



**What I should already know**

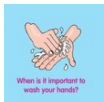
- How to follow procedures safely.
- Use the basic principles of healthy and varied diet to prepare dishes.
- Understand where food comes from.
- Be able to follow a recipe.
- Follow procedures for safety.
- We should always wash our hands before preparing and eating food.

**By the end of this unit:**

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and produced.

**Health and safety**

Always wash hands before preparing and cooking food.



Adult supervision when using knives and cooking over heat.



**YEAR 4**  
**Design Technology:**  
**Food**  
**Rainforest Fruit Kebabs**



Fruit kebabs with yogurt dip

Grilled fruit kebabs with chocolate dipping sauce

<b>Vocabulary</b>	
Grilled	To cook under a grill
Healthy	Food which is nutritionally beneficial for our bodies
Ingredients	Items that are mixed together to make a specific dish
Picnic	A packed meal that is eaten outdoors traditionally on a blanket on the ground
Rainforest fruit	Fruits that are commonly found in rainforests, such as bananas, oranges, pineapple, papaya and mangoes.
Seasonal	Food that is usually only available during particular seasons of the year
Skewers	A pin of wood or metal for fastening food to keep it in form while cooking
Traditional food	Food that is produced or has been habitually found in a certain a country or area
Tropical fruit	Fruits that are grown in hot and humid regions within the Tropic of Cancer and Tropic of Capricorn

**Design Criteria:**  
**I am preparing a fruit kebab for our class for a summer picnic.**

<http://recipesja.com/fruit-kabobs/>  
<https://www.sheknows.com/food-and-recipes/articles/1083394/fruit-kebabs-with-chocolate/>  
<https://www.fandango.com/movie-news/make-these-healthy-treats-inspired-by-the-jungle-book-750663>