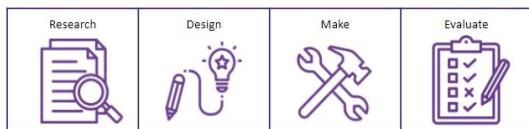




DT – Year 6 Summer 2
Cooking and Nutrition
Greek Meal
(Previous mechanical systems knowledge –
Year 5 Indian Samosas)

Vocabulary		
Tier 1	Tier 2	Tier 3
food	recipe	nutrition
cooking	hygiene	macronutrients
meal	preparation	Mediterranean diet
taste	method	saturated fat
ingredients	texture	protein
diet	seasonality	carbohydrate
healthy	balanced	fat
bread	flavour	food label
fruit	presentation	fibre
vegetables	portion	vitamins



This half term, we will:

- ✓ Learn about healthy, balanced diets and what makes a meal nutritious.
- ✓ Explore the traditional ingredients and dishes of Greece.
- ✓ Use food labels to make informed choices about ingredients.
- ✓ Plan a series of meals using the Eatwell Guide.
- ✓ Practise food hygiene and safety in the kitchen.
- ✓ Prepare and cook a savoury Greek dish using a range of techniques (e.g. chopping, mixing, seasoning, grilling, baking).
- ✓ Evaluate our dish based on taste, appearance, and nutritional value.

Key Learning:

- A healthy diet includes a balance of protein, carbohydrates, fats, fruit, vegetables, and water.
- Greek cuisine uses olive oil, herbs, fresh vegetables, legumes, and lean meats.
- Food labels show nutritional content such as sugar, salt, and fat levels.
- Cooking skills include safe cutting, measuring, mixing, seasoning, and using heat.

Key Technical Skills:

- Measuring and weighing ingredients accurately
- Following a step-by-step recipe
- Practising knife skills and food preparation safely
- Understanding cooking methods (e.g., grilling, baking)
- Tasting and adjusting seasoning
- Evaluating the outcome and suggesting improvements

Historical Context

In Ancient Greece, food was simple, fresh, and healthy. Meals often included olives, cheese, flatbreads, vegetables, fruits, and grilled meats. Many traditional Greek recipes are still enjoyed today and are part of the Mediterranean diet, known for being nutritious and balanced. Ancient Greeks cooked using open flames, clay ovens, and basic tools. Meals were shared and often connected to festivals and religious rituals.

Key designers

Greek chefs and families have passed down traditional recipes through generations. The Mediterranean diet has influenced modern healthy eating guidelines and is considered one of the healthiest diets in the world.

Useful resources

Eatwell Guide
Greek recipe ideas: BBC Good Food – Greek Recipes