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| **Year 5 Spring 1 Design and Technology – Global Food** |
| Key facts* An average meal should be made up of one third carbohydrates, one third fruits and vegetables and one third split between dairy, protein and a little bit of fat
* People around the world eat a wide variety of food
* All around the world people need food to stay healthy, give us energy and help us grow
* Staple foods form the bulk of diets around the world
* These include rice, pasta, potatoes, bread, couscous and plantain
* Staple foods vary for different countries
 | bento box - Japandolmades - Greece paella - Spainbyriani - Indiaquesadillas – Mexicospring rolls - China |
| Vocabulary* climate
* flourish
* sensory
* protein
* carbohydrates
* starchy food
* nutritional
* benefits
* balanced
* hygiene
* techniques
 | Methods for cooking  steammgrillbakeboilfry  |