

Design and make a Mexican meal to sell in a Mexican Restaurant



Being Safe

The Mayan Civilisation

- Remove any jewellery and tie back long hair.
- Cuts and sores should be covered with a blue plaster.
- Wear an apron and roll up your sleeves.
- Wash your hands before, during and after preparing food.
- Use different chopping boards and knives for raw meat and other foods.
- Listen carefully to instructions for using sharp knives. Never walk around with sharp knives.
- Check that food is cooked right the way through. Using a meat thermometer.
- Make sure you clean up properly with antibacterial spray.

Famous Baker: Paul Hollywood

Paul Hollywood trained as a sculptor before being persuaded to work in his father's bakery. He went on to become the head baker in many top hotels as well as now being a judge on The Great British Bake Off.



Key Learning: Food- Celebrating Culture and Seasonality.

What is Seasonality?

If you eat 'seasonally', you are eating fruit and veg during the time of year they are naturally at their best. Eating seasonally is more sustainable.

UK Seasonal Food

Winter	apples, beetroot, sprouts, cabbages, leeks, mushroom, onions, parsnips, pears, turnips
Spring	artichokes, asparagus, aubergines, spinach, new potatoes, rhubarb, rocket, spring greens, spring onions
Summer	Blackcurrants, broad beans, cherries, garlic, chillies, courgettes, strawberries, watercress
Autumn	Butternut squash, cauliflowers, chicory, elderberries, marrow, pumpkin, wild mushroom, squash.

Grown, Raised and Caught Seasonality:

**Grown:** to eat rocket, we need to grow rocket seeds. In the UK, rocket season is from April to early September.

**Raised:** to eat chicken, we need to raise chickens. In order to be sustainable, we need to know that most chicks are born in the spring and summer by female chickens.

**Caught:** to eat salmon, we need to catch salmon fish. In the UK, Atlantic salmon's season is very short from mid October to mid November. There are often seasonal changes for caught food because animals can migrate.

Technical Knowledge and Understanding:

Different food Preparation, Cooking and Baking Skills:

These are the different ways we prepare and cook foods ready for eating.



<b>Boiling:</b> to cook things in boiling water (100C).		<b>Steaming:</b> to cook using steam, from boiling water.		<b>Baking:</b> to cook food like cakes and bread in the oven.	
<b>Frying:</b> to cook foods in a pan of heated oil.		<b>Grilling:</b> to cook food under a hot grill.		<b>Roasting:</b> to cook food like meat or poultry in an oven.	

Mixing, Rubbing and Kneading in Baking:



Key Vocabulary:

- allergy:** When your body has a reaction to certain foods, e.g, a rash
- ingredients:** All the food parts of a mixture or recipe
- intolerance:** The difficulty digesting certain foods and having a reaction to them, e.g. bloating
- savoury:** A food which has been cooked; the opposite of sweet.
- seasonality:** To eat something when it is in season, when it is ripe
- sensory evaluation** Trying different foods and deciding which you like best
- source:** The start of something
- utensils:** A device used in the kitchen to cook or bake with.
- Baking skills:** combine, fold, knead, stir, pour, mix, rubbing in, whist, beat, roll out, shape, sprinkle and crumble
- Baking bread:** yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice and herbs.

