

The Food of West Asia : DT : Year 5/6

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To know about West Asian produce and seasonality.	In this initial lesson, children learn about the typical diets of 10th century Baghdadi's, the produce available and where this was grown, reared and caught. Children find out how and why food spoils as well as how to keep food fresh and preserve it out of season. Then they apply their understanding of hygiene, and practise their knife skills, by following a recipe.	<ul style="list-style-type: none"> Can children identify some of the produce available in 10th century Baghdad? Can children identify how to keep food fresh and preserve it out of season? Can children safely follow a recipe to preserve food? 	Slides Recipe Card 1A/B/C Ingredients and Equipment from the Recipe Card Knife Skills Aid Where in the World? Produce Cards A/B/C (FSD? activity only) Computer/ Tablets (FSD? activity only)
Lesson 2	To understand the flavour profile of West Asian dishes.	In this lesson, children learn that ingredients differ in nutritional composition, flavour, texture and appearance. Children taste test a range of typical West Asian ingredients before applying their understanding in a practical session. Here, they combine ingredients with different flavour profiles to create a delicious labneh - a strained and seasoned yoghurt.	<ul style="list-style-type: none"> Can children identify the five tastes: sweets, sour, salty, bitter and umami and use sensory vocabulary to describe these? Can children select and combine different ingredients to make a labneh dish? Can children compare and evaluate the nutritional composition and flavour profiles of different dishes? 	Slides Labneh Recipe Labneh Recipe Card 2A/B/C Taste Test Card and Notes Labneh Invention Test Card (FSD? activity only) Ingredients Sheets (FSD? activity only) Ingredients and equipment listed in recipes Teaspoons for tasting
Lesson 3	To understand and apply the principles of a healthy, balanced diet.	In this lesson, children learn how nutritional needs differ from person to person as well as how to read and analyse food nutrition labels. Children analyse the nutrition of different recipes before using their understanding to create a balanced meal plan for themselves or the Caliph. This session can be split or extended to prepare and taste the recipes.	<ul style="list-style-type: none"> Can children identify how nutritional needs differ by age and gender? Can children use nutritional labels to identify and compare the relative nutrients of different ingredients? Can children use their understanding of nutrition to create a meal plan suitable for the intended consumer? 	Slides Recipe Card 3A/B/C Ingredient Information Sheets 3A/B/C/D Access to computers or tablets (optional) Daily Reference Values Budget Challenge (FSD? activity only) Information Sheet (FSD? activity only)
Lesson 4	To understand and apply the principles of nutrition.	This lesson introduces children to three of the Caliph's favourite recipes: lentil soup, couscous salad and chickpea stew. The children use everything they have learnt about aesthetics, flavour and nutrition to analyse and adapt one of these traditional recipes for the Caliph's upcoming feast.	<ul style="list-style-type: none"> Can children propose ways to reduce the amount of fat, sugar and salt in a dish? Can children propose ways to increase the vitamin and mineral content, flavour and appeal of a dish? Can children use their understanding of nutrition to adapt a recipe and create an appealing, flavourful and nutritious dish? 	Slides Recipe Cards 4A/B/C Challenge Cards 4A/B Ingredient Information Sheets 4A/B/C/D Final Recipe Sheet 4A/B Competition Invitation (FSD? activity only) Computers and tablets
Lesson 5	To prepare, cook and taste a West Asian-inspired dish.	This last session sees your food scientists prepare, cook and evaluate their West Asian-inspired dish for the Caliph. Not only will the children enjoy cooking and eating their dish, but they will also learn about safe food storage so they know how to keep any leftovers.	<ul style="list-style-type: none"> Can children safely use a range of food preparation techniques and cooking methods to prepare their dish? Can children use a range of cooking equipment safely? Can children use their knowledge of nutrition, flavour and aesthetics to compare and evaluate a range of dishes? 	Slides Final Recipe Sheet (from previous session) Evaluation Sheet Evaluation Cards Feast Menu Planner Questionnaire Health and Safety Poster

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Lesson 1: preserves		Lesson 2: flavour profiles		Lesson 3: nutrition, flavour and aesthetics		Lesson 5: recipe adaption	
aubergines		yoghurt		chickpeas		chickpeas	
lemons		olive oil		broad beans		couscous	
salt		salt		olive oil		lentils	
carrots		black/green olives		salt		olive oil	
caster sugar		cucumber		ground black pepper		salt	
rosewater		fresh parsley		sumac		ground black pepper	
cardamom pods		fresh mint		paprika		spring onions	
		dried apricots		ground cumin		fresh herbs (mint, parsley, coriander)	
		fresh oranges		ground coriander		fresh coriander	
		dried dates or figs		tahini		ground cumin	
		garlic		garlic		dried thyme	
		sumac		lemons		apricots	
		za'atar		fresh herbs (mint, parsley, coriander)		garlic	
		Aleppo pepper		spring onions		lemons	
		ground paprika		bicarbonate of soda		tomatoes	
		ground cumin		sesame seeds		red peppers	
		ground cinnamon				za'atar	
		ground coriander					