



DT – Year 4
 Cooking & Nutrition
 – Viking Honey Cakes
 (Previous knowledge – Refer to year 2 Brioche)

Vocabulary		
Tier 1	Tier 2	Tier 3
Measuring	Sweetness	Aroma
Slicing	Texture	Leavening
Frying	Grains	Skeps
Health & Safety	Sensory	Adaption
Taste	Flavour	Hearth

don't know
 I know this word
 I can use it in a sentence

- ### Health and Safety
- Remove any jewellery and tie back long hair.
 - Wash your hands with water and antibacterial soap, for at least 20 seconds.
 - Roll up your sleeves.
 - Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.
 - Make sure that you clean up properly after yourself.

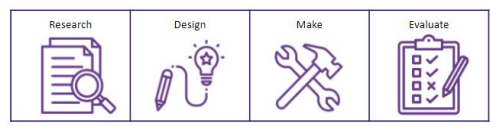


Honey has been a staple food and medicine for thousands of years. The ancient Vikings, in particular, were known to have a strong relationship with honey. They used it not only as a food source but also for medicinal and religious purposes.



The Vikings kept bees in **skeps**, which are woven baskets made of straw or wicker. These skeps were placed in the wild, often on cliffs or islands, to protect the bees from predators and to ensure a steady supply of wildflowers for the bees to pollinate. The Vikings would then collect the honey in the fall and use it as a food source throughout the winter.

- **Acacia Honey** is created with the nectar from black locust trees, also known as false acacia trees.
- **Buckwheat Honey** is collected fresh from the small white blossoms of the buckwheat grain.
- **Clover Honey** comes from the clover plant, and more specifically the flowers that provided nectar to the bees.
- **Heather Honey** is made by bees from the nectar of the tiny pink/purple flowers of the common heather plant.



Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

- **Slicing** - cutting food using a knife.
- **Mixing** - to blend ingredients together, using a spoon, blender, or whisk.
- **Weighing/measuring** - to get the right amount of an ingredient, using scales, table/teaspoons
- **Grating** - To peel a layer off something (like carrots or cheese) using a peeler or grater.
- **Serving** - making food look nice on the plate.

Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

- **Baking** - to cook food in a heated oven.
- **Boiling** - to cook food in boiling hot water. You can tell it is boiling (100°C) when it bubbles.
- **Frying** - to cook food in a pan of heated oil.
- **Grilling** - to cook food by putting it under a hot grill (like a radiator in a cooker).

