



GREEK CULTURE!



Vertical Threads

Health

What to revisit?

KS1—Healthy foods, food characteristics, food groups

Entry Task

Can I immerse in Greek culture?

Can I understand what a healthy and varied diet is? Can I review a range of meal diaries and rank them based on their healthiness, providing reasoning for my choices? Can I write an alternate diary, demonstrating healthier choices?



Can I recall the various food groups and give examples of foods within them? Can I explain what foods are grown, reared or caught? Can I explain what foods are in season or not?



What is culture? Can I explore a variety of foods associated with different cultures? Who is Diane Kochilas and why is she significant in Greece? Can I explore the Greek culture including traditional foods such as Greek salad, Lagana and Tzatziki?

Can I explain different methods of cooking and combining ingredients including baking, boiling, frying, whisking, proving and kneading?
Can I use my previous knowledge to infer healthier cooking methods?

Can I gather and prepare ingredients and equipment safely and hygienically including measuring in g, ml, tsp and tbsp?
Can I create a Greek salad, Tzatziki and bread to reflect Greek culture?



Considering the intended user, can I design a meal to reflect the Greek culture?
Can I annotate my design showing reasoning for my choices?

Can I evaluate my meal considering strengths and areas for improvement?
Can I take onboard feedback from my peers regarding taste, aroma, texture and appearance?

Assessment Question /Task

Can I explain to a friend the different cooking and combining methods, stating which ones are healthier and why?

Key Vocabulary

As a design technologist, I will use: healthy, varied diet, carbohydrates, protein, dairy, fats and oils, fruit and vegetables, grown, reared, caught, seasonal produce, culture, nationality, culture, preference, Italian, British, Indian, Mexican, Diane Kochilas, Greek salad, Lagana, Tzatziki, user, annotate, design, cooking, combining, mix, whisk, fold, beat, knead, boil, fry, simmer, bake, steam, safety, hygiene, measure, grams, millilitres, taste, appearance, texture, aroma, savoury

Big Question

Why is food an important part of the Greek culture?