Global Gastronomy

The BIG Picture

Learning Objective: Learn technical knowledge and practical skills through a series of class based and home learning sessions **SO THAT** you can prepare and cook nutritious dishes. Plus, an introduction to food provenance.

- Session 1 - Focuses on staple foods (grains from around the globe)
- Session 2 - Focuses on Food provenance & commodities (where does the ingredients come from)
- Session 3 - Focuses on cultural and religious food choice
- As part of each session, you will conduct a practical to develop your preparation and cooking skills.

Assessment: You will be formally assessed twice during this project: one skills based and one knowledge-based assessment. You will reflect on your assessments by identifying your successes and the elements you could improve.

Key Terminology

DT Skills	Project Skills		Nutrition
• Resilience	• Cooking	• Hygiene	• Nutrition
• Perseverance	• Weighing	• Batch production	• Macronutrients
• Independence	• Measuring	• Baking	• Carbohydrates
• Teamwork	• Temperature control	• Frying	• Protein
• Health & Safety	• Cutting	• Stir-fry	• Fats
• Planning	• Bridge Grip	• Grilling	• Micronutrients
• Preparation	• Claw Grip	• Mashing	• Vitamins
• Making	• Julienne	• Kneading	• Minerals
• Sensory analysis	• Slicing	• Proving	• Iron
• Quality Control	• Mincing	• Boiling	• Calcium
• Evaluating	• Grating	• Simmering	• Water

Equipment

Cooker	Scales	Measuring spoons	Measuring jug	Frying Pan
Hob	Vegetable knife	Vegetable peeler	Potato masher	Wok
Grill	Spatula	Pastry brush	Utensils	Saucepan
Oven	Chopping board	Sieve	Colander	Baking Tray