

Topic: Global cuisine

Year group 3

Summer 1

**Key Vocabulary**

Identity	Who a person is, or the qualities of a person or group that make them different from others.
Heritage	Belonging to the culture of a particular society, such as traditions, languages, or buildings, that were created in the past and still have historical importance.
Native food	Food that is traditional in a country or culture.
Mix	Combine or stir ingredients.
Grate	To rub food against a grater in order to cut it into a lot of small pieces.
Peel	To remove the skin of fruit and vegetables.
Knead	To press something, especially a mixture for making bread, firmly and repeatedly.
Bake	To cook inside an oven.
Chop	To cut something into pieces with a knife.
Techniques	A way of doing an activity that needs a skill.
Assemble	To bring parts together to make it complete.
Temperature	To measure the amount of heat.
Healthy	To be strong and well or make healthy choices.

**Native food**



**Food techniques**



**Temperature**



**Assemble**



**Identity**



**Heritage**



**Key Knowledge**

Nadia Begum	Who?	a British TV chef, author and television presenter
	When?	born 25 December 1984
	Where?	London, England
Tom Kerridge	Who?	a British TV chef, author and television presenter
	When?	27 Jul 1973
	Where?	Salisbury, England

**Know how to:**

- Explore where different types of foods come from and be able to group, identify and name them.
- Explore the native foods of different countries, religions and cultures and investigate the ingredients used to create them.
- How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.
- To be able to follow a recipe accurately.
- Explore how to create a healthy dish that represents heritage and identity.

**Nadia Begum**



**Tom Kerridge**



**An example of Nadia's food.**



**An example of Tom's food.**



**Final Outcome:** The children will design and create a healthy dish that represents heritage and identity.