



Year 6 – Cooking and Nutrition

Element 1 – Cooking and Nutrition

A huge part of cooking and nutrition is understanding where food has come from. It is also good to know how and when it is reared (brought up and cared for), caught and processed. This is often done through farming and there are many people who like to use and eat food items that are farmed in the UK and their local area where possible.

Types of Farming – Key Vocabulary:

Arable – Growing of crops and cereals.

Pastoral – Rearing and production of animals including pigs.

Mixed Farming – Combination of arable and pastoral farming.

Horticulture – Production of flowers, fruit, vegetables or ornamental.

Market Gardening – Small scale production of fruits, vegetables and flowers.

Viticulture – Production of grapes.



Seasonality:

What does seasonality mean?

This refers to the times of year when a given type of food is at its peak (best condition), either in terms of harvest or its flavour.

Below is a list of different foods that are best in each season.



Autumn	Winter
Apple, Blackberry, Butternut squash, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Kale, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Spinach, Turnip.	Apple, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Swede, Turnip.
Spring	Summer
Apple, Asparagus, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cucumber, Lettuce, Onion, Parsley, Potato, Radish, Red Onion, Rhubarb.	Apple, Basil, Beans (Runner & French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Onion, Rocket, Rhubarb, Strawberry.

Other Information: Key People who have helped discover different foods or helping people making healthier choices.

Frank Epperson	Accidentally created the Ice Lolly in 1905 (aged 11) by leaving powdered soda and water on his porch overnight.
W.K Kellogg	Left some cooked wheat to sit while attending other matters, and the result was the start of Corn Flakes.
George Crum	Customers complained that his fries were too thick, so he created them as thin as he could—created the crisp.
Jamie Oliver	Campaigned for healthy school meals in the UK.

Element 1 – Closed Test

- 1) What does reared mean?
- 2) Can you explain the difference between arable and pastoral farming?
- 3) What does seasonality mean?
- 4) Name 5 different foods that are 'best' in Spring.
- 5) What did Jamie Oliver do that helped in regards to cooking and nutrition?



Element 2

Your challenge is create a dish/meal that uses a seasonal product from Autumn – you may choose to use more than one.

Can you write down the recipe you followed, where the product came from and don't forget to take a picture of your creation!

