

Staying Healthy

Cooking and Seasonality

W/C: 11th May 2020



Food keeps us healthy, helps us to grow and provides us with the energy to be able to do things during the day. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy. An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat. In year 6, we begin thinking about not only what food is on our plates but also where it comes from...

Subject: Design and Technology

Activity 1) Research seasonal UK foods and create a table of which foods are in season when.

Read and watch the slides and links on the next few pages. As you read, take notes on which foods are in season in the UK when.

Use your notes to present the information in an engaging and easy-to-understand way. This may be in form of a table, mind map, list or using pictures.

Watch:

<https://www.bbc.co.uk/programmes/p011nblp>

Read:

<https://www.bbcgoodfood.com/seasonal-calendar/all>

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Activity 2) Design your own seasonal dish to cook for someone else.

Use the knowledge you have acquired during yesterday's research to plan a meal for a person of your choice. This person may be a family member, friend, hero or even a celebrity. Use the planning sheet provided to initially make notes on your chosen person, then use the links provided to decide on a meal, list the necessary ingredients and plan your cooking method.

Meal Musts:

- ◆ The dish must reflect the chosen person's personality or their job e.g. Matt Baker grew up on a sheep farm so I will cook a traditional shepherd's pie with a side of seasonal vegetables: carrots and cabbage.
- ◆ The dish must be based on seasonable foods. Lamb, potatoes, carrots and cabbage are all in season in the month of May so this is the perfect dish for Matt.

Recipe Ideas

Watch:

<https://www.foodafactoflife.org.uk/7-11-years/cooking/videos/>
(The 'Hot and Happening' section is great!)

Read:

<https://www.bbcgoodfood.com/recipes/collection/top-20-spring>

<https://www.bbcgoodfood.com/recipes/collection/healthy-kids>

<https://www.nhs.uk/change4life/recipes>

Remember to only cook with the help of an adult and to assess the risks that may be involved before you start.

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Activity 3) This one is simple—cook your meal!

Taste Tips: Where possible (i.e. when no raw food is involved), taste your cooking as you go along, step by step. This will ensure your meal tastes delicious at the very end!

In the mood for a challenge?

1) *Make it mathsy! Total the cost of your ingredients. Dish out your meal and count how many plates it fills. Divide the total cost by this number to give you the 'cost per head.'*

2) *Become a restaurant critique. Write and publish a review of your restaurant or dish. Formal critiques are commonly found in Newspapers, whereas more informal reviews can be seen on websites such as 'TripAdvisor.'*

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Activity 4) Evaluate your meal.

You may have heard of or been to a restaurant with a certain number of Michelin stars. Michelin stars are a rating system used to grade restaurants on their quality. According to the guide, **one star** signifies "a very good restaurant," **two stars** are "excellent cooking that is worth a detour," and **three stars** mean "exceptional cuisine that is worth a special journey."

Those restaurants which reach the elusive three star status did not arrive there without a rigorous reflection process. They would have invented a dish, asked many others to evaluate and finally, improved it.

Complete the sheets provided to evaluate your dish. How could you improve your dish? How many stars would you award yourself?

Activity Outcome 1) Research seasonal foods and create a table of which foods are in season when.

Unscramble the Words

1. pgirsn
2. tumuan
3. mesrum
4. nrwte

What are seasonal foods?

Seasonal food is the time of year when food is at its best, in terms of flavour or harvest.

Many foods are available all year, as they are imported from other countries.

When local seasonal food is available it tends to be fresher and cheaper - there has been less travel/storage from farm to fork.



Activity Outcome 1) Research seasonal foods and create a table of which foods are in season when.

WHY EAT THE SEASONS?

There are a number of good reasons to eat more local, seasonal foods:

- ▶ to reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat
- ▶ to avoid paying a premium for food that is scarcer or has travelled a long way
- ▶ to support the local economy
- ▶ to reconnect with nature's cycles and the passing of time

But most importantly,


- ▶ seasonal food is fresher and so tends to be tastier and more nutritious

Seasonability Chart

- ▶ **Read:** <https://www.bbcgoodfood.com/seasonal-calendar/all>
- ▶ **Watch:** <https://www.bbc.co.uk/programmes/p011nblp>
- ▶ Now you have a greater idea of what foods are in season when, present this information in a way which is easy for others to understand.
- ▶ On the following page, you will find two WAGOLLS to inspire you.

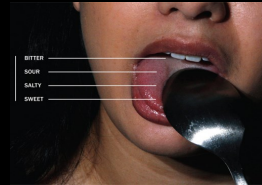
Activity Outcome 4) Evaluate your meal.

WAGOLL

I made: Flaky Pastry – Sausage Rolls		
I worked:	Primarily independently. I struggled with remembering how to correctly fold my pastry to achieve the layers, but once I was reminded I worked effectively.	
I learnt:	Not to grease my tray as the pastry contains enough fat. How to layer the pastry to create the flaky texture.	
Appearance/Presentation		
My product looked:		flaky
Very appetising, the pastry was a golden brown colour and you could see the flakes of pastry has formed on the surface. The sausage meat was firm and looked well cooked.		9 /10
There was quite a bit of grease on the tray but I was advised this was probably down to the sausages I used rather than errors in my pastry. Due to this next time I make sausage rolls I may buy low fat sausages, as well as making the product less greasy they will be healthier too.		greasy
		5/10
Aroma		
It smelt:		meaty
The smell of my sausage rolls was mouth watering. You could smell the meaty aroma and the pastry also added a buttery smell to it. I think it would be interesting to try different flavours of sausage meat such as pork and apple as this could make it smell even nicer.		8/10
		buttery
		7/10
Taste		
It tasted:		salty
My product was lovely and moist although the meat was a little salty. The pastry was crisp yet still soft by the sausage meat without it being undercooked. As well as buying different sausage meat I could have added my own herbs or spices to make it taste better.		4/10
		undercooked
		1/10
Texture		
The texture is:		crisp
Crisp to the touch - making the pastry flake as it should do.		9/10
The meat was a little gristly so this is another reason I will consider using different sausage meet if I make them again.		gristly
		7/10

Activity Outcome 4) Evaluate your meal.

The following word bank will provide you with the key words to rate and support you in your sensory analysis.



- Appetising
- Attractive
- Clear
- Cold
- Colour
- Colourful
- Crumbly
- Dry
- Fattening
- Firm
- Fresh
- Greasy
- Hard
- Healthy
- Hot
- Moist
- Runny
- Smooth
- Soft
- Tasty
- Tough

- Burnt
- Fragrant
- Fruity
- Garlicky
- Spicy
- Yeasty
- Sickly
- Spicy
- Stale

- Acid
- Bitter
- Bland
- Burnt
- Cheesy
- Creamy
- Dry
- Fruity
- Herby
- Meaty
- Old
- Salty
- Sharp
- Sickly
- Sour
- Spicy
- Stale
- Sweet
- Tangy
- Tasteless
- Tasty
- Undercooked
- Watery

- Airy
- Brittle
- Chewy
- Creamy
- Crisp
- Crumbly
- Crunchy
- Dry
- Fatty
- Firm
- Fizzy
- Flaky
- Foamy
- Goopy
- Greasy
- Gritty
- Hard
- Lumpy
- Mushy
- Powdery
- Slimy
- Smooth
- Soggy
- Sticky
- Stringy
- Tender
- Watery

Activity Outcome 4) Evaluate your meal.

I made:		Picture
I worked:		
I learnt:		
Appearance/Presentation My product looked:		Use a key word here
		/10
		Use a key word here
		/10
Aroma It smelt:		Use a key word here
		/10
		Use a key word here
		/10
Taste It tasted:		Use a key word here
		/10
		Use a key word here
		/10
Texture The texture is:		Use a key word here
		/10
		Use a key word here
		/10

Activity Outcome 4) Evaluate your meal.

Write in suitable sensory adjectives on each arm and complete the star profile by rating each description out of 5.

