





Key Vocabulary	
Couscous	A type of North African semolina in granules made from crushed durum wheat
tsp	Teaspoonful - measurement
tbsp	Tablespoonful - measurement
Finishing	The appearance of the final product. It's
Roast	Cooking ingredients in an oven using oil
Combine	To join separate ingredients together to make a whole
Nutrition	Having food necessary for health and growth
Seasonality	Ingredients that are available (locally) depending on the time of year
Spices	An aromatic or strongly tasting vegetable product used to flavour food
Ingredients	Foods that are combined to make a dish
Utensils	a tool, container, or other article used in cooking
Intolerance	Sensitivity to a food when a person has difficulty digesting a particular food.

<https://www.themediterraneanandish.com/roasted-vegetable-couscous/>

<https://www.bbcgoodfood.com/recipes/roasted-veg-couscous-salad>

<https://www.lovefood.com/recipes/60637/richard-corrigans-roasted-vegetable-couscous>

Prior Knowledge	Skills and techniques	
<ul style="list-style-type: none"> Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet. Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients. 	<p>To follow a sequential method to prepare a dish identifying the cooking techniques required.</p> 	<p>To apply and refine a range of preparation skills and cooking techniques previously taught to prepare a meal safely.</p> 
<p>Key knowledge for this unit</p> <ul style="list-style-type: none"> To know how to use appropriate equipment and utensils to prepare and combine food. Understand about seasonality in relation to food products, and the source of different food products. Apply understanding of food combinations to create complementary flavours. Know and use relevant technical and sensory vocabulary when talking about the food. To investigate how recipes can be adapted to change the appearance, taste, texture and aroma. To investigate how recipes can be adapted to incorporate cultural/seasonal produce. 	<p>To measure accurately and calculate ratios to scale a recipe up or down as needed.</p> 	<p>To create and refine recipes including healthy, cultural/seasonal ingredients, methods and cooking times showing an understanding of complimentary food combinations.</p> 

Heston Blumenthal- pioneer of multi-sensory cooking. Presentation, tastes, smells.

<https://thefatduck.co.uk/>

https://www.youtube.com/watch?v=u_HoOO6KLA

<https://www.youtube.com/watch?v=db56yGzmfqo>



