

## KS2 Cookery- Pasta Salad

### Key Vocabulary

<b>Hygiene</b>	Practices that maintain health, especially through cleanliness.
<b>Taste</b>	Ingredients can compliment each other to give a pleasant or contrast together and create an unpleasant taste.
<b>Health benefits</b>	How food helps the body in growth and development.
<b>Aesthetic</b>	Concerned with how good something looks or the appreciation of it.
<b>Audience</b>	Who the project is intended for
<b>Sensory evaluation</b>	Evaluating food products in terms of the taste, smell, texture and appearance.
<b>Preference test</b>	Trying different foods and deciding which you like best

### Research

<b>Previous Research</b>	Use your salad research to revise the health properties of vegetables and websites to research simple recipes.
<b>Key veg Used in pasta salad</b>	Lettuce – a bitter and crunchy texture Carrot – colourful and crunchy Sweetcorn – sweet and colourful Cucumber – crunchy and green
<b>Key Research Questions</b>	What are <b>effective combinations</b> of ingredients? What <b>common ingredients</b> are in most pasta salad? What different <b>health properties</b> do different vegetables have? How much does <b>aesthetic</b> contribute to how appetizing the salad is?

### The Project

<b>Introduction</b>	Building on the learning from previous years, this pasta salad project aims to bring the two together the skills of heating and boiling pasta and preparing vegetables for sauces safely.
<b>Purpose of Project</b>	In groups, to make a pasta salad, using herbs and vegetables grown at GVP, that can be served to your grown ups at home.



### Design

#### Designing a recipe

- Design a few simple recipes that include:
- Ingredients (what you need and how much)
  - What herbs you will use.
  - Method (what to do including simmering and blending the soup)



Ingredients:  
50g pasta • 50g cucumber • 50g frozen sweetcorn • 50g carrot •

Recipe  
Boil the pasta for 10 minutes  
Add sweetcorn the last 5 minutes  
Cut cucumber and carrot  
Slice ham

#### Finishing touches

As part of your design consider what design you will include on top of the salad, for example sprinkling chives.



**Make**

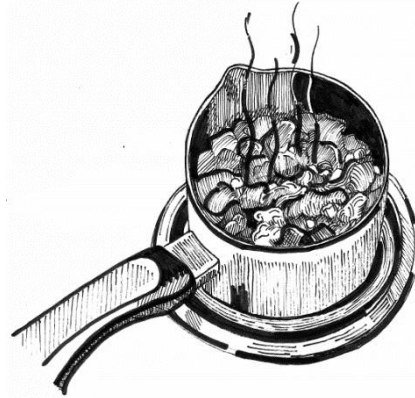
**Preparing the soup**

Use previous learning on how to wash, prepare, peel and cut vegetables. Boil the kettle, measure 50g of dried pasta, add to boiling water. Whilst cooking prepare vegetables, cut and chop.

**Simmering the pasta**

When **simmering**, a small bubble or two should break through the surface of the water every second or two. If more bubbles rise to the surface, lower the heat, or move the pot to one side of the burner.

The handle of the hob should be pointed towards you and not over any heat, you should not leave the hob at any time.



**The salad dressing**

Dip the spoon into the salad dressing – mayonnaise or vinaigrette.

Mix into the pasta salad by stirring gently.

Make vinaigrette with olive oil; mustard; white wine vinegar; sugar.

Spoon 1tbsp of mustard into a bowl and slowly whisk in the 100ml olive oil with a small whisk. Gradually add the 2 tbsp vinegar. Season with a pinch of sugar.



**Evaluate**

Evaluate the product. To give a greater accuracy and effective evaluation use a taste test that several children can complete that include a range of criteria. They must clear so children can complete them quickly.

Evaluate new skills

My pasta salad matched my design

Why and why not ...

I found making this fun

Why

Next time I will

I learned these new skills

Cooking

Boiling

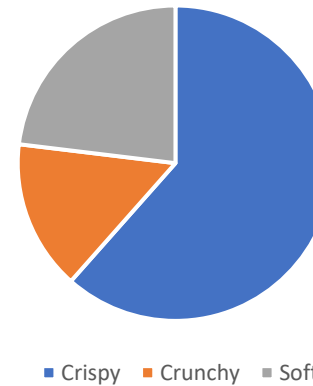
Chopping

Mixing

To give a visual representation use a pie chart to help determine how much children like your salad as well as bar graphs to outline what was the common opinion on appearance, smell etc.

**Display the results**

Opinion of My Pasta Salad



Texture of My Pasta Salad

