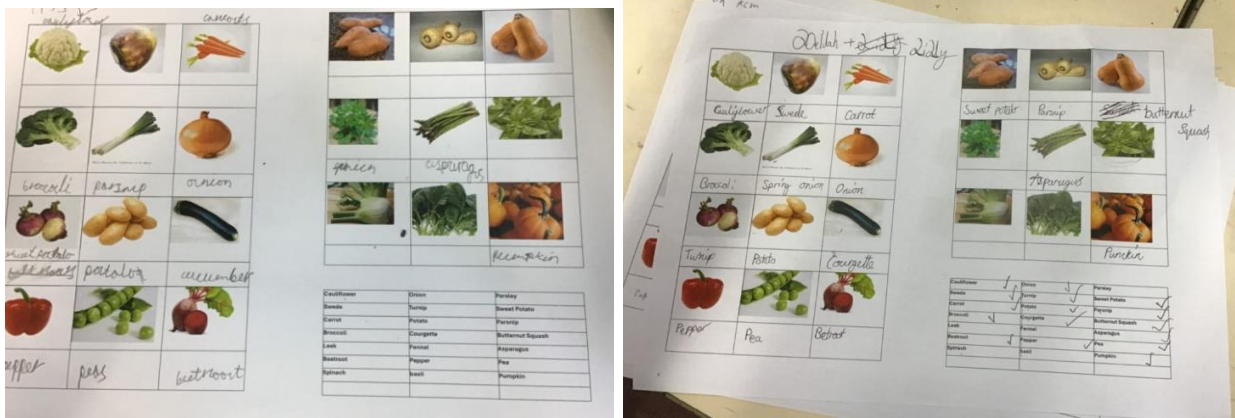


Year 5- Spring 1- DT

Project title: To design, make and evaluate a savory dish (product) for the community (user) for a Springwood Festival.

Pre assessment- We began by looking at a range of vegetables and had to name them.

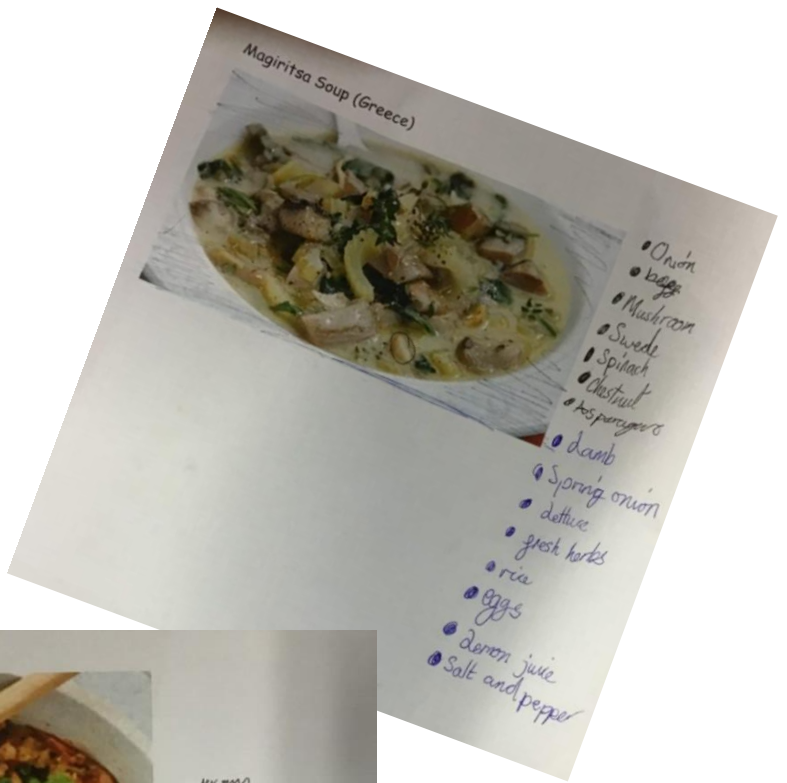
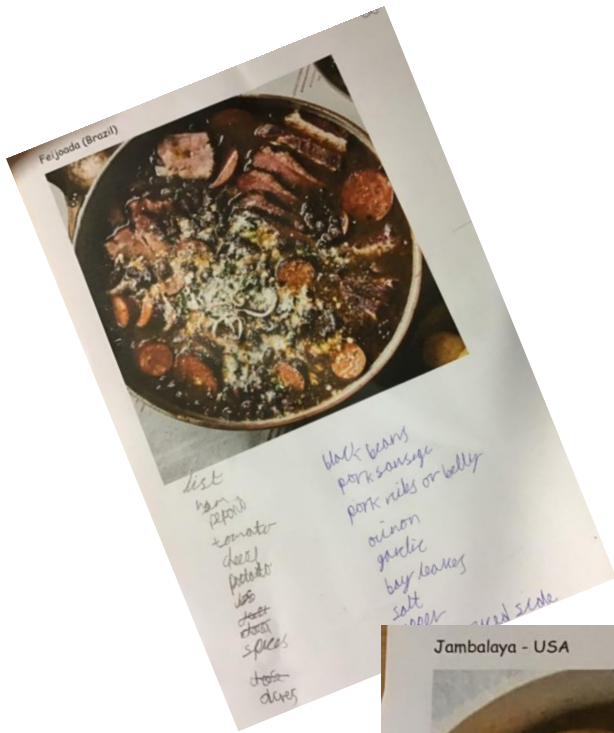


**Lesson 1: What ingredients has been used in traditional savoury dishes from different cultures?
Are they in season? (14.1.2026)**

Key vocabulary

- **Culture:**
The way people live, including their food, clothes, music, language, and celebrations.
- **Tradition:**
Things that people do again and again over time, such as holidays, customs, or family habits.
- **Seasonality:**
How things change during different seasons of the year, like foods, weather, or activities.
- **Climate:**
The usual weather of a place over a long time, such as whether it is mostly hot, cold, wet, or dry.
- **Export:**
Goods that a country sends to other countries to sell.
- **Import:**
Goods that a country brings in from other countries to buy or use.

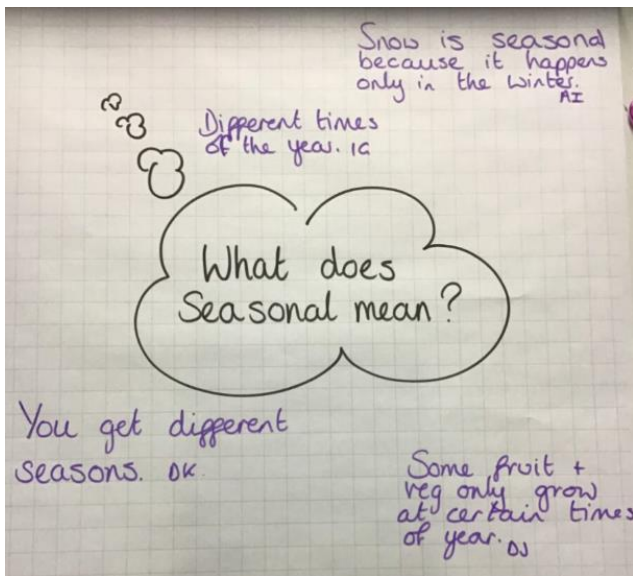
We began by exploring different dishes from around the world and tried to identify vegetables found within them. Before being given the recipes and looking at the actual ingredients.



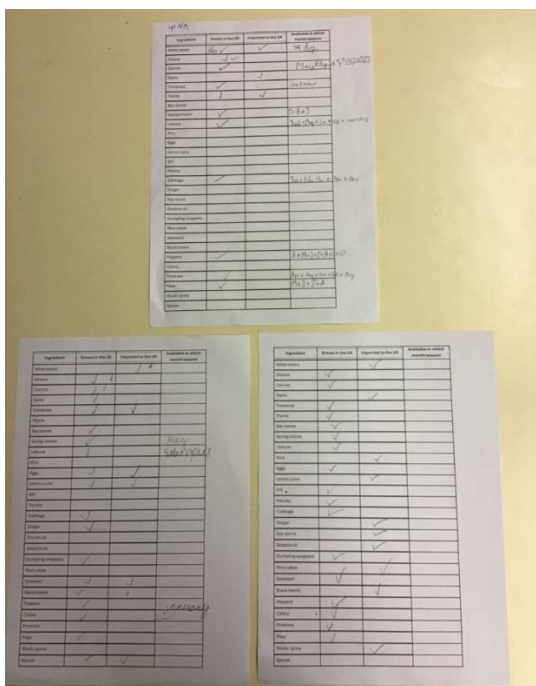
| | | | |
|---|--|---|--|
| <p>re Cassoulet (France)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> White beans Duck or chicken pieces Pork sausage Bacon or pork belly Onions Carrots Garlic Tomatoes Herbs (like thyme and bay leaves) | <p>Ingredients:</p> <ul style="list-style-type: none"> Dumpling wrappers (thin dough circles) Minced pork or chicken Cabbage Spring onions Ginger Garlic Soy sauce Sesame oil | <p>Ingredients:</p> <ul style="list-style-type: none"> Black beans Pork sausage Pork pieces (like ribs or belly) Onions Garlic Bay leaves Salt and pepper Rice (served on the side) | <p>ce Stew (UK)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> Beef or lamb Potatoes Carrots Onions Peas Stock or gravy Salt and pepper Herbs (like thyme) |
| <p>Magiritsa Soup (Greece)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> Lamb (usually small pieces) Spring onions Lettuce or leafy greens Fresh herbs (like dill and parsley) Rice Eggs Lemon juice | <p>re Tteokguk (South Korea)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> Sliced rice cakes Beef or chicken broth Egg Spring onions Seaweed strips Soy sauce Garlic Sesame oil | <p>us Jambalaya (USA - Louisiana)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> Rice Chicken pieces Sausage Peppers Onions Celery Tomatoes Spices (like paprika and cayenne) | |

We spoke
term
and how that
the types of
can be made.

about the
seasonal
can affect
dishes that



From this we looked at a list of vegetables and used the sheet to identify if they were in season in the UK currently. We also learnt that if a food item was not currently in season in the UK then it had to be imported.

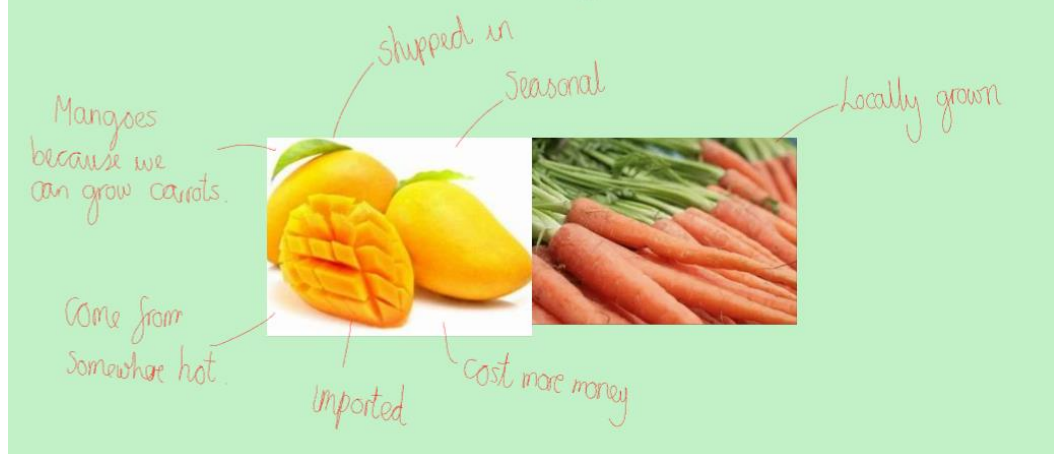


Lesson 2: What ingredients would you select that thought carefully about a balanced cost, seasonality and environmental impact to create your own stew?

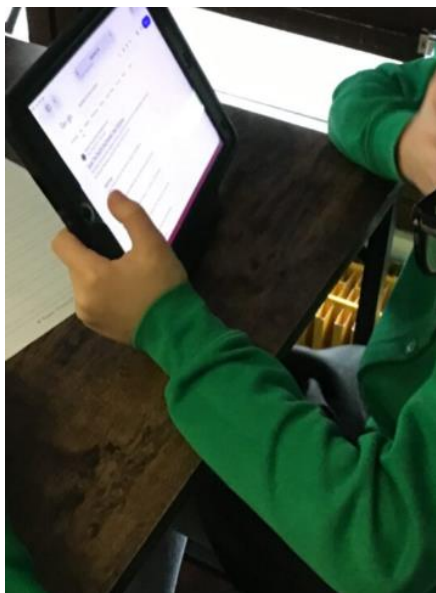
Key vocabulary

- 🌱 Sustainability
- Using resources in a way that protects the environment so people, animals, and plants can live well now **and in the future**.
- 🚚 Food miles
- The distance food travels from where it is grown to where it is eaten. More miles usually mean more pollution.
- 🍅 Local produce
- Food that is grown or made **close to where you live**, not far away.
- 🍓 Seasonal
- Food that is naturally ready to eat at a certain time of year, like strawberries in summer or pumpkins in autumn.
- 🌐 Imported
- Food or goods that are **brought into your country** from somewhere else in the world.
- 💰 Budget
- A plan for how much money you can spend so you don't use too much.
- ♻️ Environmental impact
- The effect something has on the natural world, such as pollution

Which costs more to get to our school?



We spoke about the cost of importing items compared to using seasonal, local produce. With this in mind, we researched different stews and thought carefully about whether we could locally source the items or if we had to import them due to their seasonality.



Lesson 3:

Once we had planned the ingredients for our stew we worked together as group to peel, chop and prepare the ingredients. We then worked in the kitchen to cook the ingredients ensuring that we brought the stock to a boil before simmering for 20-30 minutes.





Lesson 4- How can you use your senses and knowledge of seasoning and herbs to improve the taste and texture of your dish, making it more authentic?

As we were cooking the stew we added herbs and spices to add extra taste to the dishes





dishes.

we thought carefully about how we wanted to present our



Lesson 5- Evaluation

After tasting our stew, we evaluated it and then thought carefully about how to improve it next time.

I really liked the carrots and onions because they were nice and soft.

I liked the slight spice of the sauce.

Next time, I would add a little less spice and less potatoes

I really liked the texture but I next time I would add less spice.

I really liked the flavour of the stew and how it tasted when it was warm.

Next time I would not put onions in it.