Food:
Mix it up

Year 6

How can we mix recipes to invent an exciting new food?

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Skills

Core skills

Investigating food trends, analysing hybrid products and identifying how flavour, texture, presentation and cultural influence contribute to success

Developing a clear design brief and criteria, producing annotated designs for a new sushi burrito variation and pitching ideas with justified ingredient choices

Exploring flavour pairings and refreshing key preparation skills such as peeling, slicing and grating, applying accuracy and control to improve outcomes

Preparing ingredients safely and accurately, following the agreed recipe independently and refining methods to improve flavour, texture or presentation

Assessing the finished product against design criteria, reflecting on balance, practicality and innovation, and

Supporting skills

Solving problems creatively when refining flavour balance or presentation

Collaborating effectively during testing, preparation and decision-making

Communicating clearly when pitching ideas and evaluating outcomes

Innovating and creating by combining culinary influences within a design brief

Considering cultures and ethics when exploring food trends and fusion

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Vocabulary

Lesson 1

	blend	To mix ideas, cultures or styles together to create something new.
	combine	Mix two or more things together.
	fusion	A style of cooking that blends ingredients, techniques or traditions from different cultures.
	hybrid	Something that is created by combining two different things into one.
	multicultural	Involving or including many different cultures.
	trend	Something that becomes popular for a period of time.

Lesson 2

	balance	Having the right mix of foods, flavours or textures to help make a dish tasty and healthy.
	texture variety	A mix of different textures in food, such as crunchy, smooth and soft.

Lesson 3

	creation	Something you have made or designed.
	innovation	A new idea or way of doing something.
	inspire	To give someone an idea or a creative starting point.
	flavour profile	The overall mx of flavours in a dish, such as sweet, salty, spicy or sour.
	fusion	A style of cooking that blends ingredients, techniques or traditions from different cultures.
	hybrid	Something that is created by combining two different things into one.

Lesson 4

	assemble	Put parts or ingredients together to make something.
	refine	To make small changes that improve something.
	presentation	How food looks when it is served.
	combine	Mix two or more things together.

Lesson 5

	reinvent	To change something so it feels new or different.
	creation	A new idea or a new way of doing something.
	flavour profile	The overall mix of flavours in a dish, such as sweet, salty, spicy or sour.
	presentation	How food looks when it is served.
	refine	To make small changes that improve something.
	trend	Something that becomes popular for a period of time.

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I Now Know...

1
- A food trend changes over time.
- Combining familiar flavours in a new way can help a food become popular.
- A hybrid food blends two different cuisines together.

2
- In order to get a balance in flavour pairings, the flavours need to work together without overpowering each other.

3
- Examples of texture variety are rice, crunch carrot and creamy avocado.

4
- You must stay safe when cooking: wash hands before preparing food, stay seated when cutting; clean your board after use.

5
- The best way to evaluate your creation is to check it against the design criteria and justify your opinion.

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Links

Previous Learning	Future Learning
KS1 -Explored where food has come from, identifying fruits and vegetables as healthy snacks, prepared food safely, designed a simple snack for a user and evaluated it by tasting and suggesting improvements **Year 3** -Explored seasonality and root vegetables, prepared ingredients with greater control and planning and made and evaluated a savoury dish. **Year 4** -Investigated flavour, Fairtrade and sustainability and designed, made and evaluated an ethical food product. **Year 5** -Explored food from another culture, adapted recipes and followed multi-step recipes accurately.	**KS3** -Researching and developing food products for specific users, modifying recipes to improve nutritional value, applying food science knowledge to refine outcomes and evaluating products against detailed design criteria.

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Learning Objectives

Lesson 1: What makes a food trend take off? LO: I can explain what makes a hybrid food exciting and compare creations.	Researching
I can explain what a food trend is	
I can identify which cuisines have been combined in a hybrid dish	
I can describe possible flavours and textures in a hybrid food	
I can explain why a dish might become popular	
I can justify my opinion using clear reasons	

Lesson 2: How do we explore and test flavour pairings? LO: I can explain why some flavour pairings work and apply preparation techniques carefully.	Technical knowledge
I can describe the flavour profile of a pairing using accurate vocabulary	
I can explain why some flavour combinations create balance	
I can describe how texture variety affects a dish	
I can apply safe chopping techniques with control	
I can suggest how a flavour pairing could be improved	

Lesson 3: How can we design a new and balanced flavour idea? LO: I can design a hybrid dish that meets a clear design brief and pitch my idea to others.	Designing
I can design a balanced sushi burrito	
I can explain my flavour and texture choices	
I can plan how I will prepare an ingredient	
I can improve my design using feedback	

Lesson 4: How do we make and refine our hybrid food product? LO: I can follow the agreed recipe independently.	Making
I can prepare ingredients safely	
I can follow my design independently	
I can assemble my burrito neatly	
I can refine and improve my work	

Lesson 5: What makes a successful hybrid food product? LO: I can evaluate my dish.	Evaluating
I can evaluate my creation against the design criteria	
I can suggest realistic improvements and justify them	
I can adapt my design for a different user	
I can present my ideas confidently and professionally	
I can give fair, thoughtful feedback to others	

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Post Assessment

What is a food trend? Write your answer below.	What is a hybrid food? Circle your answer below.	Tick all the features of a successful hybrid food below.
 _____ _____ _____ _____	a. a dish made from only one cuisine b. a dish that blends elements from two different cuisines c. a traditional recipe that never changes	☐ random ingredients with no plan ☐ texture variety ☐ clear presentation ☐ respect for cultures it is inspired by
What is a flavour profile? Circle your answer below.	**True or false? Balance means one flavour should overpower all the others.**	**Explain why texture variety is important. Write your answer below.**
a. the overall mix of flavours in a dish b. the size of the portion c. the cooking time	 _____	 _____
Draw a line between the preparation skill and its definition.	**Put these steps in the correct order (1–6).**	**Complete the missing word in the sentence below.**
peeling grating chopping [illegible] ingredients into pieces using safe techniques [illegible] food into pieces [illegible] the outer [illegible]	☐ add your fillings in a line ☐ lay out the nori on a flat surface ☐ wrap in baking paper ☐ roll tightly from the bottom ☐ spread the rice evenly ☐ prepare your ingredients safely	Designers check their work against the _____ criteria.
What does refine mean? Circle your answer below.	**True or false? Designers only evaluate their product at the end.**	**Explain why this is not a strong evaluation. Write your answer below.**
a. start again completely b. add more ingredients c. make small improvements as you work	 _____	 _____ _____ _____
Which feedback is helpful? Tick all that apply.		**Name two improvements you could make to a hybrid food product after testing it. Write your answers below.**
☐ "It's nice." ☐ "The flavour profile is balanced because the sweet mango contrasts with the savoury chicken." ☐ "Mine is better." ☐ "You could refine the presentation by rolling it more tightly." ☐ "I don't like it." ☐ "This could become a trend because it feels familiar but new." ☐ "You used texture variety effectively with crunchy carrot and soft rice."		1. _____ _____ 2. _____ _____