



Savoury Cooking: Ancient Greek Foods

These are the areas that we will be focusing on in our savoury cooking sessions in Term 4:

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

Key Questions:

- How did the Ancient Greek's diet compare to that of the Roman's?
- What was the main food group consumed by the Ancient Greeks and why?

Bridge hold



Key skills and vocabulary

Claw grip



Food skill		Food skill		Food skill	
Bake		Fry and sauté		Portion / divide	
Beat		Glaze and coat		Prove	
Blitz, puree and blend		Grate		Roast	
Casserole		Grill		Roll-out	
Chill		Juice		Rub-in	
Core		Knead		Sift	
Cream		Layer		Snip	
Crush		Mash		Spread	
Cut out		Measure		Stir-try	
Cut, chop, slice, dice and trim		Melt, simmer and boil		Weigh	
Decorate and garnish		Microwave		Whisk	
Drain		Mix, stir and combine		Zest	



Safety

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.
- Hot liquid: drain hot liquid carefully over the sink using a colander.
- Sauce pans: turn panhandles in from the edge, so they are not knocked.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.