

Grange Park Primary School Year 5 Autumn 2 Design and Technology

Celebrating culture and seasonality (food): An innovated Viking stew

Key People and Events		Key Knowledge and Skills	Key Vocabulary
8th to 4th centuries BC	The world's oldest known evidence of stew was found in Japan.	Cutting using the bridge technique	root vegetables The roots of plants. These include: carrots, beets, turnips, radishes and sweet potatoes.
8th century	Spices and herbs such as black pepper, cinnamon, turmeric and cardamom have been used by Indians for thousands of years for both culinary and health purposes.	Cutting using the claw technique	herbs and spices The fragrant leaves plants or the roots, seeds and bark of plants that add flavour to a dish.
793 AD - 1066	Vikings consumed a variety of vegetables including cabbage, onions, leeks, turnips, peas and beans	Peeling technique	seasoning Salt, herbs or spices added to a dish to enhance the flavour.
793 AD - 1066	Vikings also grew some herbs such as dill, parsley, mustard, horseradish and thyme.	Slicing technique	adapt Change or make suitable for a new use or purpose.
21st century	Michelin Star chefs such as, Shaun Hill and Adam Gray have been influenced by flavours from all around the globe and modernised traditional stews.	Chopping technique	substitute Replace something with another.
		Slow cook	combine Blend two or more food ingredients to create a mixture.

