Year 5: Problem: I would like a filling savoury snack I can eat when I'm in a hurry

Subject Specific Vocabulary

seasonal	available only during a particular time of year
empanadas	a Spanish or Latin American pastry filled with meat, vegetables, etc. and baked or fried
reared	to breed and raise (an animal) for use or market
processed	treated or prepared by a special method, especially in order to preserve it
savoury	tasting of salt or spices and not sweet
kneading	to prepare dough or clay by pressing it continuously
evaluate	to think carefully about something before making a judgment about its value, importance, or quality
purpose	the intention, aim or function of something; the thing that something is supposed to achieve
marketing	the ways in which a company encourages people to buy its products by deciding on price, type of customer, and advertising policy
cost	the amount of money that is needed in order to buy, pay for, or do something
slaughter	the killing of animals, usually for their meat

Thomasina Miers



Travelled through Mexico when growing up and loved experiencing the incredible flavours conjured up by the most passionate street food vendors.

Years later, she went back to live in Mexico City and began hatching a plan for how she could show people in the UK how vibrant and delicious Mexican food really was.

In 2007, after a quick spin through the MasterChef kitchens, her dream was finally realised when, alongside her business partner Mark, they opened the first Wahaca in Covent Garden, London.

Careers

- **Baker-** baking and selling bread and cakes.
- **Pastry Cook or Chef –** make plated desserts that include a baked component, cooked fruit, chocolate or a sweet sauce. Often work in bakeries, making tarts, pies and laminated doughs like croissants.
- **Bakery Merchandiser**- promote baked goods using a number of methods in order to attract new customers and entice repeat customers.
- **Food Blogger or Writer -** spend their days experimenting with new recipes and sharing them with readers. Baking and pastry writers could also work for magazines or publications that highlight cooking and lifestyle topics

Sticky Knowledge

Seasonal food is **fresh food that is ready to during its preferred season**



Where does meat come from?
To understand how meat is reared, caught and processed.

Knives must be used safely using the **bridge hold** and **claw hold**





An empanada is a type of baked or fried turnover consisting of pastry and filling (usually savoury).

