

## Food

Pitta bread—savoury, bread

### Sessions

1. Introduction to the Recipe
2. Make
3. Taste and Evaluate

### National Curriculum Coverage

#### Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

In Key Stage 2 pupils should be taught to:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of dishes using a range of cooking techniques
- know where and how a variety of ingredients are grown, reared, caught and processed

### Concepts

- Sweet/Savoury
- Different types of bread
- Bread as part of a balanced, healthy diet
- Using yeast—leavened/unleavened bread
- Cooking from different cultures
- Wheat production
- Baking

### Skills

- Following a recipe
- Measuring using scales
- Activating yeast
- Mixing
- Making a dough, kneading
- Rolling and shaping
- Baking
- Cooling

### Aspects of Design/Context/Events

Home, school, community/UKS2 PTA or Governor’s Spring Lunch

### Links with Other PKC Subjects

Year 5 Geography: Spring A; East Anglia, Yorkshire and the Midlands; Growing wheat in East Anglia  
 Year 4 Science: Autumn A; The Human Body; A balanced and healthy diet  
 Year 4: Geography; Autumn B; Mediterranean Europe; Greece