

Staying Healthy and food

Specific focus: Staying Healthy—Curry!

W/C: 11th May 2020



This week, we are going to be focusing on how we can make healthy choices at home. I also promised (before lockdown) that we would make curry! So I have built this into our healthy cooking lessons this week.

Subject: Science

Activity Outcome: To understand healthy choices and how to have a healthy lifestyle.

Explain:

Watch Bitesize clip at <https://www.bbc.co.uk/bitesize/clips/z8yd2p3>

The clip will act as a good discussion starter about ways to be healthy.

Task 1 - Use the lunchbox template provided to design a packed lunch that is full of healthy choices.

Task 2 - Take inspiration from Joe Wicks and design your own exercise routine and teach it to the rest of your family.

Subject: Design Technology

Activity Outcome: To cook a popular dish

Explain:

Use the recipe on page 4 to cook a vegetable curry.

This recipe is mainly made of things that you would already have at home. You can always swap in different vegetables. If you wanted to add meat, you can cook it separately and add it in after :)

Even if you think you won't like it, try a little tiny bit! It is your hard work that went into it.

If you cannot make curry, that's okay. Work together to cook or bake something else. The lesson is really about making a dish together.

Subject: Design Technology

Activity Outcome: To evaluate a product.

Explain:

We are going to evaluate the success of our cooking yesterday. Evaluation is about thinking about how the process went, how the final product turned out and what we might improve next time.

See page 5 for evaluation questions.

(If you cooked something different, you might just have to change the wording slightly).

Subject: Design Technology / English

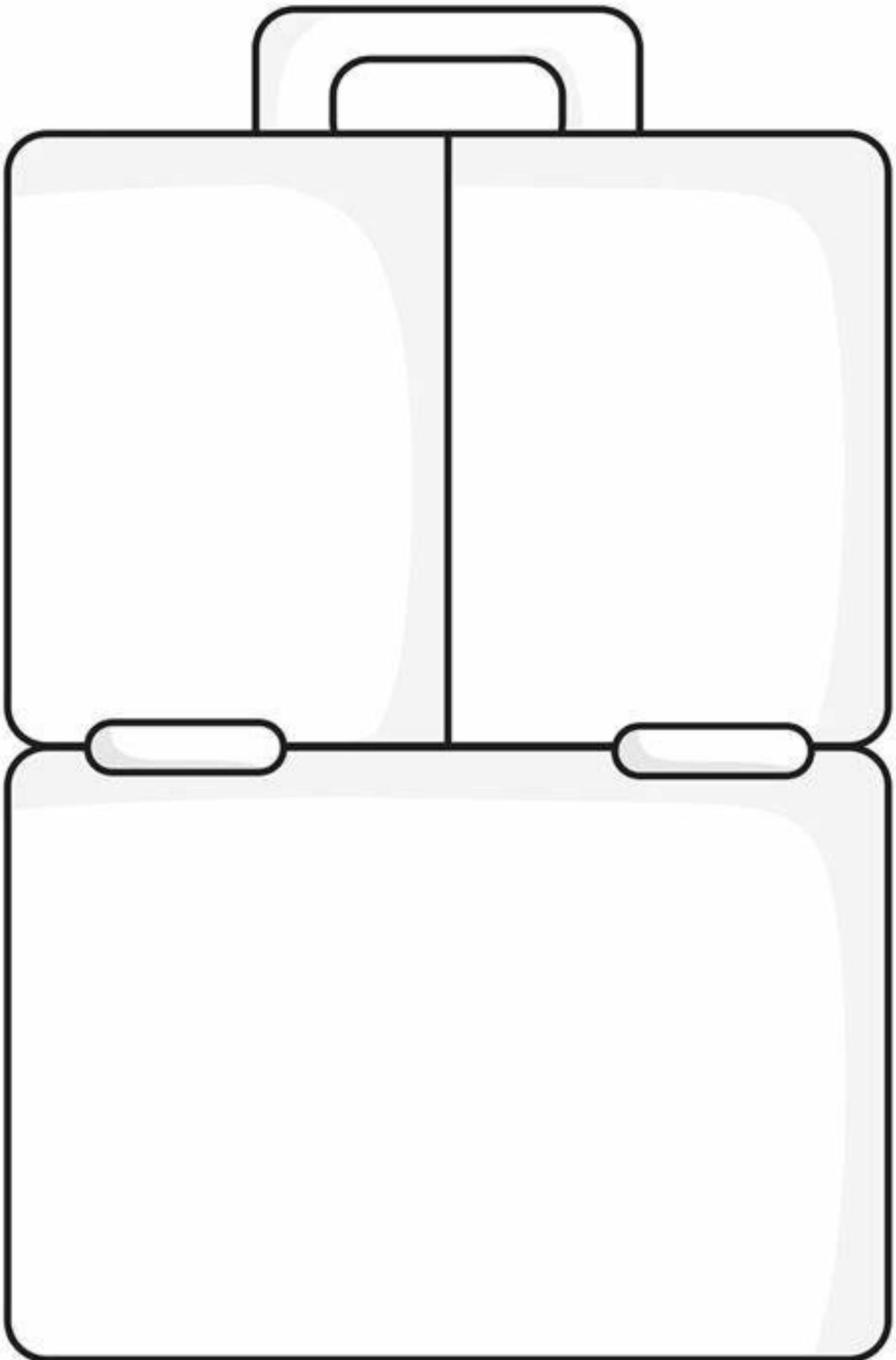
Activity Outcome: To persuade others.

Explain: You are going to pretend to sell the item you made in lesson 2.

You could create a poster, a magazine advert, you could even record your own TV commercial.

Remember you need to convince people to buy your product. How would you describe it? What would make people buy it?

Design a healthy lunch



My exercise routine

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



Exercises I could include:

Jog on the spot

Star jumps

Straight jumps

March on the spot

Burpees

Arm lifts

Arm circles

Leg lifts

Sit ups

Push ups

How to make a simple vegetable curry

Serves 5

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 1/2 tablespoons curry powder
- 2 tablespoons tomato purée
- 1 (400g) tin chopped tomatoes
- 1 vegetable stock cube
- 285g mixed vegetables chopped
- 340ml (12 fl oz) water
- salt and pepper to taste
- chopped fresh coriander to garnish (Optional)

You can use any vegetable that you have in the house.

I used:

Potatoes, Mange tout, Carrots, Peas, cauliflower.

You could even use frozen mixed vegetables!

Method

1. Get ingredients ready. Chop vegetable carefully into chunky pieces.
2. In a large saucepan over medium high heat, heat oil and sauté onion and garlic until golden.
3. Stir in curry powder and tomato purée, cook 2 to 3 minutes.
4. Stir in tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper to taste. Cook approximately 20 to 30 minutes until vegetables are well done (not crunchy).
5. Sprinkle with fresh coriander and serve.

Serving suggestions:

Serve with:

- Rice
- Naan Bread
- Chapatti
- Chips



Top tip: I like to let my sauce simmer down for a little longer than it says in the recipe, especially if it looks a little watery.

Curry evaluation

Was there anything in the making that was a bit tricky?



What did your curry look like?

What did your curry smell like?



What did your curry taste like?



How could you could you improve your curry next time?
