



Year group: Year 6

Term: Spring

Subject: Design Technology – Food – Mexican  
Fajita

### Prior learning

**EYFS** – The children will have had a daily health snack capé. Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell. • Experience of cutting soft fruit and vegetables using appropriate utensils

### Year 5 – Making an Omelette

The children will have experience of using a variety of tools and techniques and following a recipe to make an omelette.

### Notes and guidance

Demonstrate how to measure out, cut, shape and combine e.g. knead, beat, rub and mix ingredients.

Demonstrate how to use appropriate utensils and equipment that the children may use safely and hygienically.

Learn to select and use a range of utensils and use a range of techniques as appropriate to prepare ingredients hygienically including the bridge and claw technique, grating, peeling, chopping, slicing, mixing, spreading, kneading and baking

Techniques could be practised following a basic recipe to prepare and cook a savoury food product. (fajita)

Ask questions about which ingredients could be changed or added in a basic recipe such as types of flour, seeds, garlic, vegetables. Consider texture, taste, appearance and smell.

### Key vocabulary

Fajita , tortilla, filling, spices, seasoning.

### Skills and techniques



Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique



### Substantive Knowledge

I know a fajita is a Mexican dish .

I know typical ingredients of a Mexican fajita.

I know the hygiene requirements when dealing with raw meat.

I know how to use the appropriate equipment and utensils to prepare and combine food.

### Disciplinary Knowledge

I know that chefs evaluate the foods they make to see if the appearance, texture and taste is desirable to their customers.

I know that chefs must be aware of healthy and balanced diets.

I know that chefs must be aware of any allergens that may be in the food they make.

### Procedural Knowledge.

I know how to select and use appropriate utensils and equipment to prepare and combine ingredients.

I know how to follow a recipe to make an omelette

I can select from a range of ingredients to make appropriate food products.

I know how to evaluate the product by taste testing.

### Links to other curriculum areas

Science – Health Eating – Nutrition and Diet – Growing and Cooking

### End Points

- To be able to use creativity and imagination to create high quality products.
- To master the use of a range of design technology tools and techniques.
- To be able to design, make and evaluate their products referring to whether it is fit for purpose and meets the design criteria.



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# Key vocabulary definition

- Fajita – A type of Mexican dish with tortilla wraps, meat, and vegetables.
- Tortilla – A flatbread used to wrap the filling.
- Filling – The ingredients inside the tortilla, e.g., chicken, beef, vegetables.
- Spices – Powders or herbs added to food to give it flavour (e.g., paprika, cumin).
- Seasoning – Salt, pepper, or other flavourings added to enhance taste.

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# Resources to use

- Tortilla wraps
- Meat/vegetarian alternative
- Vegetables (e.g., peppers, onions, tomatoes)
- Oil (reception always have this)
- Spices and seasoning
- Optional extras (cheese, salsa, guacamole, lettuce, beans)

- Utensils and Equipment
- Knives (child-safe for chopping and slicing)
- Cutting boards
- Mixing bowls
- Measuring spoons and cups
- Wooden spoons / spatulas
- Grater
- Peeler
- Whisk
- Frying pan / skillet
- Baking tray or grill (if cooking in oven)
- Tongs (for turning meat/vegetables)
- Aprons and oven gloves

## Hygiene & Safety Resources

- Handwashing station / soap and towels
- Disposable gloves (if required)
- Clean cloths or kitchen wipes
- Hair bobbles

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