- Managing impulsivity
- Risk taking

Sticky knowledge



- Mediterranean food comes from the countries that border the Mediterranean Sea.
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- Mediterranean food is usually healthy and contains lots of vegetables, including olives as many olive trees grow there.
 - A pasta salad is prepared with one or more types of pasta, a range of vegetables and is covered in a vinegar, oil or mayonnaise-based dressing.
 - It is normally served cold and can contain meat and cheese.
 - Pasta is cooked in boiling hot water and you can tell the water is boiling (at 100°C) as you will see and hear the water bubbling.
 - Vegetables are in season in different countries at varying times of the year. Some fruit and vegetables are imported from different countries at certain times of year.
 - Some vegetables grow underground e.g. onions and carrots, some grow on vines e.g. cucumbers, tomatoes and some sprout out of the ground using strong roots e.g. lettuce.

Links to previous learning



- Fruit and vegetables come from plants and meat and cheese come from an animal.
- We should eat 5 portions a day and they give us vitamins and minerals. Pasta is a carbohydrate and it gives us energy.
- Basic safe chopping skills with the support of an adult.

Key Designers

Elizabeth David - A book of Mediterranean food
Ainsley Harriott - Ainsley's Mediterranean Cookbook



Cutting using the bridge technique



Cutting using the slide technique



Grating cheese

UK Seasonal Foods



Winter: Apples, Beetroot, Sprouts, Cabbage, Leeks, Mushrooms, Onions, Parsnips, Pears, Turnips.

Spring: Artichokes, Asparagus, Aubergines, New Potatoes, Rhubarb, Rocket, Spinach, Spring Greens, Spring Onions.

Summer: Blackcurrants, Broad Beans, Cherries, Chillies, Courgettes, Gooseberries, Garlic, Strawberries, Water Cress.

Autumn: Butternut Squash, Cauliflowers, Chicory, Elderberries, Marrow, Pumpkin, Wild Mushrooms, Squash.

Aspirations



- Chef
- Cookbook Author
- Nutritionist
- Health and Safety Inspector
- Food Critic/Blogger