



DT

Greek Cookery

In this unit, we will build on our knowledge of where different ingredients originate about how herbs and spices are used to flavor food. We will be tasting a variety of ingredients native to Greece before designing our own pastry parcel recipe filling. We will be learning about safe and hygienic food preparation and develop a range of skills including chopping, frying and working with pastry.

Key Questions

- Where does our food come from?
- Which ingredients are native to Greece?
- How are herbs and spices used to enhance flavour?
- Which ingredients combine well in terms of taste and texture?
- How do we ensure food is prepared hygienically?
- How do different ingredients need to be prepared and cooked?
- What are the elements of a balanced dish?



Key Vocabulary

pastry	A dough typically made of flour, fat and water.
ingredient	Foods or substances combined to make a particular dish.
origin	The place where something begins.
herbs	Any plant with leaves, seeds or flowers used for flavouring food or medicines.
spices	An aromatic vegetable substance used to flavour food.
carbohydrate	Foods dense in energy (starches, grains, potatoes)
protein	(in food) Foods used by the body to build and repair tissue (meat, eggs, lentils)
dairy	Foods containing or made from milk. Dairy alternatives are often made from nuts, coconut oil or oats.
fruit	The sweet, fleshy product of a tree or other plant containing seeds.
vegetable	A part of a plant used as food.

Ingredients Native to Greece



olives

feta



honey

tomatoes



Greek yogurt

Spanakopita

Spanakopita is a Greek spinach savoury pie. It also commonly contains cheese (usually feta) and eggs. The traditional filling is wrapped or layered with filo pastry. For our cookery unit, we are going to be innovating our own 'pastry parcel' recipe containing a filling of different combinations of ingredients originating from Greece.



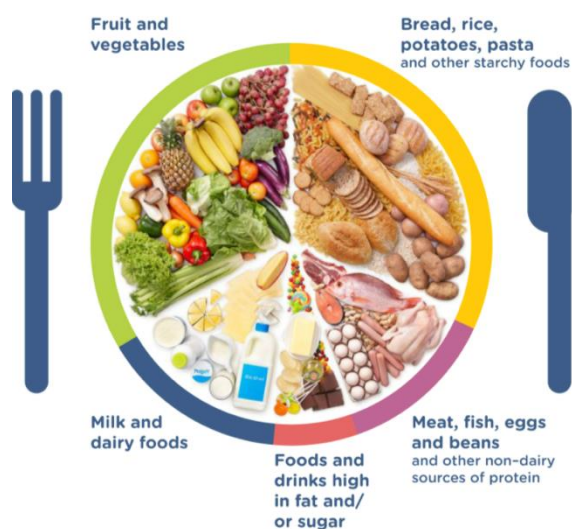
We will also be experimenting with different herbs and spices to enhance the flavour of our dish.

Herbs are plants with savoury or aromatic properties. They are used for flavouring or garnishing food. Herbs are usually the green, leafy or flowering parts of the plants.

Unlike vegetables, they are used in small amounts to provide flavour rather than substance to cooking. They are sometimes used in medicine as well.

Spices are the seeds, bark, fruit or roots of plants that are used for flavouring or colouring food. They are mainly sold dried although some (like ginger) are sold fresh.

Spices can be ground into powder using a pestle and mortar or a mill. Like herbs, they will be used in small quantities to provide flavours or colours to cooking.



The 'Eat Well' Plate

When designing our pastry parcel recipe, we will be revising our knowledge of the different food groups and what proportion of which we should aim for to ensure a healthy diet.

We will be aiming to balance the ingredients in our recipe and think about what additional foods our pastry parcels should be served with to ensure the dish incorporates the ideal amount of each food group.

Home Learning Suggestions

1. Look at the food in your cupboards at home and research where each food originates from (often it will state this on the label). Think about an interesting way to present this information, perhaps drawing or labelling each food on a world map.
2. Create a different version of a traditional Greek dish by changing the ingredients. Try to make sure your dish is fully balanced using your knowledge of the 'Eat Well' plate.