



D&T - Year 5/6 - Cycle A - Food

Carolyn Ekins

What do I already know how to do?

- start to independently follow a recipe.
- prepare and cook a variety of mostly savoury dishes safely and hygienically.
- use a range of techniques such as whisking, crushing, grating, cutting, kneading and baking.
- learn to use a range of tools and equipment safely and appropriately, and learn to follow hygiene procedures.
- measure and weigh ingredients to the nearest gram and millilitre.
- with support, use a heat source to cook.
- present their product in an interesting way.

I will know how to design and make a war time vegetable pasty inspired by Carolyn Ekins by:

- preparing and cooking a variety of mostly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.
- using a range of cooking techniques, such as griddling, grilling, frying and boiling.
- using a range of tools and equipment safely, appropriately and accurately, and learn to follow hygiene procedures.
- adapting and refining recipes for appearance, taste, texture and aroma.
- measuring accurately and calculate ratios of ingredients to scale up or down from a recipe.
- independently following a recipe.
- presenting my product in an attractive form.

adapt



to change for a particular use.

aroma



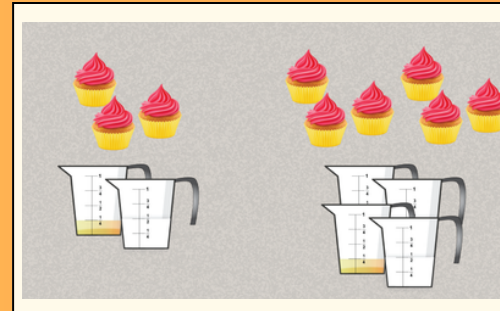
what a food smells like.

hygiene



keeping clean to stay healthy and prevent the spread of germs and disease.

ratio



how to calculate the amount needed when scaling ingredients up or down for a recipe.

refine



to improve a recipe by making small changes made to it.

savoury



food that has a salty or spicy flavour rather than a sweet one.



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Carolyn Ekins is a modern-day historian and writer who became famous for living like people did during World War II to learn more about history. She started a project called "The 1940s Experiment," where she followed a diet that people ate during the war when food was hard to get, called rationing.

Carolyn wanted to understand what life was like back then and share it with others. She wrote about her experiences, including recipes and stories, to help people learn about history in a fun and interesting way. Her work teaches kids and adults what it was like to live in tough times and how people stayed strong.



Our brief: design and make a wartime inspired vegetable pasty.

What ingredients will use for your pasty?
What flavours work together?
What ingredients are seasonal?



- Research your artist/s
- Explore new skills
- Design
- Create
- Evaluate