

Teacher's notes

Cooking for life

Objectives

- To plan meals based on the needs of others
- To identify ingredients from other countries
- To be creative when cooking, as well as be mindful of money
- To understand the advantages and disadvantages of convenience food products

Prior knowledge

Students will have different experiences of cooking, as well as an appreciation of different factors that affect what and how we cook. Students will also have experience of the food needs of others.

NC links

Key concepts: 1.1 Designing and making;
1.2 Cultural understanding
Key processes: b, c, d
Range and content: a, b, d, e, h
Curriculum opportunities: a, b, c

Northern Ireland PoS

Home economics: Diet and health: a, b;
Choice and management of resources: a

Scottish attainment targets

Technology: Preparing for tasks: Level C

Welsh PoS

Skills: Designing: 2, 4, 8
Skills: Making: 8

Background

This unit reviews the different factors that influence how and what we prepare, cook and eat. Aspects of this will be subjective, using students' experiences and opinions to shape discussion and debate, for example, the use of convenience food products. Other aspects will be based on research of food customs of different countries and cultures.

Starter activity

Using a map of the world as a stimulus, ask students to describe ingredients, recipes or dishes that originate from a range of different countries. Discuss whether the ingredients, recipes and dishes are only available in that country or if they can also be purchased in

the UK. This could be extended using the Activity sheet, 'Cultural shift'.

Resource sheets and Activity sheets

Using the Resource sheet, 'Cooking', discuss with students issues that could affect what and how they cook. They could work in small groups to focus and report back on one or two particular aspects listed on the sheet.

Using the Activity sheet, 'Meals for life', students are to consider the food needs of others by planning meals for three different groups of people. As a class, talk through different aspects that can influence food choices throughout life. It might be useful to have a selection of recipe books and/or access to the Internet to research recipes. This activity could be extended by students cooking some of the dishes they suggest.

Using the Activity sheet, 'Cultural shift', discuss with students the vast range of ingredients, recipes and dishes that are available from around the world. Introduce them to the concept of fusion foods (a food dish that has been influenced by two or more different food cultures, for example, a Yorkshire pudding with a curry filling). Students are encouraged to list ingredients from four different countries and use them to produce some fusion food ideas.

The Activity sheet, 'Credit crunch', focuses on the use of leftover food when cooking. It is highlighted to students that using leftovers saves money and reduces waste. Students are encouraged to suggest ways in which leftovers can be used to create new dishes. Remind them that leftovers should be eaten the next day or frozen and used within a month. This activity could be extended by students calculating the cost of their ingredients/dishes.

The Activity sheet, 'Make it quick', requires students to explore the use of ready-made food components, such as jars of sauce and prepared vegetables. As a class, discuss the advantages and disadvantages of this type of food product.

Plenary

As a class, discuss how the work from this unit could be used when they plan and cook food products or dishes for other people. Encourage students to identify which important aspects they should consider.

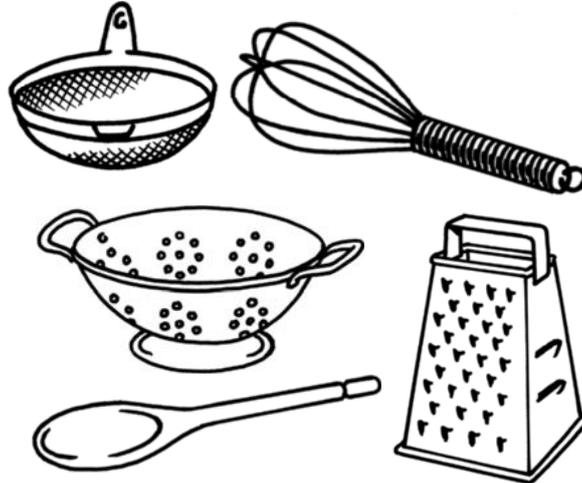
Resource sheet – Cooking for life

Cooking

What affects what and how you cook?



Cooking skills



Ingredients and equipment



The occasion



The time of day/time available



Money



Tradition and culture



Healthy eating



Experience and age

Activity sheet – Cooking for life

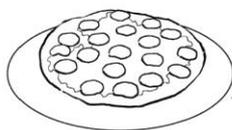
Culture shift

In the past, if you wanted to eat food from another country, you would have to arrange a visit! Today we use a range of ingredients and dishes from around the world. Sometimes these are combined to create **fusion foods**.

- 1 List four ingredients that come from four different countries. An example has been given to help you.

Country 1	Country 2	Country 3	Country 4
<u>Italy</u>	_____	_____	_____
<i>Parmesan cheese</i>			

- 2 Using some of the ingredients you have listed, create fusion dishes for the foods below.



Pizza



Stir-fry



Curry



A sandwich

Activity sheet – Cooking for life

Make it quick

When you cook at home, you might do some of the following:

Reheat a ready-meal, such as a frozen lasagne or pizza.



Use ready-made components, such as a jar of sauce or a bag of stir-fry vegetables.



Prepare and cook a dish from scratch, such as soup.



 1 Ready-meals and ready-made components are popular. Name two advantages and two disadvantages of using these types of foods.

Advantages	Disadvantages
1	1
2	2

Djamel has friends coming round to watch television. He plans to cook chicken stir-fry. Time has run out and he can't make it from scratch.



 2 What ready-made components could Djamel use to save time?

<p>Ingredients</p> <ul style="list-style-type: none"> • Raw chicken pieces • Vegetables: pak choi, bean sprouts, carrots, red pepper, mushrooms • Dried noodles <p>For the sauce</p> <ul style="list-style-type: none"> • Soy, oil, fresh ginger, garlic, red chilli 	<table border="1" style="width: 100%; height: 100%;"> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table>				

Activity sheet – Cooking for life

Meals for life

Throughout life our food needs change. Aspects that influence these changes are:

- Age
- Likes and dislikes
- Appearance, taste and texture
- Cost
- Healthy eating
- The occasion

 1 Study the following three groups and decide what meal you would make for each. Give reasons for your choices.

Group	Meal	Reasons for choice
 <p>A party for a group of seven-year-old children</p>		
 <p>A night in watching television with friends</p>		
 <p>A group of retired people having a meal together</p>		

 2 What do you think makes a good meal?

Activity sheet – Cooking for life

Credit crunch

When money is tight, being a creative cook in the kitchen can help to save pennies. Leftovers from a meal are often thrown away. But stop! Leftovers can be used again the next day to help save money and reduce food waste.

1 What could you make from the leftovers below?



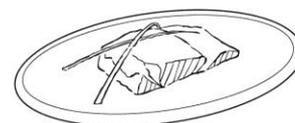
Roast chicken

I could make

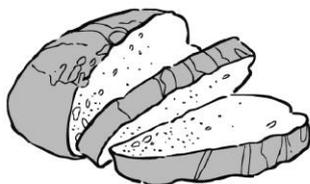
I could make

I could make

I could make



Cooked fish



Bread

I could make

I could make

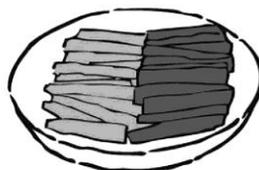
I could make

I could make



Boiled potatoes

I could make



Carrot and celery sticks

I could make