



The Project Title

Design, make and evaluate a vegetarian gyros for yourself for your lunchbox.

What should I already know?

- Examine and evaluate a range of fruit and vegetables.
- Use basic food hygiene
- Use basic utensils
- Explain where vegetables are farmed and grown

Powerful Knowledge

- Plan the main stages of a recipe including the ingredients, utensils and equipment
- Carry out sensory evaluations of a variety of ingredients
- Link healthy foods to the 'Eatwell Guide'
- Gather information about existing products
- Select ingredients based on their sensory characteristics
- Find out how the variety of ingredients are grown, harvested and processed
- Use the bridge and claw technique for cutting
- Discuss basic food hygiene practises when handling food

Useful Diagrams

The claw and bridge cutting technique:



Cutting using the bridge technique



Cutting using the claw technique

Vocabulary

Appearance of food

The colour, size, shape, visual surface and texture of food.

texture

Properties of a food that are sensed by touch in the mouth and with the hands.

sensory evaluation

Food sensory evaluation involves all of the human senses. Characteristics such as appearance, texture, odor and taste are evaluated.

The Eatwell Guide



A vegetarian gyros:

