

Staying Healthy

Prepare and cook a savoury dish

W/C: 11th May 2020



This week, you will be learning about kitchen safety and hygiene. You will learn about seasonality before designing your own product to make. This should be a healthy dish and give you the opportunity to weigh ingredients, knead and bake. Adult supervision is needed.

Subject: Design and Technology

Activity Outcome: You will have an understanding of seasonality and design your own product to bake for later in the week.

Explain: By the end of this week, you will have planned and baked your own savoury product. Today, you will explore seasonality – what this means and what products are seasonal foods. You will then design your own savoury product which you will bake on Wednesday (with the supervision of an adult). On the following page will be 4 anagrams for you to solve. Have a read of the information and the task before designing your own product. You will have 2 activities to complete on pages 2 and 3.

Subject: Design and Technology

Activity Outcome: You will respond to food hygiene questions and identify hazards in a kitchen.

Explain: Before you can start cooking, you must have a clear understanding of hygienic/unhygienic food preparation techniques to help you (and other people) stay safe. You will also have an understanding of potential hazards in the kitchen too as you could be around sharp equipment and must know how to use equipment safely so that no injuries are caused. To emphasise, when you make your product tomorrow, you must have adult supervision at all times. You have 2 tasks to complete on page 5.

Subject: Design and Technology

Activity Outcome: The outcome for today's lesson is for you to create your own planned savoury dish or product. Using the two previous lessons to help you get to this point.

<https://www.cookingwithmykids.co.uk/easy-bread-recipe-for-kids/>

That is a website for bread making if you want to bake some bread.

Explain: On page 6, there will be some tips and guidance for you to consider before baking. This is to make sure you stay safe throughout the process and always bake efficiently.

You will be evaluating this product in tomorrow's lesson.

Subject: Design and Technology

Activity Outcome: You will evaluate the product that you made yesterday.

Explain: It is very important that you are able to evaluate what you have made. Carefully thinking about each step is vital. This is because you're able to see what things went well and what we can improve on for next time. Being critical is very key to learning from mistakes. On page 7, there are some questions for you to answer and consider based on this weeks lessons and your product you made yesterday.

Lesson 1

Starter

Below are 4 anagrams. Unscramble the words from each to spell 4 key words which will be used in today's lesson (answers are at the bottom of page 3 – make sure you have a go first).

pgirn

tumuan

mesrum

nrttie –

What is seasonal food?

Fruit and vegetables naturally ripen during a certain season each year. Seasonal food is the time of year when food is at its best, in terms of flavour or harvest. Cherries, for example, are ripe and juicy in July in south of England; so cherries are 'in season' in July.

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.

Video clip

Have a watch of the video clip which is linked below (this is optional – shows Tom preparing and cooking dishes in a restaurant kitchen). The short video clip shows a Michelin star chef talking about seasonality and why he loves cooking with seasonal foods.

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

What are the benefits of eating seasonal foods?

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

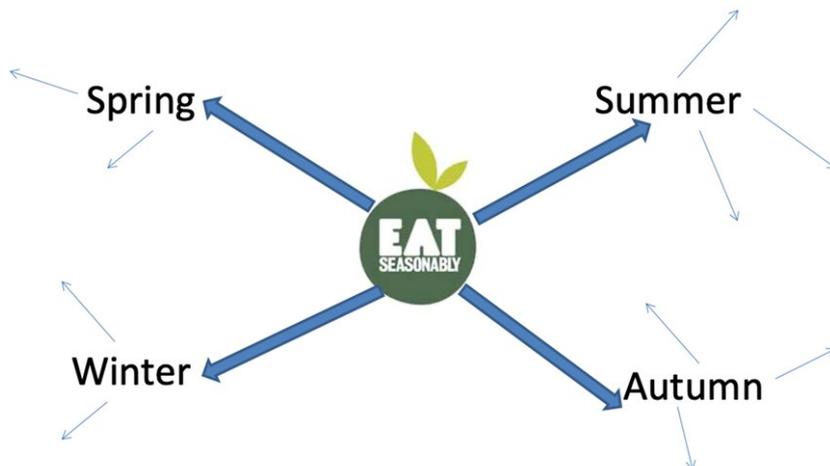
- to reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat to avoid paying a premium for food that is scarcer or has travelled a long way
- to support the local economy
- to reconnect with nature's cycles and the passing of time

But most importantly,

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

Task 1

Produce a mind map of the four seasons (spring, summer, autumn and winter). Carry out some research to find out what food is commonly found in Britain during each season. Add your findings to your mind map. Here is an example of how you might want to start.



Task 2

Design a dish/meal that you can prepare and cook in Wednesday's lesson. You must ensure your dish has the opportunity to **weigh ingredients, knead and bake**. It should also contain a seasonal product for spring. As an idea, bread is a common food that needs to be both kneaded and baked. I have created a design criteria for you below that I would like you to use (as much as possible) when designing your product. I have also included a sheet for you to use to help design your product which we used in class. Remember, we want to improve our initial design to make our product the best it can be. Good luck!

My meal will:

- included seasonal ingredients
- be interesting and tasty
- be visually appealing (it should look good/someone would want to eat it)
- be healthy

1	2	3
Strength	Strength	Strength
Weakness	Weakness	Weakness
So What? (How will you improve for design 2?)	So What? (How will you improve for design 3?)	So What? (How will you improve for your chosen product?)
I like design _____ the best because		

Anagram answers

pgirn – **Spring**

tumuan – **Autumn**

mesrum – **Summer**

nrttie – **Winter**

Lesson 2

Introduction:

A lot of people say that healthy food is good for you (which often it is), however, even healthy food can make us ill if we do not use safe and hygienic practices when we handle, prepare, cook or store it. Below, a number of issues are

What do we need to remember whilst we are preparing our food (this is before the making stage)?

First of all think about your personal hygiene.

- Remove any jewellery, e.g. rings, watches or bangles.

These could spread germs or could fall into what you're cooking. Taking them off also stops them getting messy.

- Tie back your hair.

Hair can dangle in food, fall into food or get caught in equipment.

- Wear an apron and roll up your sleeves. (don't worry if you do not have an apron but do make sure your sleeves are rolled up).

This stops any germs from your clothing contaminating the food and it stops your clothes getting messy.

- Wash your hands with hot water and antibacterial soap.

Washing your hands stops dirt and germs from contaminating food. You must wash your hands before, during and after food handling.

Cross contamination

This may not apply to all of you as it depends what you are planning on cooking, however, it is beneficial for you to know about cross contamination.

Cross contamination is when bacteria gets from one food to another. Raw (uncooked) food can contain bacteria that could make us ill. It's important that raw and cooked foods are not in contact so that bacteria is not spread.

To avoid cross contamination:

- Do use different chopping boards for raw meat and vegetables, fish or bread.
- Do keep raw and cooked foods separate.
- Do not use the same equipment for raw and cooked foods.

Cooking, reheating and chilling food

- Food **must** be cooked all the way through to remove any harmful bacteria.
- Cooked food should be served immediately or kept warm (above 63°C).
- Bacteria can multiply quickly in a warm room if food is kept there for a long time. Food should never be served or reheated if kept under those conditions.
- It's important that food that has been cooked and cooled if reheated until it is piping hot. Food shouldn't be reheated more than once.
- Chilling food stops bacteria growing.
- If you want to keep some food you've cooked to use later, cool it down as quickly as possible and put it into a container you can cover with a lid or film. Store your cooked food in the fridge or freezer.

Cleaning

I know some of you may enjoy cleaning and some of you may not but it is crucial that you clean up (or help) after your preparation is complete/your food is in the oven. This is to prevent the risk of further contamination.

- Always clean up after you've been preparing or cooking food.
- Wash equipment in hot water using antibacterial soap and wipe down surfaces you have been working on using an antibacterial spray and clean cloth.
- A clean and tidy kitchen helps prevent illness and accidents.

Allergies

Allergies are very common and people suffer with different allergies.

- Being safe with food means that we also must think about allergies. Food allergies can make some people very ill.
- When preparing, cooking or serving food, always be aware of the allergies that people may have. It is always best to ask them.
- Ingredients like nuts, which can cause serious reactions, are usually listed and warned about on food packaging and in restaurants.

Task 1:

Alisha has never prepared or cooked before. Using your knowledge from what you have read (and possibly your own research too), answer the following questions:

1. Alisha is making her favourite chicken curry. Does she need to use a different chopping board for the raw chicken and the vegetables? Why?
2. Alisha has made a vegetable pizza for her lunchbox. How can she cool it down? What problems might she have? What is the safest way?
3. Alisha has just finished making a cheese and tomato sandwich. No apron. No hand washing. Hair not tied back. What food safety and hygiene problems might have occurred?
4. If you had to give Alisha 5 top tips for being safe in the kitchen, what would they be?

Potential hazards/dangers

A kitchen can be a wonderful place to learn new skills. However, as mentioned before, there are potential dangers in the kitchen which is why adult supervision is needed.

Watch the short video below which summarises how you can stay safe in the kitchen.

<https://www.youtube.com/watch?v=DoSq9T6OejA>

Task 2:

Have a look at the image below. Circle or note down all of the dangers you can see. Then, explain why they are dangerous/unsafe.



Lesson 3

Remember to:

- Follow clearly your step by step process for creating your dish.
- Remember all the health and safety implications before doing any cooking/baking
- Make sure you have all your ingredients set out
- Make sure you have the right utensils to use (i.e. baking tray, whisk, measuring jug)
- Make sure you weigh you ingredients carefully
- Thoroughly wash your hands before starting any process
- Does the oven need to be pre heated?

Finally, Enjoy your cooking and I hope your dish is as delicious as you have planned for.

Lesson 4

Below I have created a list of questions for you to think about. Be very honest with your answers. If someone else was able to see your food and tasted it, they would be able to support you with some of your answers. Getting someone else's opinion is important as they may be able to see or say something that you weren't thinking of. All businesses ask their customers for feedback.

What was one main strength you can take from this process?	What was one main weakness from this process?	If you were to make your dish again, what would you do differently?
What was the taste of your product like?	What did the product look like?	What is one skill you can say you have developed from this process?
What did you think of the health and safety procedures you put in place?	Feedback from anyone who tried your dish.	