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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 - Japan  dolmades - Greece    paella - Spain      byriani - India  quesadillas – Mexico  spring rolls - China | |
| Vocabulary   * climate * flourish * sensory * protein * carbohydrates * starchy food * nutritional * benefits * balanced * hygiene * techniques | Methods for cooking        steamm  grill  bake  boil  fry |