



Cooking: Ancient Egyptian Foods



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These are the areas that we will be focusing on this term in our cookery lessons:

- Comparing and contrasting Ancient Egyptian food with Modern Day food.
- Researching the origin of foods.
- Taste tasting whilst thinking about flavour, texture and smell.
- Using a recipe to produce our own versions of the Ancient Egyptian honey cake.
- Evaluating the final product and offering suggestions for improvements on both your own and other's recipes.



Key Questions:

- What was the Ancient Egyptian diet like?
- Which foods were they not allowed to eat? Why?
- How did the Ancient Egyptians store their food?

Bridge hold



Key skills and vocabulary

Claw grip



Key knowledge

Food groups

A balanced diet is formed when items from each food group are included. The amount of food eaten from each food group varies.



dairy



fruits



vegetables



proteins



carbohydrates

Seasonality:

Some of the food we eat in the UK is seasonal. This means that it only grows at certain points throughout the year. In the UK, some foods are also grown in greenhouses which means that it is available at different times to the food that is grown outside. This is due to the climate within the UK.

Spring (March, April, May)	Summer (June, July, August)	Autumn (September, October, November)	Winter (December, January, February)

Technical Knowledge

Buying, storing, preparing and cooking food safely and hygienically are vital for health. Make sure you:

- Wash your hands and tie back long hair.
- Remove jewellery and wear an apron.
- Keep meat and fish in the fridge until you need to use it so it doesn't go off and always check the 'Use by' and 'Best Before End' dates.
- Wash utensils in warm soapy water and clean surfaces thoroughly.

Safety

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.

Some typical Ancient Egyptian food items:

- Wheat and barley
- Cucumber
- Onions (these were a staple, but priests were forbidden from eating them)
- Watermelon
- Pomegranate
- Garlic
- Papyrus root
- Honey
- Dates

