

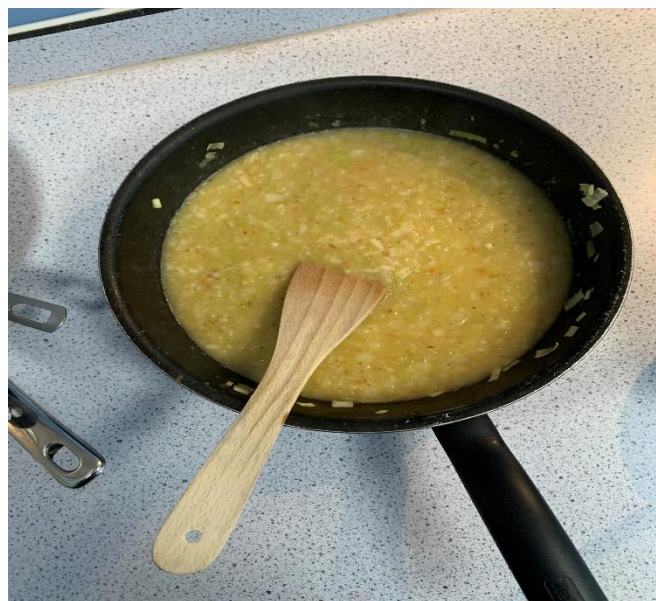
DT Projects 2023-24

Year 5 – Spring Term

Eat the Seasons



Year 5 learnt about the benefits of seasonality. This is the time of year when the harvest or flavour of a type of food is at its best. It is often when the item is at its lowest cost and freshest on the market. They used this knowledge to create a soup using seasonal ingredients.



Year 5 learnt about dicing, peeling and grating as methods of food preparation. They also looked at a variety of cooking techniques, including boiling, steaming and sautéing. The importance of food hygiene was also studied.

