

Year 6 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. Understand about food seasonality in the UK. Understand about intolerances and how different foods can effect the body.

Facts

Vocabulary

Culture

- Different cultures have different foods and meals that are favoured more in that country or region.
- There are many examples of different types of food that specific countries are famous for. For example:
 - ⇒ Raw fish in Japan.
 - ⇒ Cheese in France.
 - ⇒ Roast meat and vegetables in the UK.
 - ⇒ Curry in India.
 - ⇒ Tortillas in Mexico.
- These foods are eaten all over the world and other countries can adapt them, but the countries culture will include a food staple that it is famous for.

1. Bran—pieces of grain separated from flour after milling.
2. Spice— an aromatic or pungent vegetable substance used to flavour food, e.g. cloves, pepper, or cumin.
3. Herbs— any plant with leaves, seeds, or flowers used for flavouring.
4. Combine— join or merge to form a single unit or substance.

The diets and general food habits of various cultures depend on social, religious, economic and safety factors as well as the availability of different foods.

- An example of a food habit of a culture reflecting religious factors is Muslims only eating Halal meat.
 - The Islamic dietary laws outlined in the Qur'an state that Muslims cannot consume pork or other meats which do not meet the requirements of how an animal should be killed and how it has been processed.
- ◇ An example of food availability would be if a less economically developed country did not have the money, resources, climate to grow or rear a food themselves and did not have the sufficient money to have it imported from countries that did.

British culture.

- A scone is a British baked item consisting of flour, salt, baking powder, butter, caster sugar and milk.
- It is a traditional part of British food culture and is usually served with cup of tea.



Youtube:

<https://www.youtube.com/watch?v=ry1E1uzPSU0>—What does the world eat for breakfast?