

Knowledge organiser Y4 Cooking

Eating Seasonally



My Key Learning

What do I already know?

I know the names of the main food groups and can identify some of the foods that belong to each group.



I know how to describe the taste, texture and smell of foods.

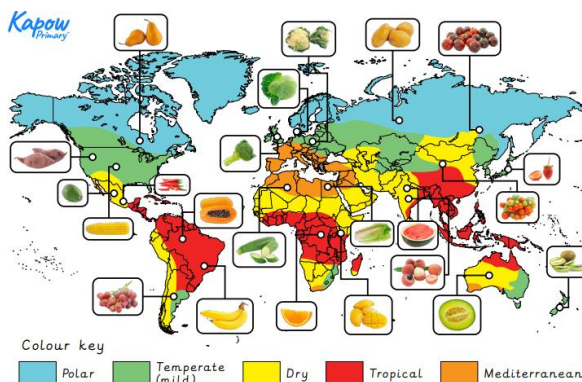
I know a range of places fruit and vegetables grow.



When we create a healthy recipe for a savoury tart we will use seasonal ingredients, those that can be harvested and are ready to eat in a particular season.



When we are choosing our ingredients, we will describe the benefits of seasonal fruits and vegetables and the impact on the environment. We will investigate different global climates and how they affect food growth.



Safely following a recipe, the instructions for cooking a dish, we will make a savoury tart learning the basic rules about how to avoid food contamination.



Our design criteria will help us test and review our dishes and help us suggest points for improvement.

Key Vocabulary	Definition
Dry climate	Less than 250mm of rain, fog, sleet or snow in total across a whole year.
Exported	When products or produce are sent to another country.
Imported	When products or produce are brought into a country.
Mediterranean climate	Hot dry summers and cooler wetter winters.
Polar climate	Long periods of extreme cold
Seasonal food	Food that can be harvested and is ready to eat in a particular season.
Temperate climate	Mild temperatures, where the summers are not too hot and the winters are not too cold.
Tropical climate	High temperatures and a lot of rain.

