

Introduction

This Global Food unit will give your children the chance to discover the exciting and diverse choice of food available around the world. The first part of the unit provides an opportunity for children to learn where in the world a variety of ingredients flourish. They will then build on their understanding of the eatwell plate, placing different ingredients into the correct food groups. This will develop a deeper understanding that although food can be extremely varied, it still comes under the same basic food groups. Children will then have the chance to learn some basic and advanced cooking techniques, they will apply these skills when making some traditional dishes from different countries.



Health & Safety

Parental permission should be sought before tasting and cooking sessions in order to identify any dietary requirements for consideration e.g. nut, wheat, gluten and dairy allergies. Cultural and Vegetarian/Vegan requirements should also be taken into consideration. Hygiene practices should be carefully observed e.g. surfaces cleaned down, aprons provided for food preparation, access to hand-washing and washing-up facilities. Children should learn safe practices in relation to kitchen equipment and food handling. Extra care should be taken when using a heat source to cook food and children should be made aware of health and safety factors.



Home Learning

School Dinners around the World: Children are asked to read some interesting information about the differences in school dinners around the world. They are then given an added challenge to discover some of their own information about the same topic.

Match the Food: Children are given pictures of a selection of foods and asked to match them to the country they are traditionally eaten in.

To look at all the resources in the Global Food unit [click here.](#)

To find out more about PlanIt download our [free guide here.](#)

Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to food items/ingredients and hot appliances, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure you are aware of the allergies and health conditions of anyone making or consuming these products.

Assessment Statements

By the end of this unit...

...all children should be able to:

- Name some varied ingredients and say which part of the world they come from.
- Explain the different food groups on the eatwell plate.
- Follow a simple recipe.
- Use some basic food skills, such as grating and chopping, which enable them to prepare a variety of simple savoury dishes.

...most children will be able to:

- Explain how eating different ingredients helps to give us a healthy and varied diet and understand the benefits of this.
- Explain nutritional similarities between different types of food eaten around the world and say why this is important.
- Accurately follow a recipe.
- Use a wide variety of basic food skills such as peeling, juicing and dicing and some advanced skills such as baking, which enable them to prepare some more complex savoury dishes.

...some children will be able to:

- Say how an ingredient from a different part of the world might be prepared and used.
- Think about some varied foods they eat/know and place them into the correct food group on the eatwell plate.
- Understand the importance of correct storage and heating of rice using knowledge of spores, bacteria and how these cause food poisoning.
- Work independently to accurately follow a recipe.
- Use a wide range of advanced cooking techniques such as checking that food is cooked correctly and adjusting temperatures on the hob and oven which allow them to prepare a variety of complex savoury dishes.

Books

- The World Came to My Place Today (Eden Project Books)
- Ending World Hunger: School Lunches for Kids around the World (William Lambers)
- Kids around the World Cook: The Best Foods and Recipes from Many Lands (Arlette N. Braman)
- The Kids' around the World Cookbook: PSHE Multiculturalism Healthy Eating Food Technology (Rosalba Gioffre, Karen Ward)
- I Want to be a Chef - Around The World (Murdoch Books)
- Noodle Kids (Jonathon Sawyer)

Lesson Breakdown

1. Where Ingredients Come From

Understand seasonality, and know where and how a variety of ingredients are grown in the context of looking at where a variety of ingredients come from.

- I can say where in the world ingredients come from.

Resources

Lesson Pack

- Equipment: tray, knife
- Ingredients: lemongrass, root ginger, pak choi, lime, mango and figs



2. Food Groups

Understand and apply the principles of a healthy and varied diet in the context of understanding how diets are varied around the world but still consist of the same food groups.

- I can explain that diets around the world are based on similar food groups.

Lesson Pack

- Large sheets of paper



3. A Cup of Rice

Understand and apply the principles of a healthy and varied diet in the context of understanding the nutritional benefits of eating rice.

- I can explain why rice is a good staple food.

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking rice.

- I can cook rice.

Lesson Pack

- Equipment: Saucepans, hob, measuring jug, sieves, scales, bowls, spoons
- Ingredients: basmati rice



4. Mexican Food

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of preparing and cooking Mexican food.

- I can demonstrate a range of food skills and techniques.

Lesson Pack

- Equipment: trays, fork, safe knife, chopping boards, kitchen scissors, bowls, spoons, grater, fish slice, frying pan
- Ingredients: coriander, limes, avocados, spring onions, red onions, large tomatoes, tortilla wraps, cheddar cheese, red peppers



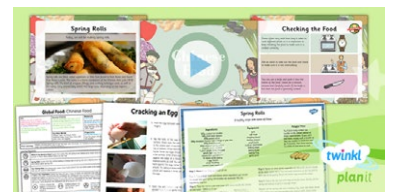
5. Chinese Food

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking Chinese food.

- I can demonstrate a range of basic and advanced food skills and cooking techniques.

Lesson Pack

- Spring roll ingredients: cooked rice noodles, fresh bean sprouts, grated carrot, Chinese leaf cabbage or
- Pak choi, red peppers, spring onions, garlic, ginger, soy sauce, Chinese five-spice powder, filo pastry, egg, oil
- Dip ingredients: ketchup, white wine vinegar, ginger, caster sugar
- Equipment – forks, safe knives, chopping boards, kitchen scissors, small bowls, medium sized bowls, baking paper, pastry brush, baking trays, garlic press



6. German Food

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking pretzels.

- I can accurately and mainly independently follow a recipe demonstrating a range of cooking techniques.

Lesson Pack

- Pretzel ingredients: warm water, sugar, dried active yeast, white bread flour, salt, egg
- Equipment: baking tray, pastry brush, large bowl, fork, measuring spoons, measuring jug

