



DT: Healthy Soup



Knowledge

Knowledge and skills
Enhances and empowers
You to
Succeed

Cronton CE Primary School

Keys to
Success

Summer



Vocabulary

We need a balanced diet, to stay healthy; eating foods from all the food groups.

Some foods can be used for certain dishes and others are not so suitable.

Different recipes call for different techniques to prepare food.

We use all our senses when we are eating food.

Traditionally, soups are classified into two main groups: clear soups and thick soups.

Soup isn't always served hot. In warmer climates like Spain, cold soup alternatives, like tomato-based gazpacho, are popular.

The earliest archaeological evidence for the consumption of soup dates back to 6000 BC, and it was hippopotamus soup.



Designing and Preparation Vocabulary

Combination: food items complement each other.

Ingredients: food items make up mixture/food stuff.

Recipe: list of ingredients/instructions to make it.

Blend: mix ingredients into smooth mixture.

Claw grip: Holding food with little finger & thumb with other finger tips tucked, resting on the food.

Bridge Grip: Hold the food to be cut between the fingers & thumb creating a **bridge to cut through**.

Chop: to cut something up into small chunks.

Cutting/chopping board: board safe to cut on.

Dice: cut into very small cubes.

Peeler/Peel: tool to take off skin or outer layer.

Slice: to cut something up into thin strips.

Stir: move something about in a circular direction.

Utensils: tools for cooking or preparing food.

Food Group Vocabulary

Carbohydrate: food stuff rich in energy, made up of carbon, hydrogen, and oxygen-good source of energy.

Fat: a food stuff made from animal/plant products.

Protein: nutrient in food (meat, milk, eggs, beans)

Vegetables: the leaves, stems, roots, or other parts of plants that people eat.

Vitamin: means 'vital for life'. We need vitamins and minerals to help us grow, see, form bones, muscles, skin, organs, help us to battle infections.

Processed: taken from where it grows and prepared for sale in the shops.

Soup Vocabulary

Consistency: thick, thin. Flavour: the quality of the sense of taste

Taste: sweet, sour, bitter, salty, hot, tangy, sharp

Texture: soft, smooth, chewy, lumpy.

