



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?



Key skills and vocabulary



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.
- Saucepans: 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.