Burwell Village College Primary

Food and Nutrition – Italian Sauces

Vocabulary	
design brief	a document that outlines the most important details and expectations of a design project
design criteria	the specific goals that a project must achieve in order to be successful
garnish	an ingredient that improves the appearance and flavour of a dish
hygienic	working in a clean and therefore healthy way
mock-up	a model or drawing that shows what something will look like early in the design process. It does not work.
proto-type	a working model of a product used to test and evaluate.
target market	a particular group of consumers at which a product or service is aimed

The Three Italian Sauces

1. Red Sauce (Tomato)

- Made from tomatoes.
- Often includes onions, garlic and herbs.
- Rich in Vitamin C.
- Low in fat.
- Suitable for many different meals.

Common Herbs

- Basil
- Oregano
- Parsley



2. White Sauce (Béchamel)

- Made from butter, flour and milk.
- Thick and creamy.
- Often used in lasagne and pasta bakes.
- Good source of calcium.
- Can be high in fat.

Common Seasonings

- Black pepper
- Nutmeg
- Parmesan cheese



3. Green Sauce (Pesto)

- Traditionally made with basil.
- Includes olive oil, garlic and Parmesan.
- Usually contains pine nuts but can be made using sunflower seeds for a more sustainable option.
- Rich in healthy fats.

Garnishes:

- Fresh basil
- Parsley
- Grated Parmesan
- Black pepper
- Lemon zest
- Toasted sunflower seeds



Food Preparation Skills

Measuring – use weighing scales for dry ingredients and use a measuring jug for liquids.

Peeling – remove the outer skin safely.

Grating – rub food against a grater to make small pieces.

Dicing – cut food into small, evenly sized cubes.

Crushing – use a garlic press to crush garlic.

Whisking – mix ingredients together until smooth.

Seasonality

Seasonal foods are:

- Grown naturally at certain times of the year
- Often fresher
- Usually cheaper
- Better for the environment

Sustainability

Choose ingredients that are:

- Locally grown where possible
- In season
- Produce less waste
- Have fewer food miles
- Use recyclable packaging

Healthy Eating

A balanced meal should include:

- Carbohydrates for energy
- Protein for growth and repair
- Vegetables and fruit for vitamins and fibre
- Dairy or alternatives for calcium
- Healthy fats in small amounts

