



The Project Title

Design, make and evaluate Chinese spring rolls and wontons for yourself for a class party.

What should I already know?

- Examine a range of fruit and vegetables
- Use basic food hygiene
- Use basic utensils
- Discuss healthy eating advice
- Explain where fruit and vegetables are farmed and grown
- Plan, make and evaluate a fruit and vegetable salad.

Useful Diagrams

The Bridge technique for cutting:



The Claw technique for cutting:



Chinese spring rolls and wontons:



Vocabulary

utensil	A tool you can hold in your hand and use around the house.
texture	The properties of a food that are sensed by touch in the mouth and with the hands.
taste	The perception of the sensory cells in your taste buds.

Powerful Knowledge

- Plan, make and evaluate the main stages of a recipe including the ingredients, utensils and equipment
- Link healthy foods to the 'Eatwell Guide'
- Gather information about existing products by visiting the local supermarket or using the internet
- Find out how the variety of ingredients are grown and harvested
- Use the bridge and claw technique for cutting
- Discuss basic food hygiene practises when handling food

The Eatwell Guide:

