

Design & Technology Enchilada Baking Year 5

Key Vocabulary

Enchilada	Traditional Mexican dish focussing on wrapped ingredients baked in sauce
Wrap	Flour or corn based tortilla used to encase other ingredients
Rice	Crop grown in paddy fields that can be steamed or boiled
Sauce	Liquid that is flavoured and used to cover other food items
Mexico	Country in central American located south of the United States.
Filling	Quantity of soft material that fills something
Prepare	Make something ready for use of consideration
Fry	To cook food on an open flame in an open saucepan or frying pan.
Slice	To slide a knife through an item to cut it.
Chop	To cut an item vertically and with force.



Resources

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| <ul style="list-style-type: none"> • Bowl • Clean hands • Oven • Ingredients | <ul style="list-style-type: none"> • Knife • Chopping board • Baking trays |
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What key knowledge will I have by the end of this unit?

I will know:

- How to identify risks when cooking
- Where ingredients come from
- What flavours I like and dislike
- Which flavours work well together
- The cultural origins of enchiladas
- How to choose flavours that go well together
- To follow recipes to suit a vegetarian diet

What key skills will I have by the end of this unit?

I will develop the skill of:

- Cleaning surfaces ready for cooking
- Discussing ideas with others
- Combining and mixing ingredients
- Slicing vegetables safely.
- Choosing appropriate ingredients for a specific purpose.

In Year 3:	In Year 4:	In Year 5:	In Year 6
<ul style="list-style-type: none"> • Bread <p>Mixing multiple ingredients and baking in an oven to create a sharing loaf.</p>	<ul style="list-style-type: none"> • Pizza <p>Developing our knowledge of ingredients and our skill of cutting safely, using an oven to bake.</p>	<ul style="list-style-type: none"> • Enchiladas <p>Exploring specific cultural recipes and associated flavours in a baked vegetarian Mexican dish.</p>	<ul style="list-style-type: none"> • Burgers & Buns <p>Identifying safe frying and meat handling skills, we create and cook our own burgers and then buns as well.</p>