

Unit 1: Come dine with me



Key Vocabulary

Accompaniment
Cookbook
Farm
Flavour
Imperative verb
Ingredients
Method
Nationality
Preparation
Processed
Reared
Recipe
Target audience
Unit of measure

Overview

In this unit children research and prepare a three-course meal taught as a rotational activity over three lessons. They will taste-test and score their food and when they aren't cooking, they will research the journey of their main ingredient from 'farm to fork' or write a favourite recipe to include in a class cookbook.

Key Points of Learning (RAG at end of each session)

- To research and design a three-course meal
- To know how to research a recipe by ingredient
- To understand that not all courses complement one another
- To prepare a meal using a recipe
- To understand where their food comes from
- To write up a recipe

Useful Websites

['Tesco Eat Happy Project – Slippery salmon from farm to fork'](#)
['Tesco Eat Happy Project – Prickly pineapples from farm to fork'](#)
['Tesco Eat Happy Project – Crunchy peppers from farm to fork'](#)

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar

