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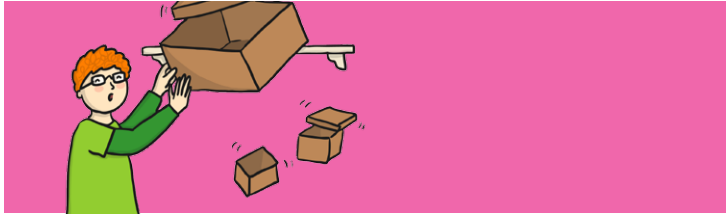
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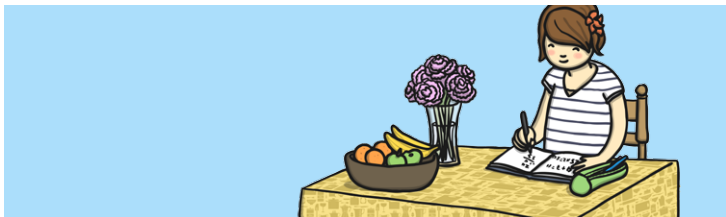
Introduction

This 'Super Seasonal Cooking' unit of work will teach your class about the importance of buying seasonal food. The first part of the unit provides an opportunity for children to learn where, when and how a variety of ingredients are grown, reared, caught and processed. Children will then have the chance to sample some spring seasonal food before designing their own balanced seasonal meal. They will learn how to cook with the seasonal ingredients following their own recipes and using a wide range of preparation and cooking techniques. Finally, children will evaluate their product against their design criteria. Children will learn appropriate hygiene rules for handling meat and fish and safe preparation skills.



Health & Safety

Parental permission should be sought before tasting and cooking sessions in order to identify any dietary requirements e.g. nut, wheat, gluten and dairy allergies. Cultural and Vegetarian /Vegan requirements should also be taken into consideration. Hygiene practices should be carefully observed e.g. surfaces cleaned down; aprons provided for food preparation; access to hand-washing and washing-up facilities. Children should learn safe practices in relation to kitchen equipment and food handling.



Home Learning

Task 1 Tasting New Foods: Children are challenged to try as many new foods as possible. After they have tried the food they will fill in a chart to name and describe the food.

Task 2 Preparation and Cooking Techniques: This task shows detailed pictures of cooking and preparation verbs such as peel, fry, grate and bake. Children are then asked to name 5 foods they could use each technique with. There is an added challenge where children can work with an adult to choose a technique and have a go.



Wider Learning

Children could visit a local [National Trust kitchen garden](#). A visit to a local farm shop or farmer's market would give children an insight into the local and seasonal produce available. A local farm/dairy farm would allow children to learn more about the processes involved in milk production and how food is grown and reared. Invite in a local butcher, fishmonger or greengrocer to improve children's understanding of seasonality and sourcing foods from the local environment.

To look at all the resources in the Super Seasonal Cooking unit [click here](#).

Assessment Statements

By the end of this unit...

...all children should be able to:

- Understand what seasonality means.
- Name some foods which are grown, reared, caught and processed.
- Design simple seasonal recipes.
- Prepare a range of ingredients hygienically.
- Prepare, assemble/cook ingredients.

...most children will be able to:

- Know when different fruit and vegetables are in season in the United Kingdom.
- Explain where and how a variety of ingredients are grown, reared, caught and processed.
- Generate a range of ideas for balanced seasonal recipes.
- Prepare ingredients hygienically and understand how to store and handle meat and fish correctly.
- Use a wide range of preparation and cooking techniques.

...some children will be able to:

- Describe when most foods are in season in the United Kingdom including fruit, vegetables, meat and fish.
- Know where and how ingredients are grown, reared, caught and processed and that some regions of the UK specialise in specific ingredients.
- Create, evaluate and refine seasonal recipes which include a balance of ingredients.
- Understand the importance of correct storage and handling of meat and fish using knowledge of cross contamination and bacteria.
- Use and evaluate a wide range of preparation and cooking techniques including adjusting: cooking times, ingredients, methods and temperatures.

To find out more about PlanIt download our [free guide here](#).

Lesson Breakdown

1. Seasonal Calendar

Understand seasonality in the context of when fruit and vegetables are in season in Britain.

- I can explain what seasonality means and know when different fruit and vegetables are in season in the United Kingdom.

Resources

- Camera.
- A selection of fruit and vegetables from different seasons.



2. Reared, Caught and Processed Food

Understand seasonality and know where and how a variety of ingredients are reared caught and processed in the context of where food is reared, caught and processed in the United Kingdom.

- I can explain where, when and how a variety of ingredients are reared, caught and processed.

- None needed.



3. Tasting Seasonal Food

To understand seasonality in the context of tasting food that is in season.

- I can taste and evaluate seasonal foods and recognise that sometimes we need to try a new food a few times to find out if we like it.

- Asparagus, kale, spinach, radishes, rocket, Jersey Royal new potatoes and spring onions.
- Internet and/or library access.



4. Plate Proportions and Protein

Understand and apply the principles of a healthy and varied diet in the context of the importance of protein in the diet.

- I can explain the importance of protein as a proportion of a healthy varied diet.

- Salmon, prawns and lentils.



5. Design a Seasonal Meal

Select from a wider range of ingredients, according to their functional properties and aesthetic qualities in the context of selecting ingredients for a seasonal meal. Consider the views of others to improve their work in the context of improving their design for a seasonal meal.

- I can work as a group to generate, evaluate and refine recipe ideas.

Generate, develop, model and communicate their ideas through discussion and annotated sketches in the context of designing a healthy seasonal meal.

- I can take feedback and improve my designs.

- None needed.



6. Making and Evaluating

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of preparing and cooking a healthy seasonal meal. Evaluate their products against their own design criteria in the context of evaluating their seasonal meal.

- I can explain how to correctly store and handle meat and fish.
- I can prepare, cook and evaluate a healthy seasonal meal.

- Aprons.
- Colour coded or labelled chopping boards.
- A range of kitchen equipment.
- Ingredients needed to follow designs.

