



Endpoints for Design Technology

Year 5 – Eat the Seasons



The meaning and benefits of seasonal eating is what we will be learning about in this topic, including food preparation and cooking techniques.

What I know and can explain

Seasonality is the time of year when the harvest or flavour of a type of food is at its best

A balanced diet gives your body all the nutrients it needs to function correctly. This means eating a wide variety of foods in the correct proportions

Sweet dishes are usually desserts, such as cakes, fruit pies and trifles

Savoury dishes usually have a salty or spicy flavour rather than a sweet one

Seasonality

Seasonality is the time of year when the harvest or flavour of a type of food is at its best. It is often when the item is at its lowest cost and freshest on the market.

Different foods are at their best in different seasons; for example, apples are freshest between September and February, and carrots between June and September.



Useful Vocabulary

Balanced diet – A diet that contains a combination of the correct types and amounts of food

Carbon Footprint - The total amount of greenhouse gases released into the atmosphere by an individual or organisation

Dice – To cut food into small cubes measuring approximately half a centimetre

Food Hygiene - The conditions necessary to ensure safe handling of foods to avoid the spread of bacteria

Sauté – To cook food in a shallow pan by frying quickly with a small amount of butter or oil

Seasonality – The time of year when the harvest or flavour of a food type is at its best