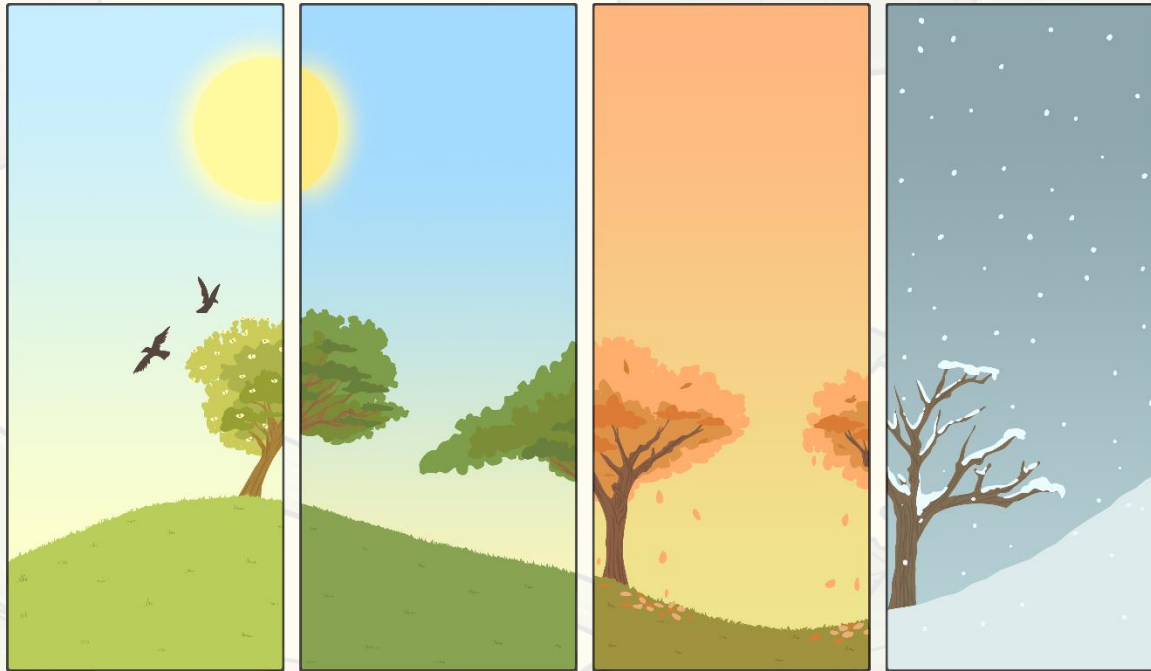


# TASK 1

Understanding that food is at its best in certain seasons

# Seasonal Calendar





# Aim

- I can explain what seasonality means and know when different fruit and vegetables are in season in the United Kingdom.

## Success Criteria

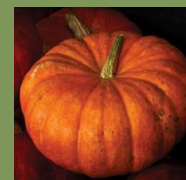
- I can explain that fruit and vegetables are in season when they are naturally ripe.
- I can name the seasons when cherries, Brussels sprouts, pumpkin, blackberries, peas and parsnips are in season.
- I can use the seasonal fruit and vegetable chart.

**In which month do each of these foods grow? Do you know any other foods and when they grow?**

# Seasonal Sort



December	March	June	September
January	April	July	October
February	May	August	November



Photos courtesy of mealmakeovermoms, Benson Kua, dorena-wm, BERTIE MEADOWS, Muffet and Bruno Girin (@flickr.com) - granted under creative commons licence - attribution

# What is seasonal food?

Fruit and vegetables naturally ripen during a certain season each year. When they are ripe, they are at their best nutritionally and taste-wise. Cherries, for example, are ripe and juicy in July in the south of England; so cherries are 'in season' in July.

British asparagus starts showing in fields in the spring, tomatoes and gooseberries ripen in late summer, beetroot and pumpkins in the autumn, and sprouts and root vegetables are best in the winter months. If you eat 'seasonally', you are eating fruit and vegetables during the time of year they are naturally at their best.



# What is seasonal food?

Modern technology means we can buy things like strawberries and apples in supermarkets all year round, but that's because they are either being grown in greenhouses, or flown in from warmer countries where they are picked before they are ripe and can fully develop their flavours.

Eating seasonably is a great way of eating more sustainably. Growing fruit and vegetables in season means lower levels of heating, lighting, pesticides and fertilisers than at other times of the year. So seasonal produce is better for the environment.



# Understanding the Seasonal Fruit and Vegetable Chart



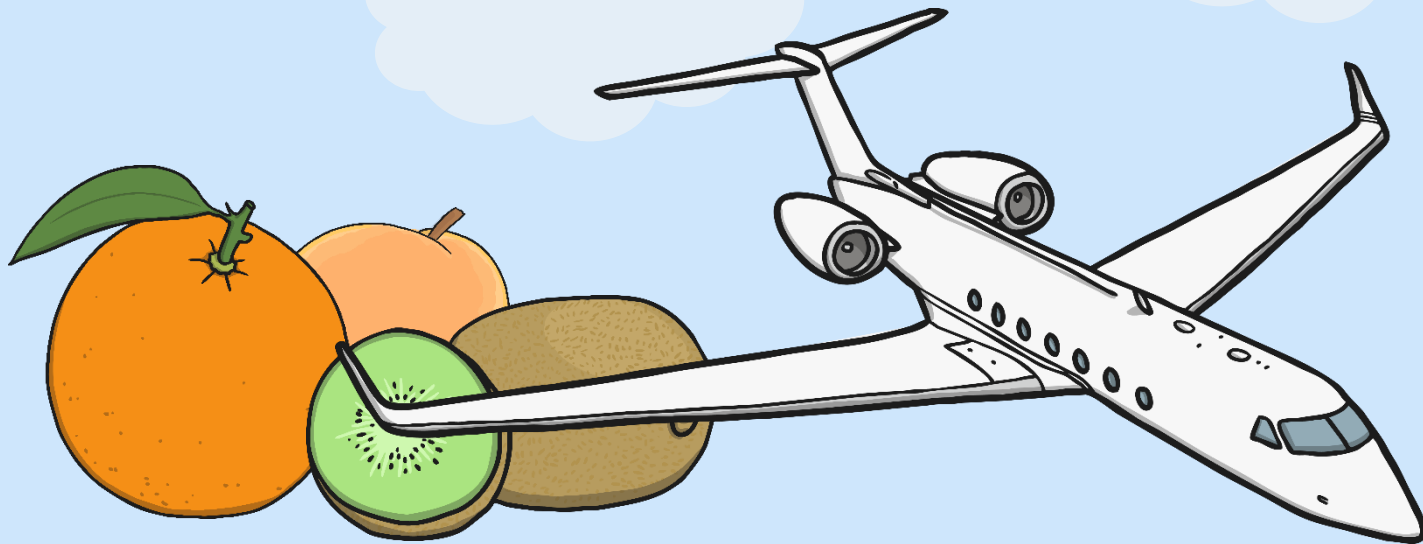
The seasonal food on the chart is mainly local food with 80% of the foods produced in the UK. Some foods are required when they are out of season, so producers grow them in hot houses/green houses in the UK. Alternatively, the food is produced abroad and sent to the UK.



# Understanding the Seasonal Fruit and Vegetable Chart



The food in **red** highlights the seasons for many fruit from Southern Europe. It's better to eat oranges, peaches and kiwi fruit flown over from Spain or Italy rather than those that have travelled much further from Africa, America or Australia.



# Understanding the Seasonal Fruit and Vegetable Chart



Other fruit written in **red** on the chart includes a very small number of fruit grown outside Europe that are very popular such as bananas, pomegranates and passion fruit. These should be enjoyed, in moderation, when there is little UK and European fruit in season. Bringing food in from other countries is called importing.



# Understanding the Seasonal Fruit and Vegetable Chart



Spring		
March: Spring green cabbage.	April: Cauliflower.	May: Rhubarb.
<p><b>Vegetables:</b> Cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede, wild nettles.</p> <p><b>Fruit:</b> Bananas (Windward), blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, rhubarb.</p>	<p><b>Vegetables:</b> Asparagus, broccoli, Jersey Royal new potatoes, lettuce and salad leaves, purple-sprouting broccoli, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles.</p> <p><b>Fruit:</b> Bananas (Windward), kiwi fruit, rhubarb.</p>	<p><b>Vegetables:</b> Asparagus, broccoli, carrots, Jersey Royal new potatoes, lettuce and salad leaves, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles.</p> <p><b>Fruit:</b> Bananas (Windward), kiwi fruit, rhubarb.</p>
Autumn		
September: Courgettes, blackberries and runner beans.	October: Sweetcorn and cox's apples.	November: Maincrop potatoes and red cabbage.
<p><b>Vegetables:</b> Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, French beans, garlic, horseradish, kale, kohlrabi, leeks, lettuce and salad leaves, mangetout, marrow, onions, pak choi, peppers, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, bilberries, blackberries, damsons, elderberries, figs, grapes, melons, nectarines, peaches, pears, plums, raspberries, redcurrants.</p>	<p><b>Vegetables:</b> Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce and salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, bilberries, blackberries, elderberries, figs, grapes, medlar, pears, quince.</p>	<p><b>Vegetables:</b> Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, salsify, shallots, swede, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, clementines, cranberries, passion fruit, pears, pomegranate, quince, satsumas.</p>



# TASK 1a: Understanding the Seasonal Fruit and Vegetable Chart

1) Can you name some imported foods on the chart?

2) Which foods appear in more than one season?

3) Can you explain why?

4) Which season has the least variety of fruit and vegetables available?

4) Can you explain why?

## Seasonal Fruit and Vegetables Chart

Winter		
December: Brussels sprouts and white cabbage.	January: Carrots and kale.	February: Leeks and savoy cabbage.
Vegetables: Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), shallots, swede, turnips, wild mushrooms. Fruit: Apples, clementines, cranberries, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines.	Vegetables: Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, leeks, parsnips, potatoes (maincrop), shallots, swede, turnips. Fruit: Apples, blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate, rubarb, satsumas, tangerines.	Vegetables: Brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), purple sprouting broccoli, shallots, swede, turnips. Fruit: Blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pineapple, pomegranate, rubarb.

Summer		
June: Strawberries, broad beans and peas.	July: Cucumber and red cherries.	August: Raspberries, plums and cos lettuce.
Vegetables: Artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel.	Vegetables: Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel.	Vegetables: Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, globe and salad leaves, pink chis, peas, peppers, rocket, runner beans, totes, turnips, watercress.

## Seasonal Fruit and Vegetables Chart

Spring		
March: Spring green cabbage.	April: Cauliflower.	May: Rhubarb.
Vegetables: Cauliflower, kale, leeks, purple sprouting broccoli, shallots, spinach, spring onions, swede, wild nettles. Fruit: Bananas (Windward), blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, rhubarb.	Vegetables: Asparagus, broccoli, Jersey Royal new potatoes, lettuce and salad leaves, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles. Fruit: Bananas (Windward), kiwi fruit, rhubarb.	Vegetables: Asparagus, broccoli, carrots, Jersey Royal new potatoes, lettuce and salad leaves, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles. Fruit: Bananas (Windward), kiwi fruit, rhubarb.

Autumn		
September: Courgettes, blackberries and runner beans.	October: Sweetcorn and Cox's apples.	November: Maincrop potatoes and red cabbage.
Vegetables: Artichoke, aubergine, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, globe artichoke, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce and salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms. Fruit: Apples, bilberries, blackberries, elderberries, figs, grapes, melons, nectarines, peaches, pears, plums, raspberries, redcurrants.	Vegetables: Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, globe artichoke, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce and salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms. Fruit: Apples, bilberries, blackberries, elderberries, figs, grapes, medlar, pears, quince.	Vegetables: Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, shallots, swede, turnips, watercress, wild mushrooms. Fruit: Apples, clementines, cranberries, passion fruit, pears, pomegranate, quince, satsumas.

# Task 1b: Eat a Season



Have a look at home or on the internet and make a collection of fruit/vegetables from different seasons.

1) Use the Seasonal Fruit and Vegetables Chart to help you group the fruit and vegetables into the different months they grow in.

2) Label each of your groups using the Month Labels.

3) Say whether or not the fruit/vegetable is imported.

3) When you have completed the task, take a photograph.



# Seasons Quick Quiz



Without checking your sheets, write down when the fruit or vegetable is in season.



Photos courtesy of mealmakeovermoms, Benson Kua, Rob Ireton and ewen and donabel (@flickr.com) - granted under creative commons licence - attribution

# Aim



- I can explain what seasonality means and know when different fruit and vegetables are in season in the United Kingdom.

# Success Criteria

- I can explain that fruit and vegetables are in season when they are naturally ripe.
- I can name the seasons when cherries, Brussels sprouts, pumpkin, blackberries, peas and parsnips are in season.
- I can use the seasonal fruit and vegetable chart.



# TASK 2

Understanding the difference  
between reared food, caught  
food and processed food

Reared,  
Caught and  
Processed



twinkl



# Aim

- I can explain where, when and how a variety of ingredients are reared, caught and processed.

## Success Criteria

- I can say what the words reared, caught and processed mean.
- I can name some foods that are reared, caught and processed and can say where some of these foods come from.
- I can explain that reared and caught foods are also seasonal.

# What do we know?



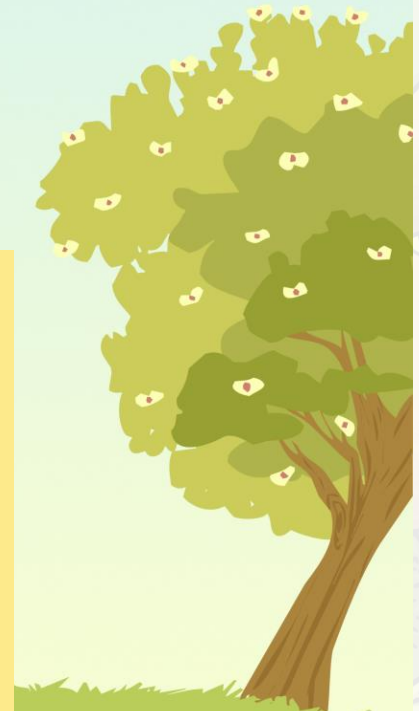
- What do you already know about seasonality?
- Why is it important that we try to eat seasonal food?

Climate conditions affect when food is produced in the UK.

Seasonality is the time of year when a food type is at its best in terms of flavour or harvest.

Eating seasonably is more sustainable. Growing fruit and vegetables in season means lower levels of heating, lighting, pesticides and fertilisers than at other times of the year.

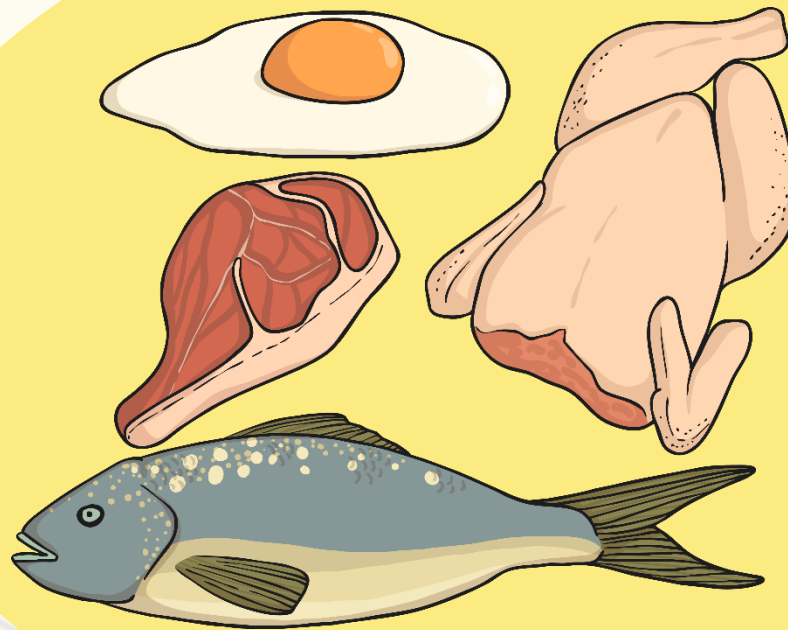
Seasonable produce is better for the environment.



# Different Food Types



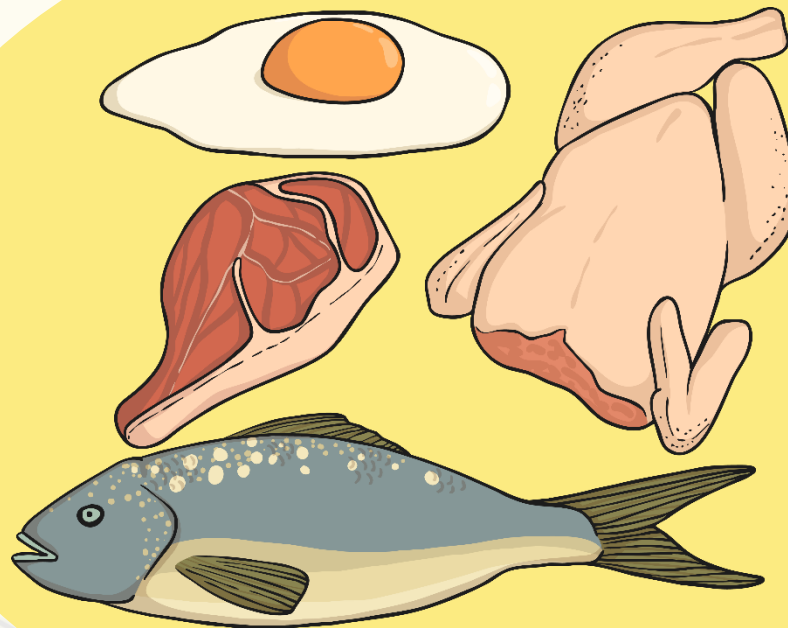
What other types of food do we eat and where does it come from?



# Different Food Types



**All of our food comes from plants or animals and has to be FARMED, GROWN or CAUGHT.**



**Read the information on the following two slides.**

## **Reared Food**

Wales: Welsh lamb



Wales is well suited to beef and sheep farming. The meat tastes nice because the rich soil produces good grass.

Tough mountain breeds can survive up in the Welsh mountains through heavy rainfall and cold conditions.

Scotland: Highland Cattle



Highland cattle have lots of hair to keep them warm. The soil in the Scottish Highlands is not very fertile so the cattle are good at foraging for food on mountainous slopes (flowers, grass and leaves) which contributes to the meat's flavour. Grazing on this type of greenery means they grow slowly and are very lean (little fat).

Photos courtesy of geneviereromier and simpologist@flickr.com) - granted under creative commons licence - attribution

# Reared Food

## Northern Ireland: Dexter Beef

This breed of cattle can survive tough conditions making the meat lean.

They eat a range of grasses which contain good fats, alongside wild herbs which naturally flavours their meat.



Photos courtesy of Matt Browne and cwuebcheler (@flickr.com) - granted under creative commons licence - attribution

**Watch the video.**

## **Reared Food: Rearing Chickens**

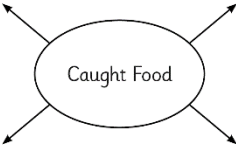


Photos courtesy of Layla.a (@flickr.com) - granted under creative commons licence - attribution

Using this sheet, write down three facts that you have learnt about reared food.

# Reared Food

## Seasonal Chart

Reared:	Caught:	Processed:
1.		1.
2.		2.
3.		3.

# Caught Food



In the UK, we have plenty of food that can be caught in the surrounding seas because we are an island. Quickly jot down anything you think can be caught in the seas around the United Kingdom then check on the next slide.



Caught  
Food

# Caught Food

Were there any you didn't guess? Add them to your sheet.

## West Coast of Scotland

Langoustines



## Northumberland

Craster Kippers



## Gloucestershire and the Cotswolds

Rapeseed Salmon



## Wales (coastline)

Seaweed  
Cockles



Norfolk  
Cromer Crab



## Cornwall

Cornish Lobster



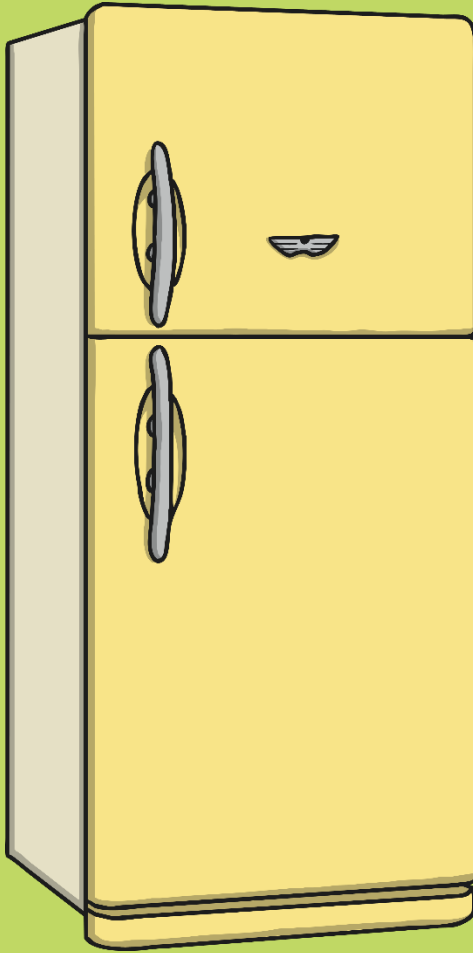
East Sussex  
Dover Sole



Photos courtesy of Alaskan Dude, Bryan Ledgard, genevieveeromier, jthetzel, Kai Hendry, Nick Saltmarsh and zone41 (@flickr.com) - granted under creative commons licence - attribution

**Read the information on the following three slides.**

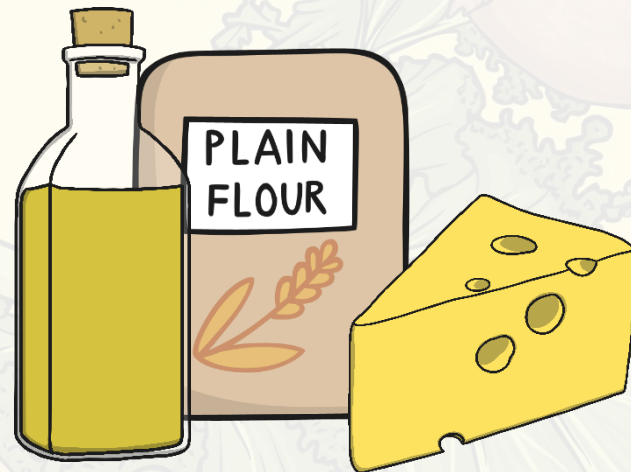
## **Processed Food**



Definition: Processed foods have been altered from their natural state, either for safety reasons or because it makes them easier to store or eat. Grain is milled to produce flour, oil is pressed from olives, butter and cheese is made from milk. The most common processing methods are canning, freezing, refrigeration, dehydration and aseptic processing.

# Processed Food

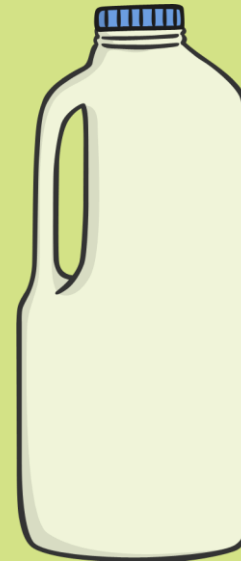
We usually think of processed foods as being bad. In truth, many of them are however some types of processed foods are good for you. It isn't the method of processing that makes some processed foods bad for you it's the ingredients used in those products. So processed foods made with healthy ingredients are fine for your diet, just avoid those that are high in calories, sugar, fat and sodium, or that have little nutritional goodness.



# Good Processed Food

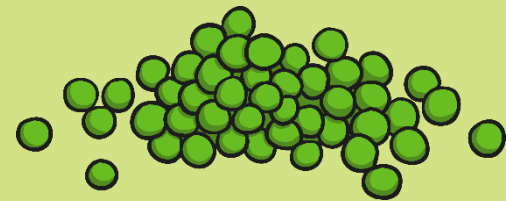


**Breakfast cereals** are processed foods that can be good for you when they're made with 100% whole grain and fortified with additional nutrients. Unfortunately, many breakfast cereals are made with too much sugar, and they're low in fibre. Read the nutrition label on the package, it will help you decide if the breakfast cereal is good or not.



**Milk** is a processed food because it's pasteurized to kill bacteria and homogenized to keep fats from separating. Low and non-fat milk are good for most people who can digest the lactose (milk sugar).

**Frozen foods** are processed foods too. Some healthy frozen foods are plain frozen fish, vegetables and fruits that don't contain any sugar or syrup. Freezing preserves most vitamins and minerals and makes the food convenient to store, cook and eat all year round.



# Watch this video.

## Processed Food: The Story of Milk



Photo courtesy of Jonesemyr (@flickr.com) - granted under creative commons licence - attribution

# Seasonality



Many reared and caught foods have certain seasons when they are at their best.

	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
turkey	*	*									*	*
lamb				*	*	*	*	*				
cockles			*	*								
crab					*	*	*	*	*	*	*	
duck	*								*	*	*	*
mackerel	*	*						*	*	*	*	*

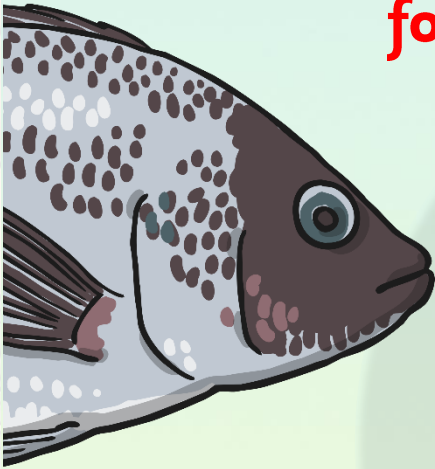
1) Which months is Lamb in season?

2) Which ingredients are in season for the longest/shortest time?

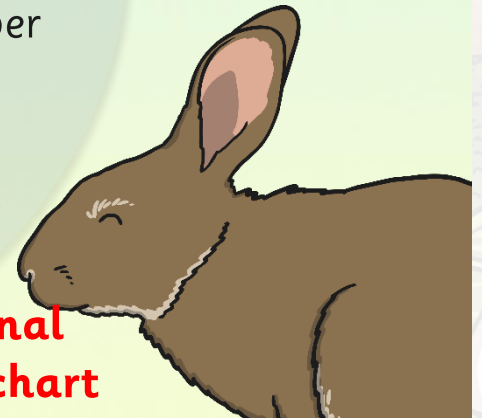
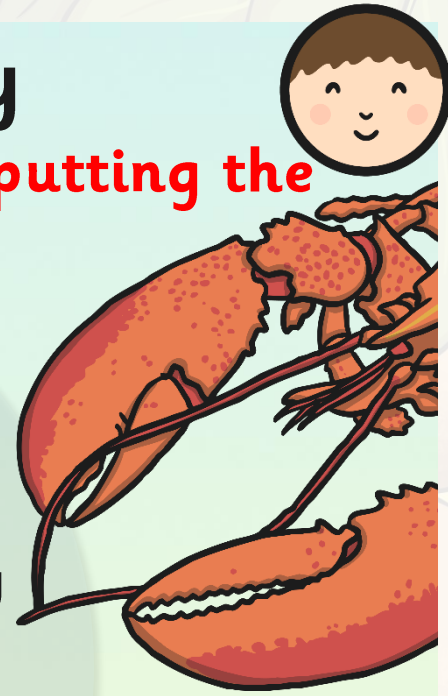


## Task 2: Seasonality

Create your own seasonality chart by inputting the following information:



Venison: August to February  
Hare: September to February  
Wood Pigeon: April to November  
Guinea Fowl: September to February  
Rabbit: July to December  
Scallops (queen): June to August  
Sea Bass (wild): August to December  
Lemon Sole: August to March  
Lobster: October to March  
Langoustine: February to August



You can use the sheet 'Seasonal Calendar' or create your own chart altogether.

# Seasonal Calendar

1. Write the months of the year in the correct season. The first one has been completed.
2. Write the names of the foods in the correct season. The first one has been written.

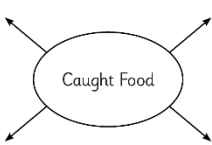


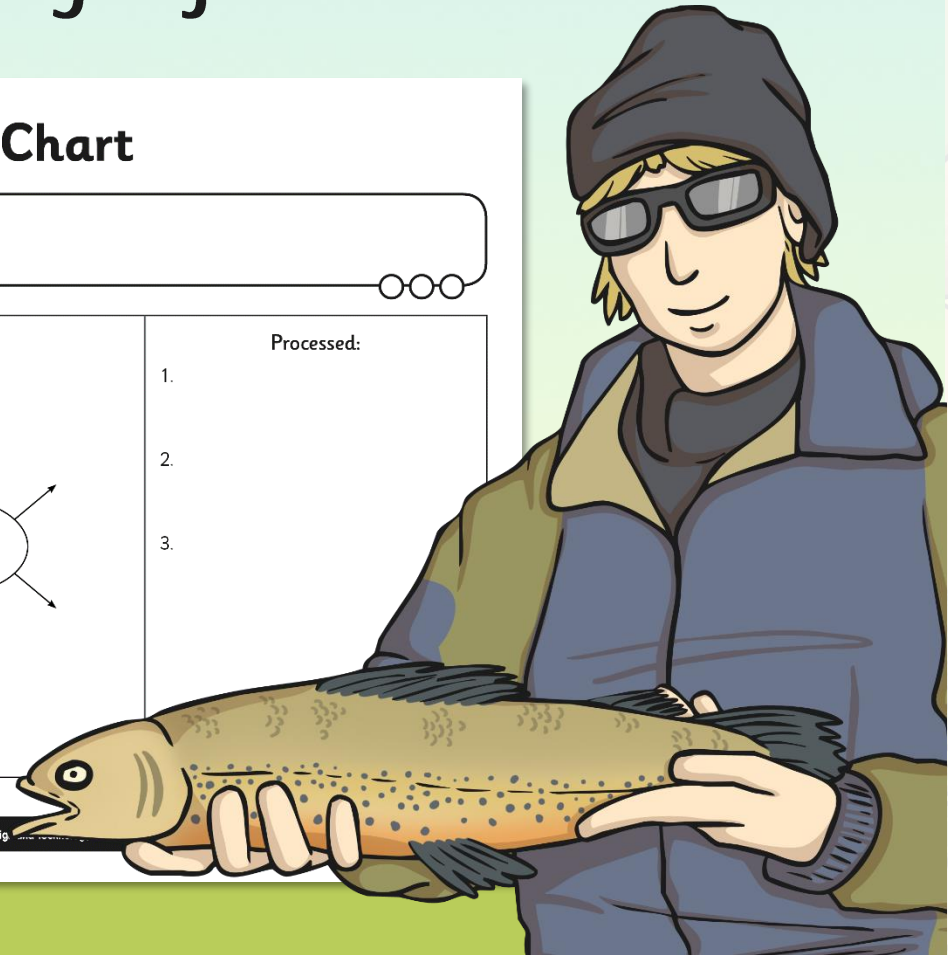
January  
February  
March  
April  
May  
June  
July  
August  
September  
October  
November  
December

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
turkey	*	*									*	*
lamb				*	*	*	*	*				
cockles			*	*								
crab					*	*	*	*	*	*	*	
duck	*								*	*	*	*
mackerel	*	*						*	*	*	*	*

# What have we learnt about caught food?

## Seasonal Chart

Reared:	Caught:	Processed:
1.		1.
2.		2.
3.		3.



# Aim



- I can explain where, when and how a variety of ingredients are reared, caught and processed.

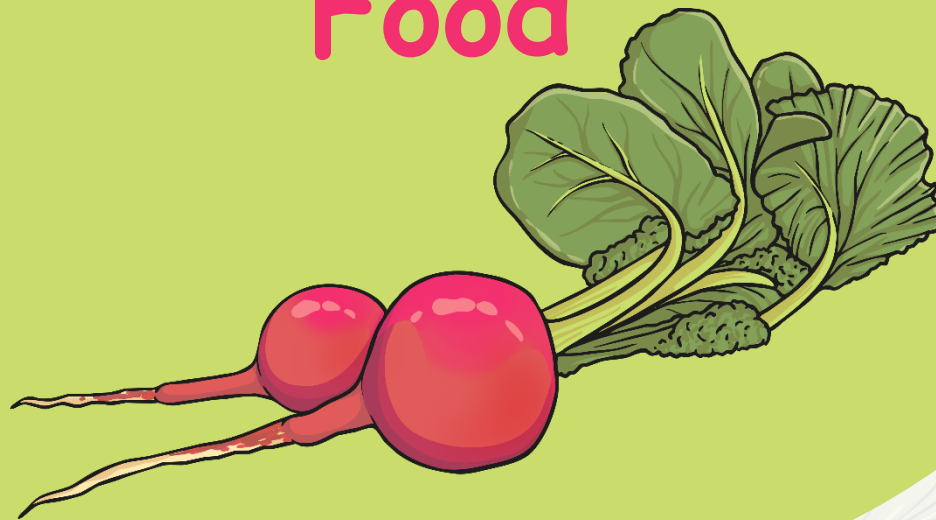
## Success Criteria

- I can say what the words reared, caught and processed mean.
- I can name some foods that are reared, caught and processed and can say where some of these foods come from.
- I can explain that reared and caught foods are also seasonal.

# TASK 3

Taste Testing (seasonal or  
Greek food)

# Tasting Seasonal Food





# Aim

- I can taste and evaluate seasonal foods and recognise that sometimes we need to try a new food a few times to find out if we like it.

# Success Criteria

- I can enjoy tasting new seasonal foods.
- I can describe the taste, texture and smell.
- I can say which ingredients I preferred and explain why.

# Setting the Context

**You will be  
designing, preparing and  
cooking/assembling a meal to promote  
eating seasonal food.**

**Fun twist: Perhaps you could make  
your meal 'Greek themed' to link to  
our topic!**

**Before you can design a meal you  
need to try seasonal foods from spring  
to explore different tastes.  
Why not get your family involved too?**



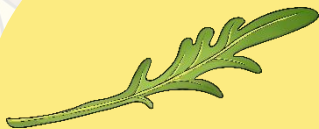
# Taster Session

You will be tasting seasonal spring vegetables. If you don't have these (or can't get these, choose a selection from your chart from Task 2.

Raw

Raw and Cooked

Cooked



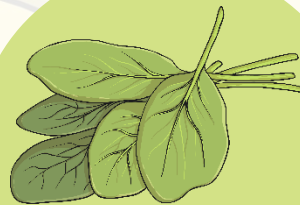
rocket



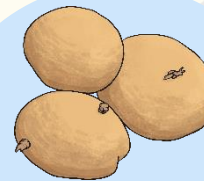
spring onions



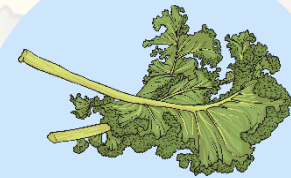
radishes



spinach



Jersey Royal  
new potatoes



kale



asparagus

# Greek Options

- If you want to take your taste testing/meal design down a Greek route, you could use some of the following suggestions.

\*Parents – Lidl have a large selection of Greek food at the moment but you may already have some at home.

- Greek salad
- Tzatziki
- Feta cheese
- Olives
- Taramasalata

Pitta  
Moussaka  
Baklava  
Spanakopita  
Dolmades

# Task 3: How to Taste

1. Take a small sample and think about how its looks and smells.

2. Try it and explain what you taste, e.g. it is quite soft, it is juicy, it is crunchy, it is sweet.

3. Fill in the Activity Sheet.










4. Write the name, then write a short description to describe taste, texture or smell.

Shade in the face to show what you thought of the food.

Smile = I like it.

Straight mouth = I'm not sure if I like this.

Sad face = I don't think I like this now, but I'll try it again another time.










Name of food and description: 	Name of food and description: 	Name of food and description: 
Name of food and description: 	Name of food and description: 	Name of food and description: 
Name of food and description: 	Name of food and description: 	Name of food and description: 

The last two boxes will be left blank for the next session.

# Let's Get Tasting!

**First, wash and dry your hands.**



Name of food and description:  	Name of food and description:  	Name of food and description:  
Name of food and description:  	Name of food and description:  	Name of food and description:  
Name of food and description:  	Name of food and description:  	Name of food and description:  

# Compare

1) Which foods did you prefer?  
Why?

2) Which foods were you not as keen on?  
Why?

3) Do we all have different tastes?  
Why is this?

4) Add to your sheet whether you think the foods you tasted were grown, reared, caught or processed.





## Remember ...

- It is important to re-taste foods that you think you do not like a few times to see if you change your mind.
- Taste buds change over time – what you definitely don't like now may become something you like in the future, so keep tasting every few months.

# TASK 4

Designing a seasonal (or Greek)  
meal

# Designing a Seasonal Meal





# Aim

- I can work as a group to generate, evaluate and refine recipe ideas.
- I can clearly communicate final designs.

# Success Criteria

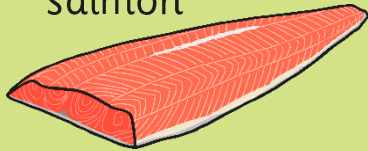
- I can generate creative ideas about food.
- I can work well as a group, sharing my ideas and listening to the views of others.
- I can take feedback and improve my designs.
- I can include an annotated diagram in my final design.
- I can communicate my choice of ingredients, methods, cooking times and temperatures.

# Ingredients List

You may wish to choose from these for your seasonal meal.

## Protein

salmon



prawns



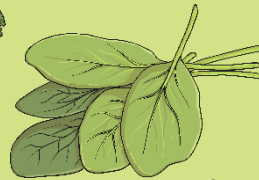
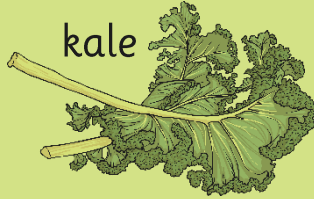
## Vegetarian

lentils



## Vegetables

kale



spinach

spring onions



asparagus



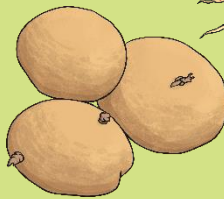
rocket



radishes

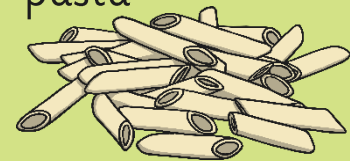


Jersey Royal  
new potatoes

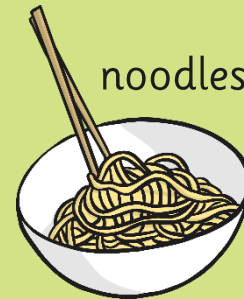


## Carbohydrates

pasta



noodles



rice



# Cupboard Essentials

You may wish to choose from these for your seasonal meal.

**Condiments:** soy sauce, ketchup, Tabasco sauce, HP sauce, mayonnaise, jar of pesto, mustard.

**Tins:** tomato puree, tinned tomatoes.

**Spices:** whole nutmeg, ground cinnamon, dried coriander, cumin, chilli powder, five-spice, curry powder, smoked paprika.

**Oils:** olive oil or vegetable oil.

**Seasoning:** salt and pepper.



**Vinegars:** red wine vinegar, white wine vinegar, balsamic vinegar.

**Herbs:** dried oregano, dried bay leaves, dried thyme.

# Design Criteria



## **Our meal will:**

- Have a balance of ingredients taken from the eatwell plate.
- Include a varied selection of seasonal ingredients.
- Be interesting and tasty.
- Be visually appealing.

We need to have clear goals that the meal must achieve in order to:

- Be healthy.
- Be innovative and appealing.
- Promote seasonal cooking.

# Example Recipe

This is a recipe for autumn foods.



## Butternut Squash, Walnut and Kale Pasta

Makes 4 servings

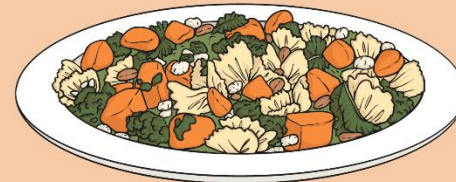
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### Ingredients

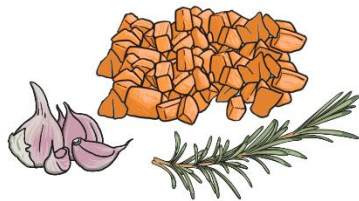
700g butternut squash, peeled, deseeded and cut into 5 cm chunks  
2 garlic cloves, peeled and sliced  
2 tbs fresh rosemary leaves roughly chopped  
2 tbs olive oil  
300g wholewheat pasta  
150g chopped kale  
25g walnuts, toasted  
100g goat's cheese roughly crumbled

### Equipment

Chopping board  
Knife  
Serving bowls  
Frying pan  
Large sauce pan  
Colander



**Step 1.** Heat oven to 190 °c or gas mark 6. Put the squash, garlic and rosemary in a roasting tin and drizzle over the oil. Season and roast for 30 to 40 minutes until soft.



**Step 2.** Meanwhile, cook the pasta in boiling water for 10 to 12 minutes. Add the kale for the last 4 minutes of cooking time; drain well and return to the pan.

**Step 3.** Gently stir the squash mixture, walnuts and goat's cheese through the pasta and kale.

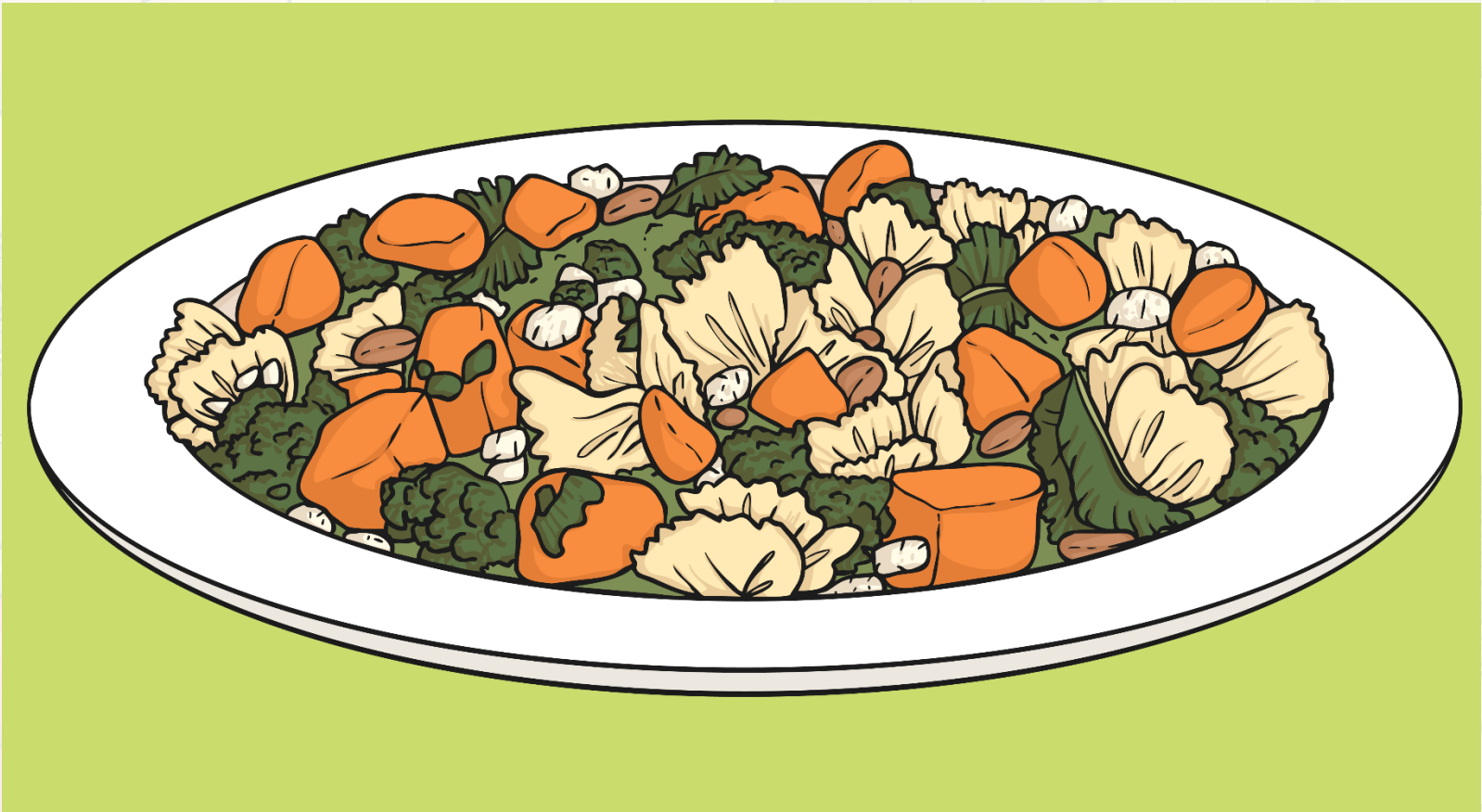


**Step 4.** Divide in serving bowls and serve.

# Butternut Squash, Walnut and Kale Pasta



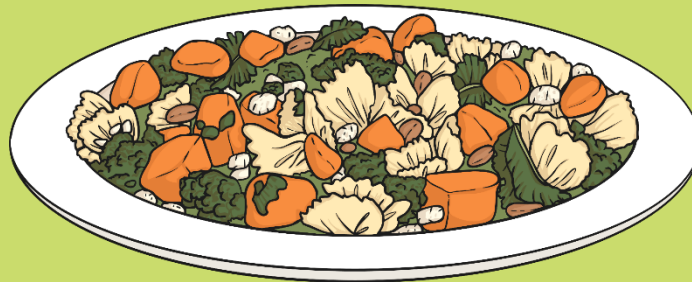
How does this meal meet the design criteria? Use the checklist to help you.



# Butternut Squash, Walnut and Kale Pasta



How does this meal meet the design criteria? Use the checklist to help you.



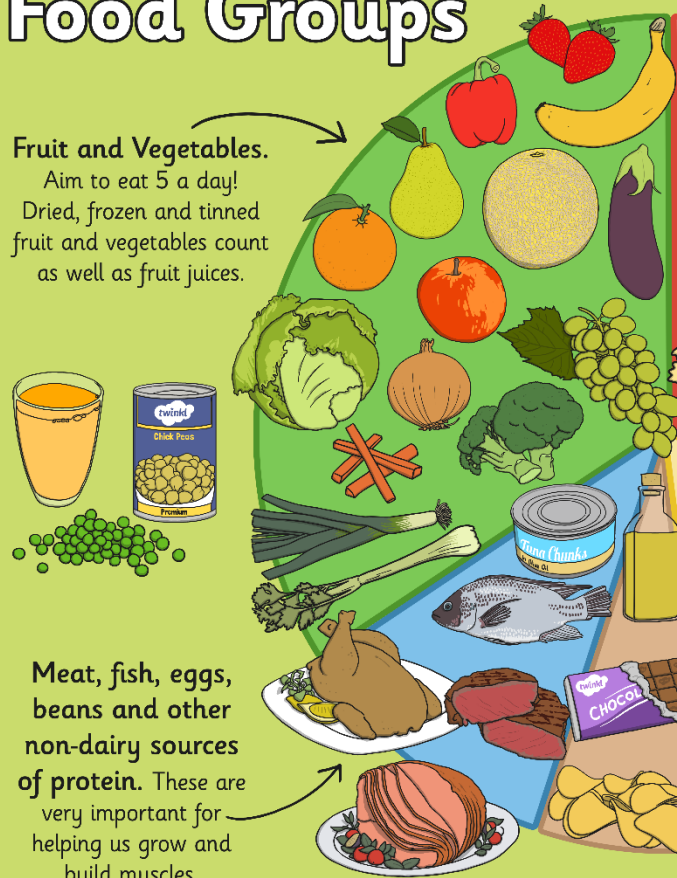
1. It includes a very good balance. Pasta (carbohydrate), kale and butternut squash (vegetables), walnuts (protein), goats cheese (dairy) and olive oil (fats).
2. Butternut squash and kale are both in season in autumn.
3. The recipe contains new types of food that you may not have tasted which makes them interesting. Taste can't be judged.
4. Vibrant colours and variety of textures.

# The Eatwell Plate

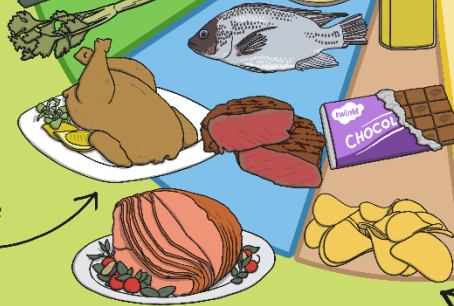
## Food Groups

### Fruit and Vegetables.

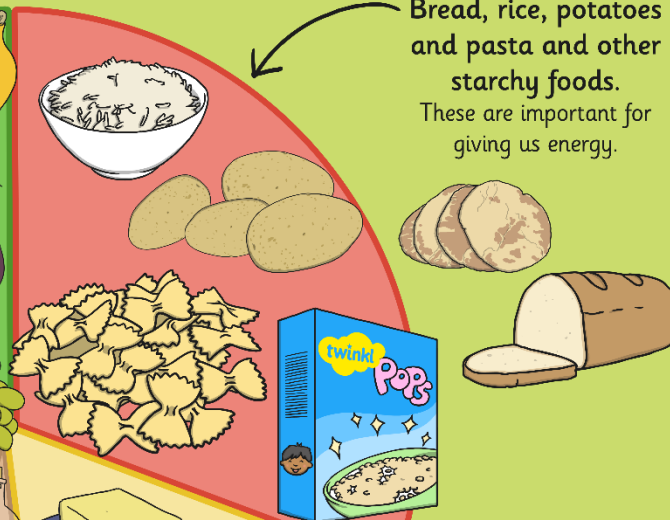
Aim to eat 5 a day!  
Dried, frozen and tinned fruit and vegetables count as well as fruit juices.



Meat, fish, eggs, beans and other non-dairy sources of protein. These are very important for helping us grow and build muscles.



Bread, rice, potatoes and pasta and other starchy foods. These are important for giving us energy.



Milk and dairy foods. These are important for strong teeth and bones.



Foods and drinks high in fat and/or sugar. These are important too, but you should only eat a little bit!



# Seasonal Ingredients



Autumn		
September: Courgettes, blackberries and runner beans.	October: Sweetcorn and cox's apples.	November: Maincrop potatoes and red cabbage.
<p><b>Vegetables:</b> Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, French beans, garlic, horseradish, kale, kohlrabi, leeks, lettuce and salad leaves, mangetout, marrow, onions, pak choi, peppers, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, bilberries, blackberries, damsons, elderberries, <b>figs</b>, <b>grapes</b>, <b>melons</b>, <b>nectarines</b>, peaches, pears, plums, raspberries, redcurrants.</p>	<p><b>Vegetables:</b> Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce and salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, bilberries, blackberries, elderberries, <b>figs</b>, <b>grapes</b>, medlar, pears, quince.</p>	<p><b>Vegetables:</b> Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, salsify, shallots, swede, turnips, watercress, wild mushrooms.</p> <p><b>Fruit:</b> Apples, clementines, <b>cranberries</b>, <b>passion fruit</b>, pears, <b>pomegranate</b>, quince, satsumas.</p>





## Note:

If you are planning a Greek meal, use the Greek Recipe Booklet (download from home learning page) or the internet to help guide your ideas.

Consider ideas from a range of dishes and think about how you could combine ingredients e.g. a greek salad, moussaka, mezze with tzatziki and houmous.

Remember to use the checklist to try to keep it a balanced meal.

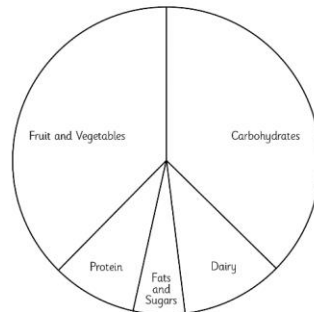
# Generating Ideas



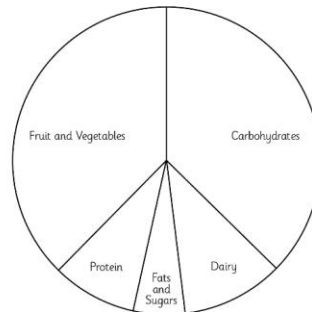
Use the 'Design Ideas' sheet to help you generate ideas for three different seasonal (or Greek) meals. Make sure they are balanced by using the eatwell plate to help you. Talk about your ideas with someone at home or a friend via videolink.

## Design Ideas

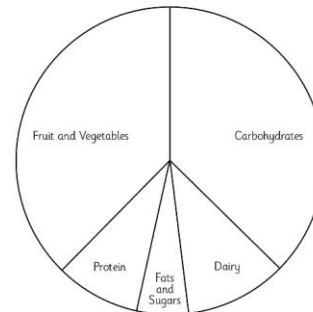
Discuss and share ideas as a group and then record them below. Draw and write your ideas for three different seasonal meals. Make sure you create balanced meals by drawing the foods into their correct food group on the eatwell plate and aim to include each of the food groups.



Feedback:



Feedback:



Feedback:

# Final Design



Record your final design as an annotated diagram using the sheet to help you. Carefully consider cooking methods, times and temperatures you might need. Record these at the bottom of the sheet.

**Final Design**

Record your final design below. Annotate your diagram to give more detail about the meal.

Fruit and Vegetables

Carbohydrates

Protein

Fats and Sugars

Dairy

Methods:	Cooking Times/Order:	Temperatures:

1.

2.

3.

4.

5.

6.

Shopping List:

7.

8.

9.

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# Shopping List

Methods:

Cooking times/order:

Temperatures:

Shopping List:

- |    |    |    |
|----|----|----|
| 1. | 4. | 7. |
| 2. | 5. | 8. |
| 3. | 6. | 9. |



Think about how many people you are cooking the meal for and use this to help decide how many of each ingredient you will need. Use this to create a final shopping list.

# TASK 5

Cooking, eating and evaluating



# Making and Evaluating



# Aim

- I can explain how to correctly store and handle meat and fish.
- I can prepare, cook and evaluate a healthy seasonal meal.

## Success Criteria

- I can say at least 4 key rules for storing and handling raw and cooked fish and meat.
- I explain the system of using different chopping boards.
- I can demonstrate a wide range of preparation techniques.
- I can use different cooking techniques such as grilling, griddling, frying and boiling.
- I can refine my recipe including ingredients, methods and cooking times.
- I can evaluate my final product against the design criteria.

# Food Hygiene Rules



Remember to follow these rules before cooking!



- Wash your hands.
- Remove any jewellery or nail varnish.
- Roll up sleeves.
- Put apron on.
- Tie hair back.
- Wash surfaces.

## IMPORTANT HYGIENE RULES!

# Storing and Handling Meat



It's important to store and prepare meat safely to stop bacteria from spreading and to avoid food poisoning.

1. Put meat in the fridge at 5 degrees or below, or in a freezer as soon as you get home.
2. Store raw meat or raw poultry in clean sealed containers on the bottom shelf of the fridge, so the meat can't touch or drip onto other food.
3. Follow any storage instructions on the label and don't eat meat after its "use by" date.
4. If you cook meat that you're not going to eat straight away, cool it as quickly as possible and then put it in the fridge or freezer.
5. Remember to keep cooked meat separate from raw meat.
6. Use separate chopping boards that are clearly labelled (or coloured) for cooked meat and raw meat.
7. Always thoroughly clean plates, utensils, surfaces and hands after they have touched raw or thawing meat to stop bacteria from spreading.
8. Cook foods thoroughly ensuring they are piping hot and juices run clear. Don't take the risk, test it first.

## IMPORTANT HYGIENE RULES!

# Storing and Handling Fish



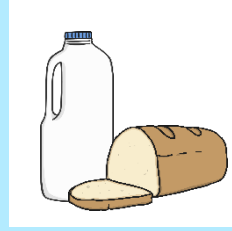
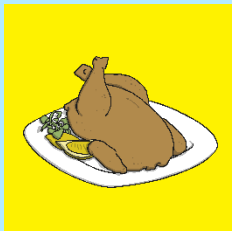
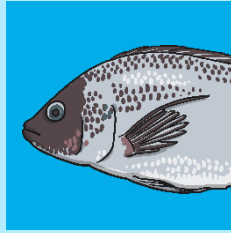
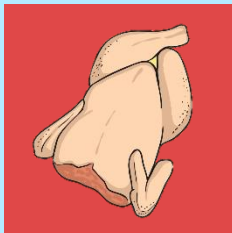
It's important to store and prepare fish safely to stop bacteria from spreading and to avoid food poisoning.

1. Put fish and shellfish in the fridge or freezer as soon as you get home.
2. Make sure that all fish and shellfish are in covered containers. Although, don't put mussels, oysters, clams or any other live shellfish into airtight containers, because they need to breathe.
3. Don't store fish or shellfish in water.
4. Throw away mussels, oysters, clams or any other live shellfish if their shells crack or break, or if the shells are open.
5. Always thoroughly clean plates, utensils, surfaces and hands after they have touched raw or thawing fish to stop bacteria from spreading.

# IMPORTANT HYGIENE RULES!

## Chopping Board Colours

It is important to use clearly labelled or colour coded chopping boards, this ensures that raw foods and cooked foods don't come into contact with each other, this can be very dangerous and cause food poisoning.



Prevent cross contamination

Use the correct colour coded chopping boards and knives.

Raw meats and poultry only

Raw fish and shellfish only

Raw unwashed vegetables, salads and fruits only

Ready to eat and cooked foods only

Washed vegetables, salads and fruits only

Bakery and dairy products only

If you're cooking salmon for your dish, follow these tips unless your recipe says otherwise.

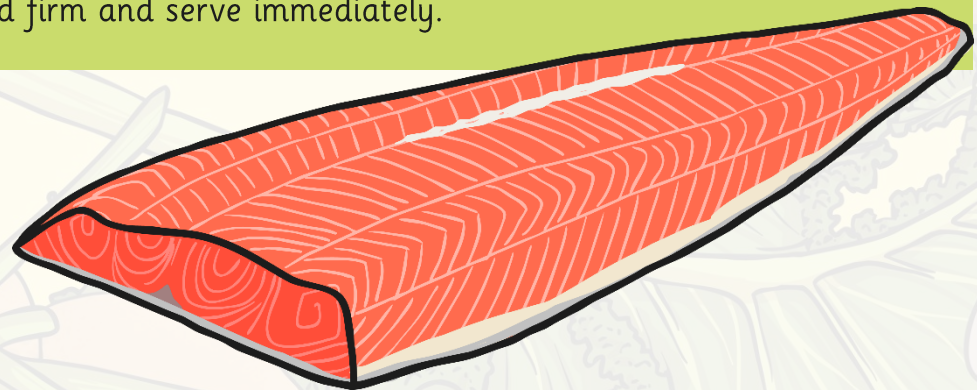
## Cooking Techniques Focus: Salmon

### To pan-fry salmon fillets:

- Brush the fish with melted butter or oil.
- Heat a griddle pan or frying pan until hot, then lay the salmon fillets in, skin-side down.
- Fry the fillet for 4 to 5 minutes on this side, until the salmon starts to change colour in the middle.
- Turn the fillets over for a further 3 minutes until the salmon is just cooked.

### To grill salmon fillets:

- First brush a pan with oil or melted butter and then do the same to the fish.
- Place the fillet in the pan, skin side up.
- Cook under a very hot grill for 4 minutes on each side.
- Grill until the salmon is opaque and firm and serve immediately.



If you're cooking prawns for your dish, follow these tips unless your recipe says otherwise.

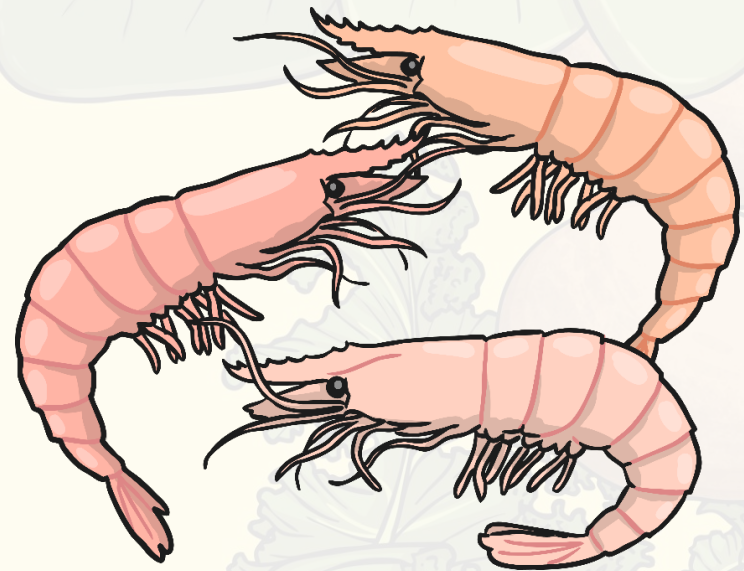
## Cooking Techniques Focus: Prawns

Prawns can be boiled in salted water for a couple of minutes if bought raw, and are also delicious grilled and stir-fried. Their flesh is grey when raw and turns pink and opaque once cooked.

Make sure they're thoroughly cooked but take care not to overcook them or they'll become tough.

Use cold-water prawns in cold dishes such as salads. They are delicious served with a squeeze of lemon juice.

Eat cold-water prawns cold, if reheated they can shrivel and dry out quickly. Warm-water prawns can be bought ready cooked. They can be served in a salad or quickly stir fried for 2 to 6 minutes according to size and used in stir fries.



# Preparation Time



Remember:

- Keep your work space clean and tidy.
- Use kitchen equipment correctly.
- Wash your hands when needed to ensure good food hygiene.

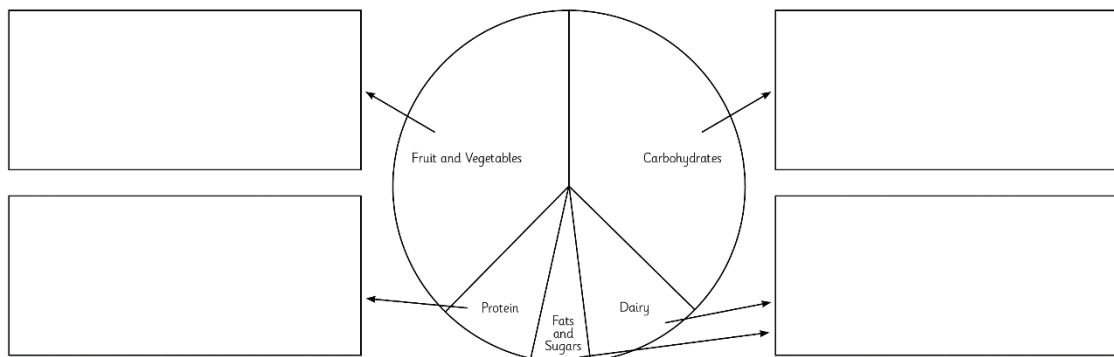
# Ready, Steady, Cook!



Remember to follow your design. You need to keep tasting using a clean spoon.  
You may then need to alter your recipe or cooking times.

## Final Design

Record your final design below. Annotate your diagram to give more detail about the meal.



Methods:	Cooking Times/Order:	Temperatures:	Shopping List:		
			1.	4.	7.
			2.	5.	8.
			3.	6.	9.

# EATING TIME! 😊

- Once you've cooked your delicious meal, think about how you will present it/set it out.
- Enjoyment of a meal also comes from what it looks like, not just what it tastes like!
- Invite your family to share the meal/taste your food (you could create a special invitation or design a menu for them)!
- Encourage them to be truthful about their opinions of your meal – this will help form your overall evaluation (see next page).
  - Take a photo of everyone enjoying your meal.
- After you've finished, use the evaluation sheets to carefully consider what went well and what you would change next time.

Evaluate your dish using one of the three sheets (\*, \*\* or \*\*\*). Remember to include a photo of the meal.

# Evaluate

**★ Practical Evaluation**

**Part 1:**  
Make a list of the ingredients in your recipe/dish.

1. Circle the reason why you choose the dish.

Learn a new skill      Practice a skill

2. Circle the preparation/cooking methods you will use.

Peel      Slice      Ch  
Grilling      Hob      Gri

**Part 2:**  
3. What tools, materials and equipment did you use?

4. Did you develop or change the original recipe? (Circle or)

Yes      No  
Changed Presentation      Changed Cooking

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**★★ Practical Evaluation**

**Part 1:**  
What type of dish will you make and what ingredients will you use? Give a brief description below.

1. Why did you choose the dish? \_\_\_\_\_  
Which new skill have you learnt? \_\_\_\_\_  
Which practice skill have you learnt? \_\_\_\_\_  
What have you experimented with or found out? \_\_\_\_\_

2. What preparation skills did you use and develop?


3. Circle the cooking method that you will use.

Grilling      Hob      Griddle      Microwave      Other

**Part 2:**  
4. What was the best part of your dish, why?

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**★★★ Practical Evaluation**

**Part 1:**  
What type of dish will you make and what ingredients will you use? Give a brief description below.

1. Why did you choose the dish? \_\_\_\_\_  
Which new skill have you learnt? \_\_\_\_\_  
Which practice skill have you learnt? \_\_\_\_\_  
What have you experimented with or found out? \_\_\_\_\_

2. What preparation skills did you use and develop?


3. Circle the cooking method that you will use.

Griddle      Microwave      Other

4. Did you develop or change the original recipe? (Circle or)

Yes      No  
Changed Presentation      Changed Cooking

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# Evaluate

## Practical Evaluation

5. Is there anything that you changed or would like to change if you made it again?



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6. Circle how you felt about the dish after you made it.

Disappointed      Want to make something else      Satisfied

7. Complete a sensory analysis of your final product. Tick the box.

		
Flavour		
Texture		
Appearance		
Smell		



Don't forget to take a photograph!

Teacher Feedback and Evaluation:

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## Practical Evaluation

5. Did you develop or change the original recipe? (Circle any)

Yes      No      Added/Removed Ingredient  
Changed Presentation      Changed Cooking Method      Other

6. How did you feel about the dish after you made it?

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7. Complete an analysis of your final product. Write a short explanation in each box.

Specification	How it was achieved	Evaluation
Have a balance of ingredients taken from the eatwell plate.		
Include a varied selection of seasonal ingredients.		
Be interesting and tasty.		
Be visually appealing		



Don't forget to take a photograph!

Teacher Feedback and Evaluation:

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## Practical Evaluation

h? Why?

product. Write a short explanation in each box.

How it was achieved	Evaluation

Don't forget to take a photograph!

