



A Melting Pot Of Flavours

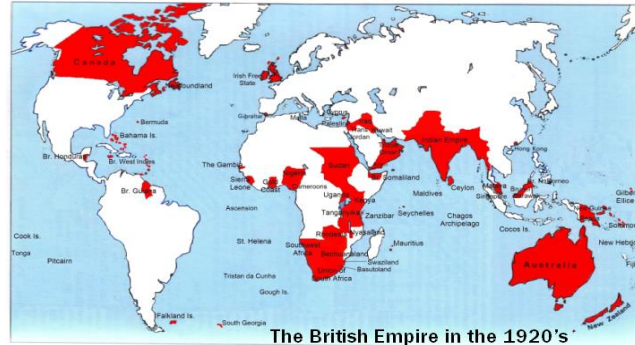
Food from the British Empire – Yr 6 DT

What I should already know:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

At the end of this topic, I will know:

- 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 processed.



Key Facts:

The British Empire, at its largest, covered 13 million miles or 22% of the world! It controlled over 450 million people or 1/5 of the world's population.

It began in the 16th Century, with British forces establishing trading posts overseas and grew all the way through to the 20th Century.

Some of the main countries in the British Empire were: Australia, Jamaica, South Africa, Tanzania, Canada, New Zealand, Barbados, Sri Lanka, India.

We do still have some cuisine influences today such as curry which originated from India

Vocabulary

Cross Contamination	The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.
Seasoning	To improve flavour by adding salt, herbs, spice and other flavouring
Recipes	A list of ingredients and instructions for making a food dish
Ingredients	One of the parts of a mixture
Accompaniment	A side dish that is served with the main dish. It compliments the main food and enriches taste and flavour
Cuisine	A style of cooking characterised by distinctive ingredients, techniques and dishes
Imported	Goods brought into a country from abroad for sale
Colony	A country that is part of an empire
Trade	Buying and selling goods

Health and Safety

-Remove any jewellery and tie back long hair. Ideally, wear a hair net.

-Wear an apron and roll up your sleeves. Tie your apron securely.

-Wash your hands with hot water and antibacterial soap, for at least 20 seconds.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.

Make sure that you clean up properly after yourself.