

End Points

Year 5 – Developing a recipe



What I know and can explain

- To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed.
- To know that recipes can be adapted to suit nutritional needs and dietary requirements.
- To know that I can use a nutritional calculator to see how healthy a food option is.
- To understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects.
- To know that coloured chopping boards can prevent cross-contamination.
- Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients.
- Writing an amended method for a recipe to incorporate the relevant changes to ingredients.
- Designing appealing packaging to reflect a recipe.
- Researching existing recipes to inform ingredient choices.
- Using equipment safely, including knives, hot pans and hobs.
- Following a step by step method carefully to make a recipe.
- Identifying the nutritional differences between different products and recipes.
- Identifying and describing healthy benefits of food groups

Useful vocabulary

abattoir
balanced
brand
cross-
contamination
enhance
nutrient
nutrition
nutritional value

preference
process
safety

