



Design Question

Can you create a new Greek inspired layered salad for the Subway menu?

Key Knowledge

To know where food comes from

Be able to know that some foods are grown, some are reared and some are caught in the UK, Europe and the wider world.

To know about nutrition

To know that healthy food is needed by the body to provide energy.
To know how to design and make a balanced meal within a dish which contains carbohydrates, protein, dairy, vegetables and fat.

Cooking

To know how to safely use a range of cooking techniques such as peeling, chopping, slicing and grating.
To know how to handle sharp equipment in a safe manner.

Pioneers



Fred De Luca
– founder of subway



James Martin – known
for including fresh
ingredients that he
grows in his own garden
in his recipes.

Vocabulary

salad	A mixture of raw and cooked ingredients, usually served cold with a dressing.	
ingredients	A combination of foods to create a finished dish.	
taste	To experience flavours.	
presentation	The look of something and how something is shown to the person receiving it.	
grate	To reduce pieces of ingredients into to small strips.	
dressing	A sauce added to a salad.	
design	The way something is made.	
evaluate	To judge the success or failure of something.	