

What can I remember?

- Can you remember how to make a casserole?
- Can you remember how some spices are made?

Prompts for Parents

✓ Can you cook a healthy savoury dish together? Take pictures and put it on Seesaw.

Fascinating facts 4

The different food groups are:

1. **Carbohydrates** give us energy. They are found in foods such as bread, potatoes and pasta.
2. **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.
3. **Fats** help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.
4. **Fibre** is important for helping us digest our foods. It's found in fruit and vegetables.

Key Vocabulary

Nutrients - The vitamins, minerals and other things that keep us healthy.

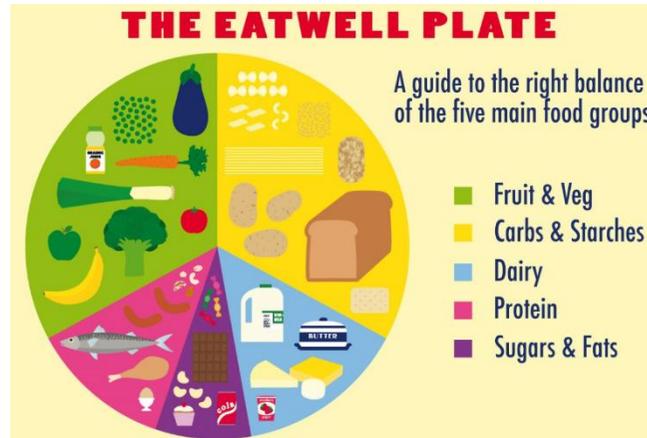
Diet- What we eat.

Processed food- is any food that's been changed from its original form. For example, an apple can be made into an apple breakfast bar or an apple crumble.

Autumn 1 DT: Food

Fascinating facts 3

To be healthy, we need to have a balanced **diet**. This means we need to eat the right amounts of different types of food. When we do this, we get all the **nutrients** our bodies need.



Fascinating facts 1

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. Have a look at the seasonality timetable below and work out which of the foods are at their best now.

Important Person

Jamie Oliver

Jamie Oliver MBE is an English celebrity chef, restaurateur, and media personality. He is known for his television shows, cookbooks and restaurants.

He ran a campaign to make school dinners healthier.



Fascinating facts 2

225g (8oz) plain flour, plus extra to dust
100g (3 1/2oz) olive spread, chilled and diced, plus extra for greasing
3 tbsp sundried tomato paste
40g (1 1/2oz) Cheddar, grated



1. Sift the flour into a bowl, add the olive spread and rub together with your fingertips until the mixture has the consistency of fine breadcrumbs.
2. Add 3-4 tbsp cold water and stir with a wooden spoon until the mixture begins to come together. On a work surface lightly dusted with flour, combine to form a smooth pastry. Wrap the pastry in clingfilm and chill in the fridge for 30 mins.
3. Roll out the pastry on a piece of nonstick baking paper to a 25x30cm rectangle. Trim to straighten the edges. Spread with the sundried tomato paste, leaving a 1cm border. Scatter over the cheese. Starting from one of the short ends, tightly roll up the pastry to make a long cylinder. Freeze for 10 mins.
4. Preheat the oven to gas 6, 200°C, fan 180°C and lightly grease 2 baking sheets. With a sharp knife (see safety first, below), cut the pastry into 16 round slices. Divide between the sheets, shaping back into circles if they've lost their shape. Brush with milk. Bake for 14-18 mins, until cooked through and golden. Serve warm or cooled to room temperature.

Fascinating facts 5

The guidance has always been to have five portions of fruit and vegetables a day, but now doctors are encouraging people to aim for seven. To be healthy, you should try to eat lots of different coloured fruit and vegetables. Examples of a portion include an apple, two plums or three tablespoons of peas.