

DT– Making pumpkin soup Kestrels

Key Vocabulary

Seasonal food	Food that is naturally ripe and ready to harvest at a particular time of the year.
healthy	Something that helps your body to grow and work well.
diet	What you choose to eat.
peel	To cut off the skin.
chop	To cut it into smaller pieces.
mash	To squash the food to get rid of the lumps.
recipe	Instructions to follow to make the soup.

Key facts

A recipe is a set of instructions to help you make a dish.

People have been making pumpkin soup in the UK for over 500 years. Pumpkins are not native to the UK.

A pumpkin is part of the gourd family. It grows on trailing plants on the ground.



Recipe

Ingredients



1 pumpkin



1 veg stock cube



500ml
water



Salt and
pepper



30g butter

Method

1. Mix the stock cube with warm water.
2. Pour into bowl of roasted pumpkin.
3. Mash together.
4. Sprinkle salt and pepper.
5. Pour into saucepan.
6. Heat on the fire until warm.
7. Spoon into bowls.
8. Taste with a spoon.

Tier 2 vocabulary

sequence

To put something in the correct order

tradition

A set of beliefs passed from generation to generation