

Design and Technology



Year 6	Summer 2
Aspect	Food Technology
Focus	Celebrating Culture and Seasonality
Project Title	To design, make and evaluate central American dish.
Intended user	Vegetarians who like Mexican food.
NAME:	

Some suggested texts:

- 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)



Hygiene – some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing



Vocabulary

Salsa, Guacamole, enchilada, quesadilla, fajita, claw and bridge, QUID, vegetarian, Mexican wrap, fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality utensils, combine, stir, pour, mix, rubbing in, whisk, design specification, innovative, research, evaluate, design brief.

Lesson 1

LO: To know where in the world ingredients come from.

Success Criteria:

- I can name a variety of ingredients from different places.
- I can identify on a map places where different ingredients flourish.
- I can say how an ingredient might be prepared and used

Global Food - Exploring Ingredients

	1	2	3	4	5	6
Can you name the ingredient?						
Where does it come from?						
How is it prepared?						
What does it taste like?						
How might you eat it? What with?						

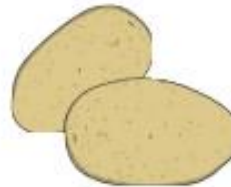
Lesson 2

LO: To know that diets around the world are based on similar food groups.

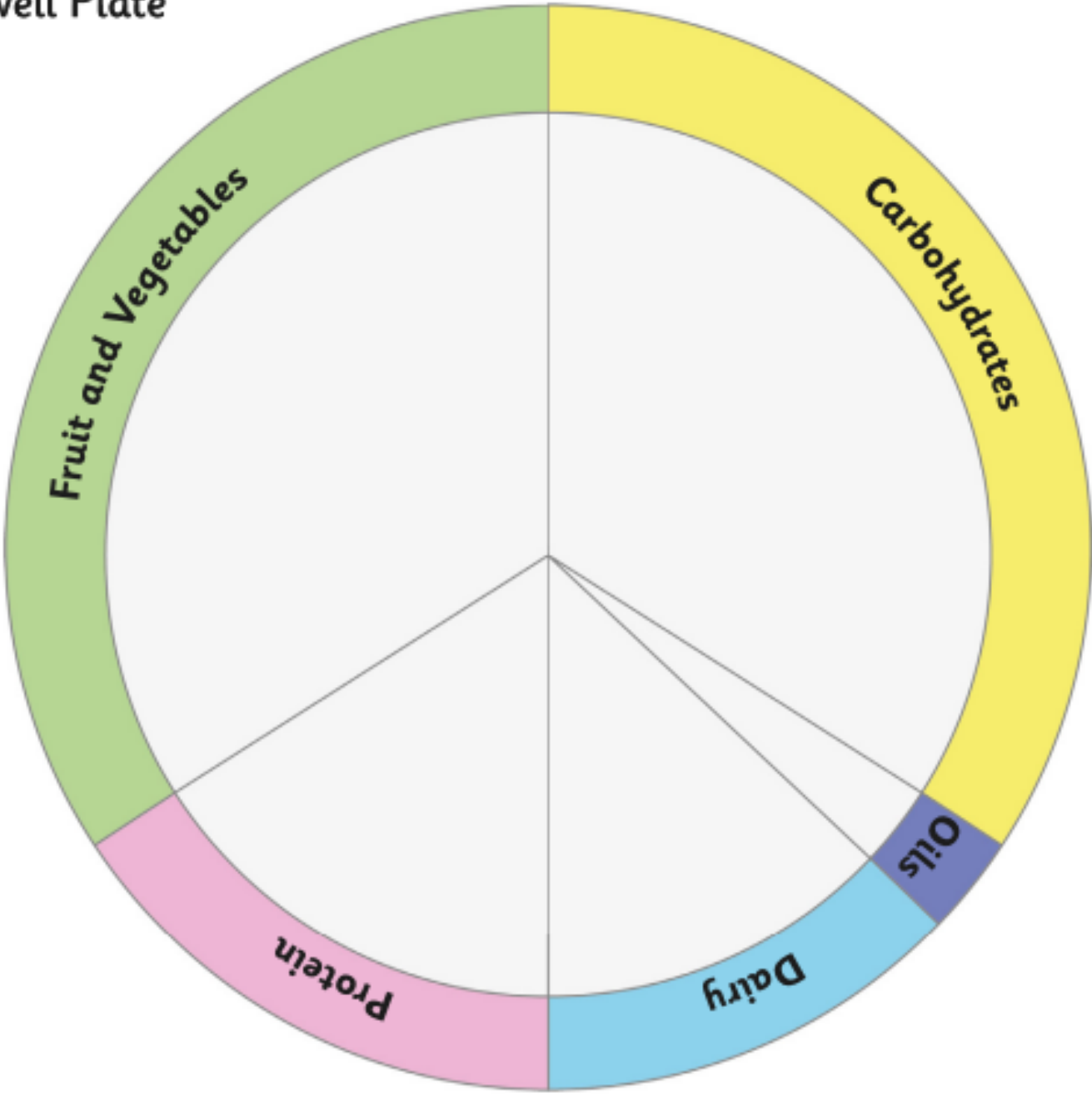
Success Criteria:

- I can revise the different food groups on the eatwell plate.
- I can explain similarities between different types of food eaten around the world and can say why this is important.
- I can place varied foods eaten around the world into the correct food groups.

- Write the food name in the correct place on the eatwell plate.
- Add some of your own.



Eatwell Plate



High Sugar

Lesson 3

LO: To research a variety of Mexican foods

Success Criteria:

- I can name a variety of Mexican foods using the internet.
- I can list the ingredients in Mexican foods.
- I can identify the ingredients on a food label.

Using the iPad, research a variety of Mexican foods

Mexican food	Main ingredients	Eaten hot or cold?	Can you find three prices for this product from different shops and list the average (mean) price?
Guacamole			
Salsa			
Chilli			
Fajitas			
Enchiladas			
Quesadillas			

Lesson 4

LO: To adapt a recipe to meet a design brief.

Success Criteria:

- I can modify the quantity of the ingredients in a recipe.
- I can modify the ingredients in a recipe to meet the needs of the consumer.
- I know what 'QUID' is and that it is legal requirement in the UK to list foods from greatest amount to smallest amount on food packaging.

RECIPE 1 CHICKEN ENCHILADAS

Ingredients

For the enchilada sauce

- 1 large [onion](#), finely chopped
- 1 tbsp [olive oil](#)
- 1 [garlic](#) clove, crushed
- 1 tsp [smoked paprika](#)
- 1 tsp dried [oregano](#)
- 1 tsp [chilli powder](#)
- ½ tsp ground [cumin](#)
- 500g/1lb 2oz [passata](#)
- 1 tbsp [brown sugar](#)
- 1 tbsp cider [vinegar](#)
- salt and freshly ground [black pepper](#)

For the enchilada

- 2 [onions](#), sliced
- 1 red [pepper](#), deseeded and sliced
- 1 yellow [pepper](#), deseeded and sliced
- 3 tbsp [olive oil](#)
- 2 [garlic](#) cloves, finely chopped
- 1 red [chilli](#), seeds removed, finely chopped
- 4 skinless, boneless [chicken breasts](#), cut into thin strips
- 400g/14oz red [kidney beans](#), drained and rinsed
- 8 [flour tortillas](#)
- 100g/3½oz [cheddar](#), grated

To serve

- 4 [spring onions](#), trimmed and sliced
- 2 tbsp finely chopped [coriander](#)
- 1 large [avocado](#), peeled and sliced
- 150ml/5fl oz [soured cream](#)

Method

1. Start by making the enchilada sauce. Put the onion into a medium saucepan with the olive oil and cook over a low-medium heat for 7–8 minutes, or until soft and just starting to brown at the edges.
2. Add the crushed garlic and cook for a further minute. Add the smoked paprika, dried oregano, chilli powder and ground cumin, mix well and cook for a further 30 seconds.
3. Add the passata, brown sugar and vinegar to the pan, season well with salt and freshly ground black pepper and cook over a low–medium heat for 20 minutes until thickened slightly. Remove from the heat and blend until smooth.
4. Preheat the oven to 190C/170C/Gas 5.
5. For the enchilada, heat half of the olive oil in a large frying pan, add the sliced onions and peppers and cook over a medium heat for about 3 minutes, or until just tender and starting to caramelise at the edges. Add the garlic and red chilli and cook for a further 30 seconds. Remove from the pan and set aside.
6. Heat the remaining oil in the frying pan, add the chicken and cook quickly over a medium heat until cooked through and golden brown.
7. Return the onion and pepper mixture to the pan, add half of the enchilada sauce, and drained kidney beans, season well and cook for a further minute.
8. Lay the flour tortillas on the work surface and divide the chicken mixture between them. Roll the flour tortillas around the filling into cigars and arrange neatly and snugly in an ovenproof dish (roughly 20 x 30cm/8x 12in). Spoon the remaining enchilada sauce over the top and scatter with grated cheese.
9. Bake for about 20 minutes, or until the filling is piping hot and the cheese bubbling, melted and golden-brown.
10. To serve, scatter with the spring onions and chopped coriander and serve with sliced avocado and soured cream alongside.

RECIPE 2

BEEF ENCHILADAS

Ingredients

- 1 tbsp [olive oil](#), plus extra for greasing
- 500g/1lb 2oz [beef mince](#)
- 1 [red onion](#), finely chopped
- 3 [garlic](#) cloves, crushed or grated
- 1 red [chilli](#), chopped, plus extra to garnish
- 1 [celery](#) stick, finely chopped
- 1 [beef stock](#) cube
- 2–4 tbsp chipotle [chilli paste](#)
- 400g tin red kidney beans in [chilli sauce](#)
- 400g tin [chopped tomatoes](#)
- 4 tbsp chopped fresh [coriander](#) (leaves and stalks), plus extra to garnish
- 8 soft corn tortillas (regular size)
- 3 tbsp sliced red jalapeños in brine, drained
- 200g/7oz [Cheddar](#), grated
- salt and freshly ground [black pepper](#)
- soured cream or [crème fraîche](#), to serve (optional)

Method

1. Heat the oil in a wide frying pan. Add the beef and stir-fry over a high heat for 4–5 minutes, breaking up with a wooden spoon so it doesn't form clumps and browns well.
2. Add the onion, garlic, chilli and celery and stir-fry for 3–4 minutes.
3. Crumble in the stock cube and add the chilli paste, kidney beans and tomatoes. Bring to the boil, then reduce the heat to medium–low and simmer for 40 minutes, or until thickened, stirring from time to time. Stir in the coriander and season well.
4. Preheat the oven to 220C/200C Fan/Gas 7. Lightly oil a shallow ovenproof dish (approximately 20x30cm/8x10in).
5. To assemble, lay the tortillas on a clean work surface and divide the beef mixture down the centre of each one, then roll up to seal. Place the stuffed tortillas carefully in the prepared dish, seam-side down, to fit snugly.
6. Scatter over the jalapeños and then the cheese. Cover the dish with foil and bake for 10 minutes, then remove the foil and bake for another 10 minutes, or until lightly golden and bubbling.
7. Scatter over extra chopped coriander and red chilli, and serve with soured cream or crème fraîche.

Lesson 5

LO: To be able to make a food product based on a design.

Success Criteria:

- I can work safely when cooking following the rules set out by my teacher.
- I can work hygienically following the rules set out by my teacher.
- I can follow a recipe accurately.
- I can present my dish in a pleasing way.

Place a photograph of your finished product here and annotate with evaluations to assist you in the next lesson.

SAMPLE

Lesson 6

LO: To evaluate a food product based on a recipe and a design brief.

Success Criteria:

- I can evaluate my work fairly and constructively.
- I can suggest improvements to my own design.
- I can incorporate new design features based on my experience of the product.

1. Look at your enchiladas and taste them. Fill in the table below to evaluate your sandwich.

Analyse and evaluate	Yes or No?	Give a brief explanation of how it did or didn't meet.
Were your enchiladas vegetarian?		
Was your enchilada suitable for someone who like spicy food?		
What was the cost of your ingredients? Do you think this is reasonable?		
Did you work safely and hygienically?		

Strengths during this project	Areas for development during this project

For lesson 2

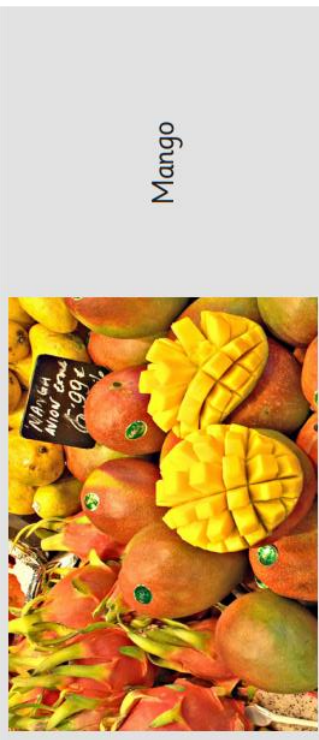
Don't attach this to the project booklet. Photocopy and give to pupils for lesson 2. They should cut out and stick to a large eatwell plate that they draw themselves.



Avocado



Halloumi Cheese



Mango



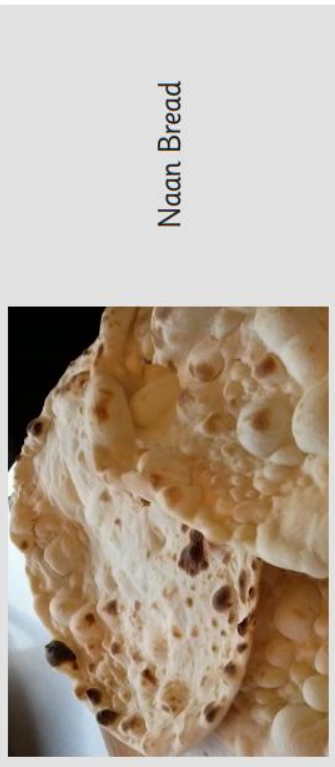
Couscous



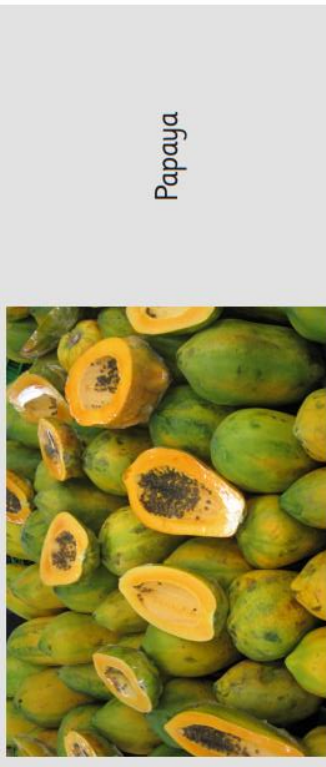
Noodles



Baklava



Naan Bread



Papaya