
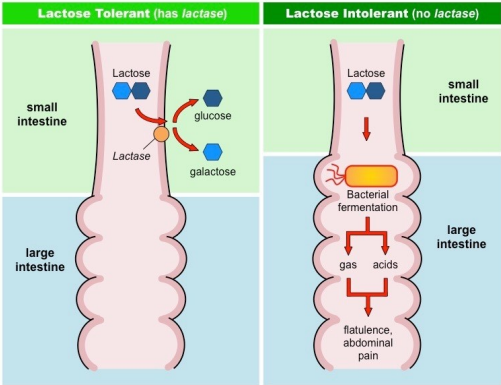


Year 5 Food (celebrating culture and seasonality).

Prior Learning: Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet. Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

Facts	Vocabulary
<p><u>Kneading.</u></p>  <ul style="list-style-type: none"> • Kneading is used to mix the ingredients of bread together then to strengthen the final product. • Kneading strengthens the gluten in the dough and takes about 10-12 minutes by hand. • The dough will be smooth, elastic and hold its shape when ready. 	<ol style="list-style-type: none"> 1. Knead—pulling and squeezing dough to make it smooth. 2. Dough—a mixture of flour, yeast and water before it is cooked. 3. Yeast—a tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water. 4. Unleavened bread—flat bread where yeast has not been added. 5. Dairy— food containing or made from milk. 6. Gluten— a protein found in wheat, rye, and barley. 7. Intolerance— the body cannot correctly digest the food or it irritates the digestive system.
<p><u>Lactose intolerance.</u></p> <ul style="list-style-type: none"> • Lactose is a sugar found in milk and dairy products. • People who are lactose intolerant cannot digest the lactose as they do not produce enough of the enzyme called lactase. • This would usually break the lactose down to be absorbed by the body, but in people with a lactose intolerance it carries on through their digestive system. • This can cause problems such as—diarrhoea, stomach cramps and pains and feeling sick. 	<p><u>Seasonality.</u></p> <ul style="list-style-type: none"> • Climate conditions affect when food is produced in the UK. • Seasonality is the time of year when a food type is at its best in terms of flavour or harvest. <p>In the UK some examples of foods and their seasonality are:</p> <ul style="list-style-type: none"> ◇ Cherries—July. ◇ Strawberries— June, July, August and September. ◇ New potatoes—April, May, June and July. ◇ Turnips—January, February, October, November and December. ◇ Duck—October, November and December.
<p><u>Out of season.</u></p> <ul style="list-style-type: none"> • Some foods that are ‘out of season’ in the UK have to be imported from around the world. <p>This has many negative impacts, for example:</p> <ul style="list-style-type: none"> * It has to travel further to the shops so transport creates more greenhouse gases. * It has to travel further to the shops so it may not be as fresh therefore not taste as good and could have lost nutrients. <p>Some foods cannot be grown at all in the UK such as oranges but it is better to eat oranges grown in Spain rather than further away such as Africa or Australia.</p>	<ul style="list-style-type: none"> • Some foods are required when they are out of season so producers grow them in hot houses/green houses in the UK. • Alternatively, the food is produced abroad and sent to the UK.