

Staying Healthy

Specific focus — Cooking

W/C: 11th May 2020

Your focus this week is staying healthy. You are going to cook, prepare, and present a stir fry to your family.

Subject: DT

Activity Outcome: Conduct market research

Explain: You firstly need to research what they would like in their stir fry by creating a questionnaire and doing some research online. Use the website below to help you choose which ingredients could go into your stir fry.

<https://www.bbcgoodfood.com/recipes/collection/stir-fry>

Next, you need to create a questionnaire for your family. There is an example questionnaire on the next showing you an idea of what questionnaires involve—you now need to make one about stir fry dishes. Once you have created your questionnaire, get your family members to complete it and then, after the results are in, you could choose what you are going to put into your stir fry.

Subject: DT

Activity Outcome: Create a poster to advertise your product

Explain: You need to advertise your product to your family so that they will want to try it! On your poster you need to include:

- The ingredients
- Adjectives to describe your stir-fry
- Picture of the stir-fry
- Catchy name
- A reason why they should eat your stir fry!

Subject: DT

Activity Outcome: Cook a healthy meal for your family

Explain: You are going to prepare and cook a stir-fry for your family (with the assistance of an adult).

Follow the recipe on page 3, adding in your own ingredients and sauces that you have chosen.

Subject: DT

Activity Outcome: Evaluation of your product

Explain: Once you have cooked your product and tried it yourself as well as asking your family to try it, you need to complete the evaluation sheet attached.

Example Questionnaire about School

Q1. What do you like most about school?

Learning Seeing my friends Seeing my teachers
Other

Q2. What is your favourite subject? (You can tick more than one)

Maths English Science Geography
History DT PE Art Music
Spanish Other

Q3. How many days have you been absent from school?

None 1-2 2-3 4-5 5+

Vegetable Stir-Fry Recipe

**This is a rough guide. The ingredients will depend on what ingredients you have chosen to use.*

**If you are using meat in your stir fry ensure this is diced and cooked first by frying it in the wok.*

Ingredients

2 tbsp sunflower oil
4 spring onions, cut into 4cm/1½in lengths
1 garlic clove, crushed
piece fresh root ginger, about 1cm/½in, peeled and grated
1 carrot, cut into matchsticks
1 red pepper, cut into thick matchsticks
100g/3½oz baby sweetcorn, halved
1 courgette, cut into thick matchsticks
150g/5½oz sugar-snap peas or mangetout, trimmed
2 tbsp hoisin sauce
2 tbsp low-salt soy sauce

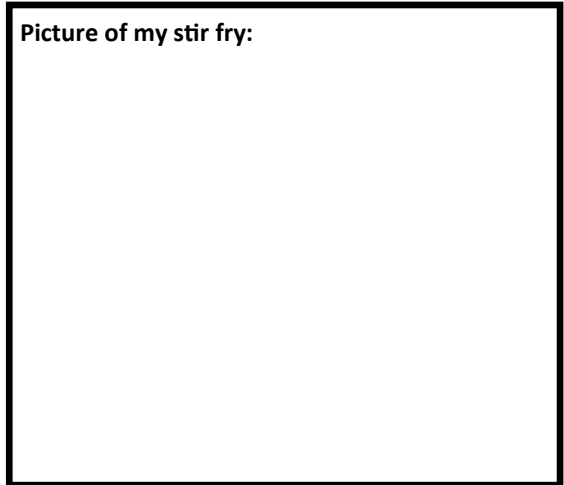
1. Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
2. Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes. Toss the ingredients from the centre to the side of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.
3. Add 1 tablespoon water, hoisin and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles or rice.



Stir Fry Evaluation

Were you happy with your stir fry? Explain your answer

Picture of my stir fry:



Did you have any difficulty preparing or cooking your stir fry? Explain your answer.

Ask your family what they thought of your dish and explain their opinion in your own words.

If you were to make this stir fry again, what would you do differently and why? If you wouldn't do anything differently, also explain why.

If you wanted to keep some of this stir fry and eat it later, how would you store it?
