

Year 3 - Explore understanding of food - What is a carbohydrate?

How do I process
carbohydrates?

Cut/Slice



Weigh/Measure



Rolling



Kneading



Baking



Easy gluten-free flatbread

Ingredients

400g gluten-free self-raising flour, plus extra for dusting (we used Doves)

1 tbsp cumin seeds, toasted

300ml natural yogurt

Sticky Knowledge:

- To know what a carbohydrate is.
- To know what a consumer is.
- To know different foods have a different cost, and come from different places.
- To know the importance of being safe and hygienic.
- To know key ingredients can be exchanged.
- To know an increased variety of cooking techniques.

THE EATWELL PLATE

A guide to the right balance of the five main food groups



SDG LINK



Glossary:

- Appearance – how the food looks to the eye.
- Texture – how the product feels in the mouth.
- Sensory evaluation - evaluating food products in terms of the taste, smell, texture and appearance.
- Preference test – trying different foods and deciding which you like best.
- Processed food – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.
- Rubbing in – rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs.
- Knead – pulling and squeezing dough to make it smooth.
- Dough – a mixture of flour, yeast and water before it is cooked.
- Unleavened bread – flat bread where yeast has not been added.
- Consumer – a person who buys goods or services for personal use.

