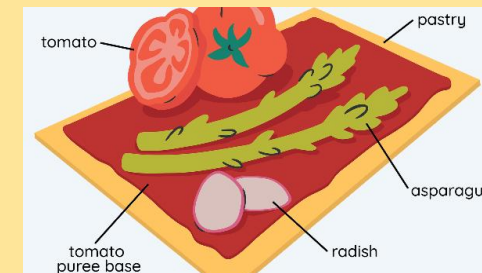
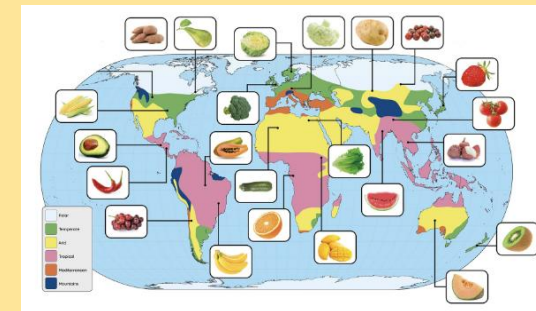


DT: Cooking and Nutrition: Eating Seasonally

Key Vocabulary:	
Climate Zone	A region of the Earth with a distinct climate and weather pattern which influences the plants and animals that live there.
Seasonality	The time of year when a particular food is at its peak in terms of growing and its flavour
Claw and Bridge Grip	Two safe methods you can use to cut foods with a knife.
Flavour Profiles	A way of describing how something tastes. There are five flavour profiles: sweet, salty, bitter, sour and umami
Vitamins and Minerals	Nutrients that are found in foods that helps our body to function properly and stay healthy



Sticky Knowledge Facts:	
<ul style="list-style-type: none"> ● The world is made up of different climate zones, and different foods can be grown in each zone. The UK is in a temperate climate zone. ● Eating seasonally supports local farmers and reduces transportation pollution and reduces food waste. ● To keep safe when cutting and peeling: always keep fingers away from the blade; hold the knife handle with a firm grip; cut on the chopping board; secure the piece of food with the claw when cutting small pieces and secure the piece of food with the bridge when cutting food in half. ● The five flavour profiles are sweet, salty, bitter, sour and umami. ● Creating a dish with colourful fruits and vegetables looks nice and promotes a healthy diet because they contain vitamins and minerals. ● Evaluating a product against the design criteria is important because it ensures the product meets the needs of the intended user. 	



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