



DT – Year 5 Summer 2

Cooking - Indian samosas

Vocabulary		
Tier 1	Tier 2	Tier 3
cook	ingredient	samosa
food	recipe	cumin
hot	flavour	sauté
pan	measure	pastry

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

Health and Safety

- **Wash your hands** before and after handling food.
- **Tie back long hair** and remove any jewelry (especially rings and bracelets).
- **Wear an apron** to protect clothes and keep things clean.
- **Don't touch your face, hair, or lick fingers** while cooking.

Project:

In this Design and Technology (D&T) project, Year 5 students will explore Indian cuisine by learning how to prepare and cook traditional **vegetable samosas**. The project links practical cooking skills with cultural understanding, food hygiene, and healthy eating.

- Investigate the origin and cultural significance of **samosas**.
- Learn about and handle key **ingredients** such as potatoes, peas, spices, and pastry.

Technical Knowledge

Food Preparation Skills

- How to **safely use basic kitchen tools** (e.g., vegetable peeler, knife, spoon).
- **Chopping and peeling** ingredients using correct techniques (e.g., bridge and claw grips).
- **Measuring ingredients** accurately using measuring spoons or scales.
- Understanding how to **mix and combine** ingredients evenly.



Useful Resources

<https://www.bbc.co.uk/bitesize/subjects/zyr9wmn>
<https://www.foodafactoflife.org.uk>

