

Key Knowledge

Learning how to cook is an essential life skill - healthy diet.

Look at a range of recipes in the context of a healthy diet

How to prepare and cook food safely.

Understand where and how ingredients are grown - seasonality and links to shopping local.

Research and evaluate existing soups and ingredients for their own recipe.

Choose the correct equipment for the task and use correctly including a blender -link to safety.

Create and follow a recipe.

Understand a range of cooking techniques and how to use them correctly.

Language to use when evaluating their own or their peers work.

Learn about seasonality and use ingredients that support this.

Be able to make a soup that is value for money. Working on a budget.

Work as part of a team.

Food Foundations

Seasonal Soup

Health and Safety



Varied - incorporating a few different types or elements, showing variation or variety.

Diet - the kinds of food that a person, animal, or community habitually eats.

Calories - A **calorie** is a unit of measurement — but it doesn't measure weight or length. A **calorie** is a unit of energy. When you hear something contains 100 **calories**, it's a way of describing how much energy your body could get from eating or drinking it.

Seasonality Seasonal produce. **Seasonality of food** refers to the times of year when a given type of food is at its peak, either in terms of harvest or its flavour.

Organic – produced or involving production without the use of chemicals, fertilizers or pesticides or other artificial chemicals.

