

## KS2 Cookery- Sandwiches

### Key Vocabulary

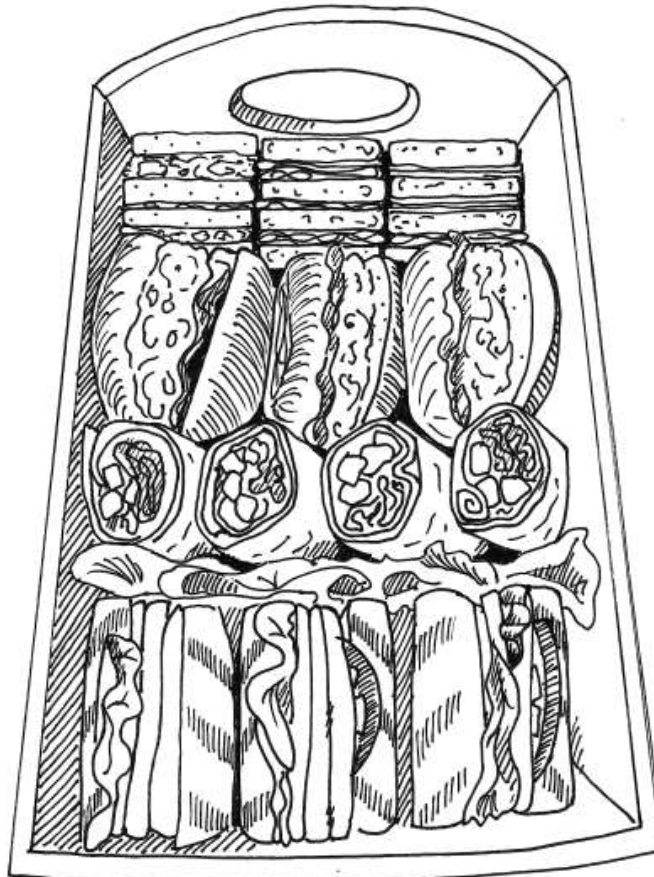
<b>Hygiene</b>	Practices that maintain health, especially through cleanliness.
<b>Taste</b>	Ingredients can complement each other to give a pleasant or contrast together and create an unpleasant taste.
<b>Health benefits</b>	How food helps the body in growth and development.
<b>Aesthetic</b>	Concerned with how good something looks or the appreciation of it.
<b>Audience</b>	Who the project is intended for
<b>Sensory evaluation</b>	Evaluating food products in terms of the taste, smell, texture and appearance.
<b>Preference test</b>	Trying different foods and deciding which you like best
<b>Processed food</b>	Ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking

### Research

<b>Varieties of bread</b>	<p>Sprouted bread is made from whole grains that have started to sprout from exposure to heat and moisture.</p> <p>Sourdough bread, improves the availability of certain nutrients, and lowers its blood sugar effects.</p> <p>Whole-wheat bread made from 100% whole-wheat flour is higher in fibre, vitamins, and minerals than breads made from refined wheat.</p>
<b>Processed Meat</b>	'Ultra-processed' food can increase the risk of health problems and a higher blood pressure
<b>Why Locally Sourced?</b>	<p>They are better for you as they are in season and use less preservatives</p> <p>They are better for the environment by reducing food miles — the distance food travels from farm to consumer</p>

### The Project

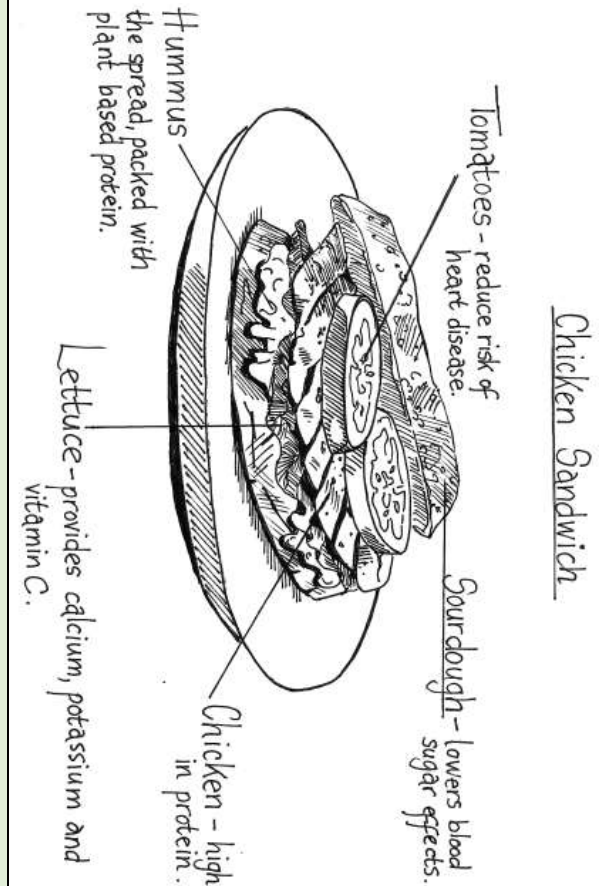
<b>Introduction</b>	This project builds on your previous learning of salad preparation to think about creating highly nutritious and delicious sandwiches and evaluating them through a series of tests.
<b>Purpose for Project</b>	To design and make a super sandwich to sell at a food fair, using locally sourced foods.



### Design

- Design a few simple recipes that include:
- Ingredients (what you need and how much)
  - Why your ingredients are good for you (look at your knowledge organisers from year 1 and 2)
  - At least 2 different types of vegetable

#### Designing an health benefit informed recipe



### Make

#### Grating Cheese

1. A box grater is four sided, with each side having differently sized teeth. Because box graters tend to have larger teeth, they work well with softer cheeses such as mozzarella. The medium sized holes are great for cheddar cheese, but not much for sprinkling the crumb-like Parmesan on Spaghetti.



Grating cheese

2. Rub the cheese against the grater in an up-and-down motion. Once you reach the end of the cheese, rub it with your palm to avoid scraping your knuckles

#### Buttering the Bread

Use light, short strokes to cover your bread in butter. Once you have some butter on your knife, apply it directly to your bread.



Spreading butter on bread




Then, use your knife to move the butter across your slice of bread in small, gradual strokes.

Be careful not to apply too much pressure as you spread the butter or your bread may tear

### Evaluate

#### Creating a Taste Test

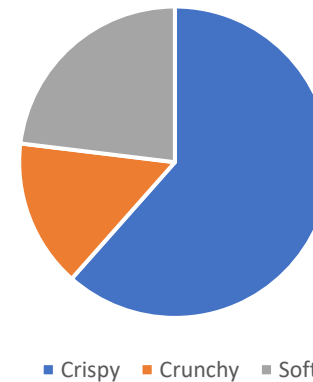
To give a greater accuracy and effective evaluation use a taste test that several children can complete that include a range of criteria. They must be simple so children can complete them quickly.

Child No.	Appearance	Smell	Flavour/Taste	Texture	Dislike 	Neither 	Like 
1							
2							
3							
4							
Word bank	Colourful Dark/pale Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

#### Display the results

To give a visual representation use a pie chart to help determine how much children like your soup as well as bar graphs to outline what was the common opinion on appearance, smell etc.

Opinion of My Sandwich



Texture of My Sandwich

