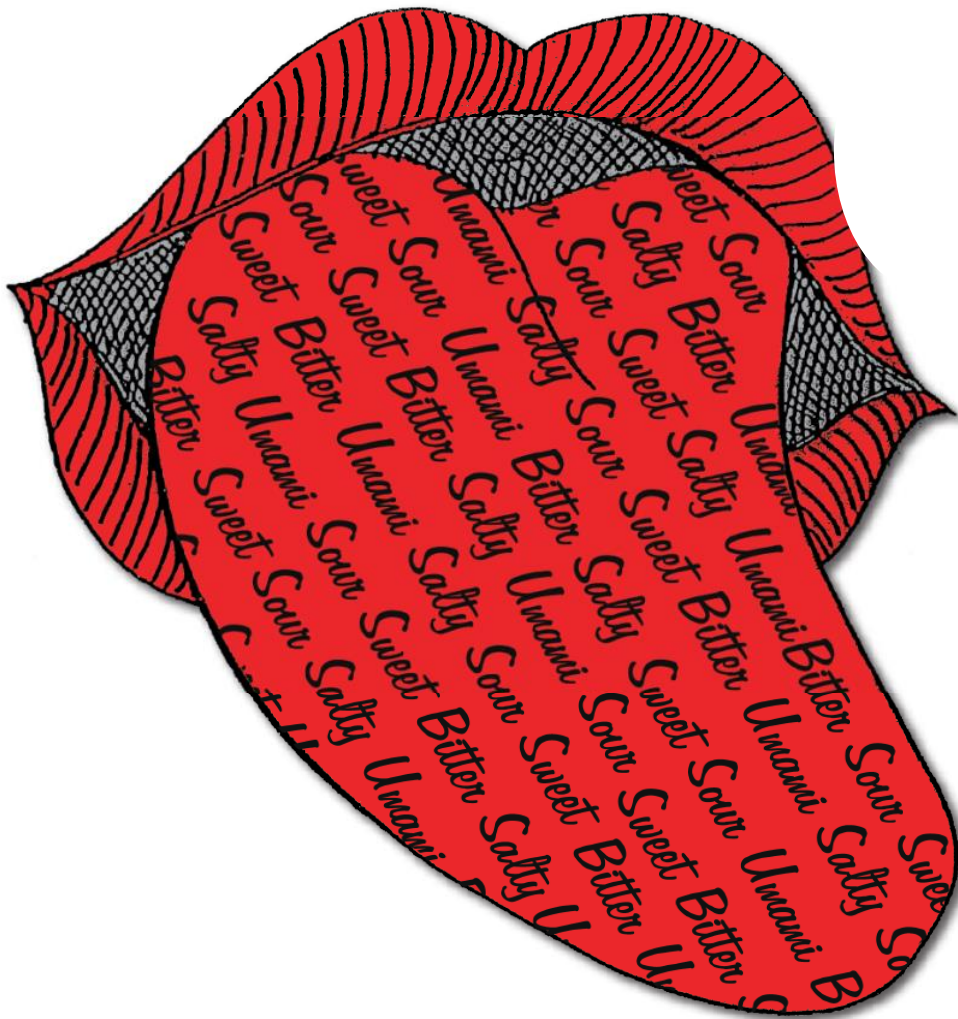


Charity No. 1087567

CHILDREN'S PACK



NAME:

CLASS:

Seeing is deceiving...

...tasting is believing

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Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Check the label on packaged foods

Each serving (150g) contains

Energy	1046kJ	250kcal	13%	Fat	3.0g	LOW	4%	Saturates	1.3g	LOW	7%	Sugars	34g	HIGH	38%	Salt	0.9g	MED	15%
--------	--------	---------	-----	-----	------	-----	----	-----------	------	-----	----	--------	-----	------	-----	------	------	-----	-----

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Choose lower fat and lower sugar options

Dairy and alternatives

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

FOOD GROUPS

It is important that we eat a 'balanced' diet. As shown in the Eatwell Guide, eating a balanced diet means making sure you eat the right amount of fruit and vegetables, carbohydrates, dairy (and alternatives), proteins, and oils and spreads. A healthy diet includes lots of fresh fruit and vegetables and wholegrain carbohydrates, lean proteins or pulses and legumes, and low-fat dairy products. Treats, such as chocolate and crisps, are okay if they are eaten occasionally, rather than every day.

Have a look at the Eatwell Guide and think about your lesson with the chef and answer these questions:

1. Why do we need to eat food?

.....

2. Why do we wear hats and aprons when preparing food?

.....

3. Which type of food should we eat the most of (the largest segment on the Eatwell Guide)?

.....

4. Name THREE different types of protein:

.....

5. How many portions of fresh fruit and vegetables should we eat every day?

.....

6. Name these three fruit and vegetables:



.....



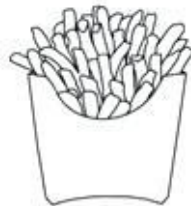
.....



.....

Healthy foods

1. Colour the foods that are healthy.
2. Circle the foods that you like.
3. Put an **x** on the foods that are not healthy.



We all need to be healthy ... but why?

Vitamin A - is vital for your eyesight. It also helps you to grow and keeps your skin healthy.



Key foods: eggs, milk, apricots, nectarines, carrots, sweet potato, spinach, cantaloupe melon.



Vitamin C - helps keep your gums, muscles and other body tissue healthy. Eating foods rich in vitamin C will make your body heal better and will fight infections and illnesses better.



Key foods: tomatoes, broccoli, cabbage and citrus fruits i.e. oranges.



Iron - transports oxygen from your lungs to the rest of your body.



Key foods: red meats, tuna, salmon, eggs, beans, baked potatoes (with their skin on), leafy greens, whole grains (wheat or oats).



Calcium - makes your bones and teeth strong.

Key foods: dairy products, canned salmon, leafy greens, orange juice



Vitamin B - helps our body to make energy.

There's more than one vitamin B - B1, B2, B6, B12, Niacin, Folic Acid, Biotin and Pantothenic. Vitamin B helps to make red blood cells. These carry round throughout the body, so it's very important!



Key foods: dairy products, beans and peas, whole grains such as wheat and oats, fish and seafood. Poultry and meats.

Potassium - helps your muscles and nervous system work properly.



Key foods: bananas, broccoli, tomatoes, potatoes (with their skin on), dried fruits, leafy green vegetables, citrus fruits and legumes i.e. peas.

Vitamin D - is needed for strong bones and it also helps your body absorb the amount of calcium it needs.



Key foods: fish, egg yolks, drink milk and other dairy.

Zinc - helps the immune system fight off illnesses and infections. Also helps with cell growth that heal wounds.

Key foods: beef, pork, lamb and legumes



Vitamin K - helps to heal your cuts by clotting the blood.

Key foods: leafy greens, pork



Salt

Many of us in the UK eat too much salt. Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease and stroke.

Babies under one year old need less than 1g salt a day

- 1-3 years – 2g of salt a day
- 4-6 years – 3g of salt a day
- 7-10 years – 5g of salt a day
- 11 years and older – 6g of salt a day



Children 4-6 years



Children 7-10 years



Children 11+ years

Sugar

Most people in the UK also eat too much sugar.

- A quarter of the sugar children have every day comes from sugary drinks. **Swap soft drinks, juice drinks, and flavoured milks for water, lower-fat milks and diet, sugar-free, or no-added sugar drinks.**
- Cut back on sugary snacks by swapping cakes, biscuits, chocolate, and sweets for fruit, plain rice cakes, toast with lower-fat spread, fruit teacakes, or a bagel.
- **Look for reduced sugar and no-added sugar versions of your regular brands.** Why not give a healthier choice of yoghurt, ketchup, or beans a try?
- For a healthy start to the day, **swap sugary cereals for plain porridge, plain whole-wheat biscuit cereals, or plain shredded whole-wheat.** Try adding fruit for sweetness.
- Chopped banana on whole-wheat biscuits, low fat and lower-sugar yoghurt, and toast is a great way to have something sweet that is one of your **5 A DAY!**

Fat

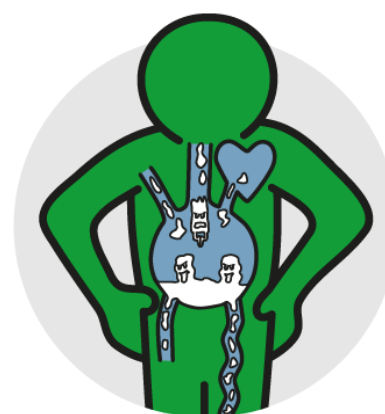
We all need some fat in our diet, but too much of a particular kind of fat – saturated fat – can raise our cholesterol, which increases risk of illnesses such as heart disease. Eating a diet high in saturated fat can cause the level of cholesterol in your blood to build up over time. It is important to cut down on unsaturated fat, monounsaturated fat, and polyunsaturated fat.

Fish, avocado, and unsalted nuts and seeds are examples of good fats.

Traffic Light Labelling

You'll find traffic light labels on most food and drink, usually on the front of the pack. These labels use red, amber and green colour coding to help us understand what's inside our food so we can make healthier choices when shopping. They show how **much salt, sugar, and saturated fat** are inside what we're buying.

When it comes to reading food labels, a good rule of thumb is to go for more **greens** and **ambers**, and cut down on **reds**.



For more information, visit:

<https://www.nhs.uk/live-well/eat-well/>

<https://www.nhs.uk/change4life/food-facts/>

SESSION 1: HEALTHY EATING

Read the last TWO pages and have a think about what you learned when your chef visited. When you are ready, answer the questions below:

1. Name FOUR foods which contain Vitamin B

.....

2. How much salt should you eat each day (according to your age)?

.....

3. Which TWO vitamins help our immune system/ fight off illnesses and infections?

.....

4. What type of food is a LEGUME? Which vitamins do they contain?

.....

5. What THREE things does Vitamin A do for our bodies?

.....

6. Which vitamins do these foods contain?



.....



.....



.....

SESSION 1: TASTE & SENSORY

We use our five senses to help us explore the world around us. Our five senses help us work out which food is which, and helps us when we prepare and cook food. **Can you name all five senses?** The first answer has been done for you.

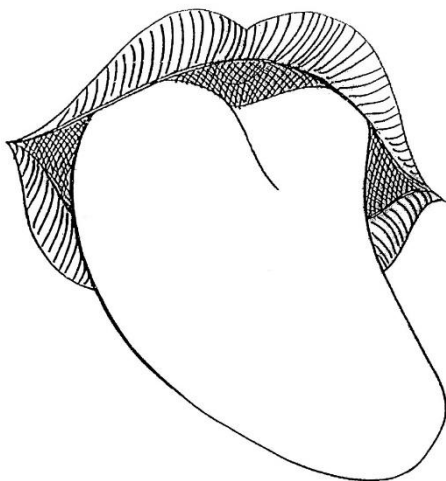
1. Taste

2.

2.

4.

5.



The tongue contains around **10,000 taste buds**, which help us taste our food. **Can you name all five tastes and give an example of a type of food with this taste?** The first answer has been done for you.

1. Umami (tomato)

2.

2.

4.

5.

What is your favourite taste?

.....

Sometimes, we don't like the taste of something. We should keep trying it, because we might start to like it as we grow up. **Which is your least favourite taste? Will you keep trying it?**

.....

SESSION 2: KNIFE SKILLS AND PRACTICAL COOKING

YOU SHOULD ONLY COMPLETE THIS SECTION AFTER YOUR KNIFE SKILLS SESSION WITH THE CHEF.

1. There are **two** methods to cut food safely with a knife. **Can you name them?** Use the pictures to help you.

A.



ANSWER:

B.



ANSWER:

2. It is **dangerous** to carry a knife when you are not using it. **Where should you ALWAYS put your knife when you are not using it to cut food?**

.....

3. It is important that you ALWAYS wash your hands with soap and warm water before touching food. **Why should we wash our hands before we touch food?**

.....

Making a healthy salad

Making a healthy salad is a great way to use your knife skills. You could try using any of these ingredients (or any others you can think of!):

- Tomatoes
- Spring onions
- Peppers
- Cooked beetroot
- Potatoes
- Mushrooms
- Courgette
- Lettuce (baby gem or iceberg)
- Spinach
- Rocket
- Carrots
- Sweetcorn
- Avocado
- Cooked broccoli
- Cucumber
- Asparagus
- Sugar snap peas



Try adding chickpeas, quinoa, boiled eggs, nuts, tinned tuna, or grilled chicken breast to your salad to add protein to your diet.

Question: Can you name FIVE of your favourite vegetables?

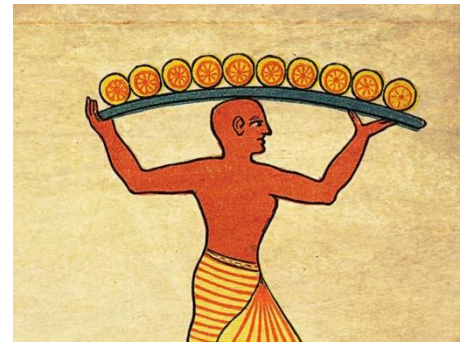
1.
2.
3.
4.
5.

SESSION 3: BREADMAKING

YOU SHOULD ONLY COMPLETE THIS SECTION AFTER YOUR BREAD-MAKING SESSION WITH THE CHEF.

Bread is one of the most common types of food in the world, and many people from different countries and cultures eat different types of bread. Historians have even found that bread has historically been eaten as far back as Ancient Egypt.

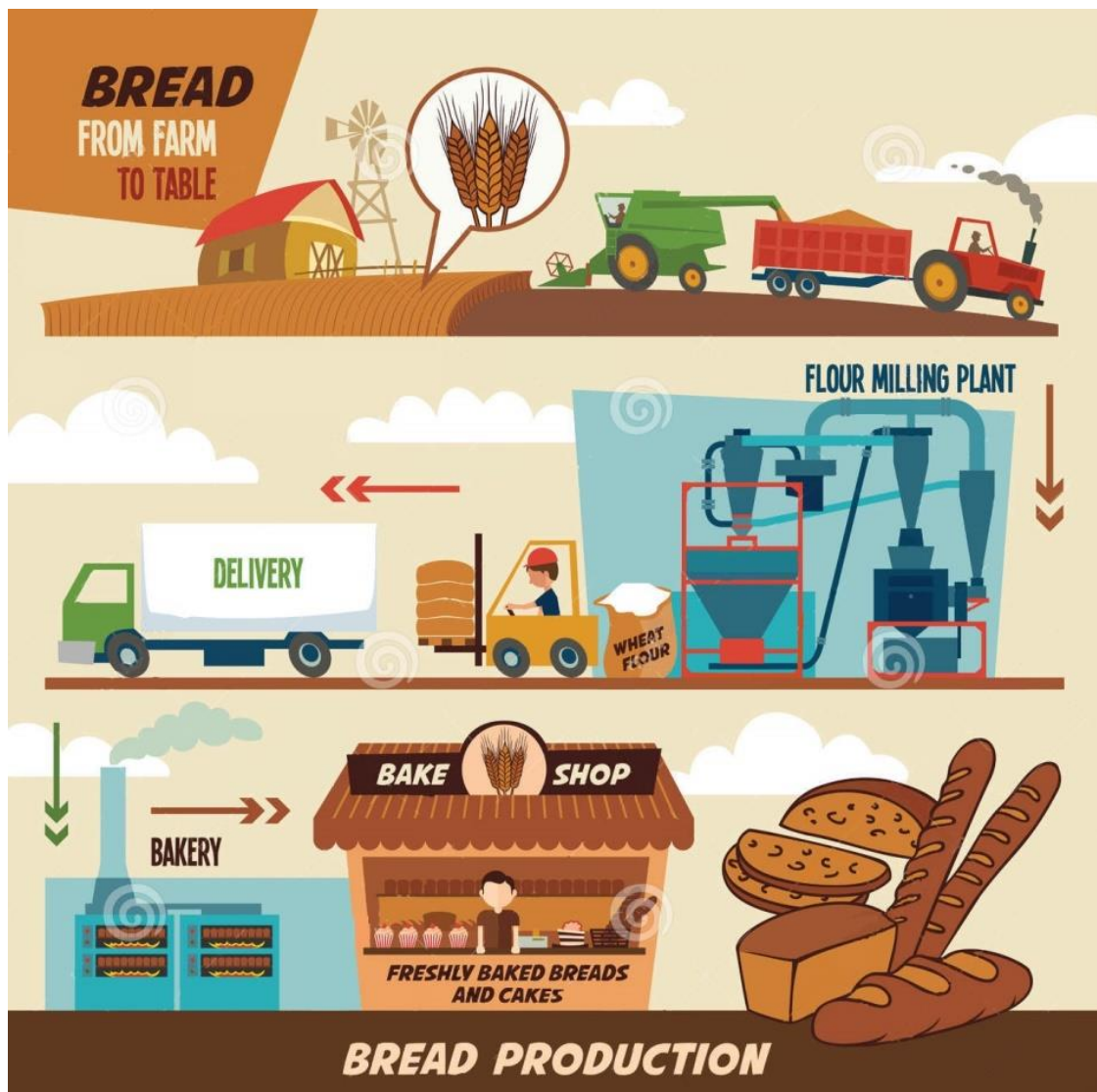
Traditionally, bread was made in the home. Today, bread is mainly made in factories or bakeries.



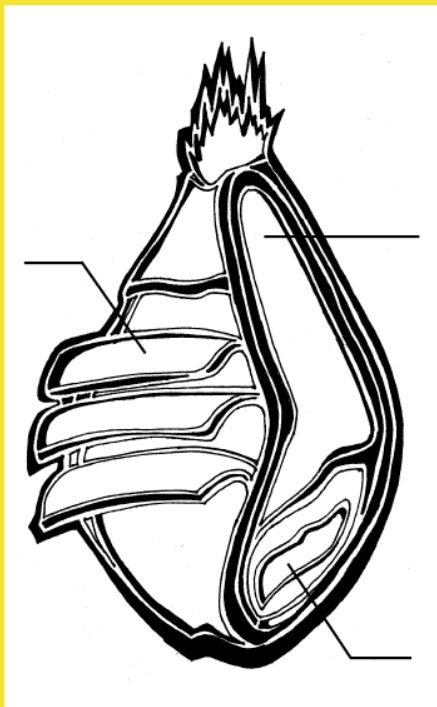
What is bread made from?

1. Flour

Most flour is made by grinding up **wheat** grains. Wheat is grown in large fields by farmers. When it is **harvest** (the wheat has finished growing), farmers collect the wheat and take it to a **mill**. Mills grind the wheat until it forms a thin white powder called **flour**. This flour is then sent to supermarkets for people to buy and make their own bread, or is sent to bakeries where people make bread to sell to other people. Sometimes, bakeries also send their bread onto supermarkets to sell there.



The Wheat Kernel and Wheat Plant



The **kernel** is the seed from which the wheat plant grows. It's also the part we grind to make flour or semolina. Each tiny kernel contains three parts that are separated during the milling process.

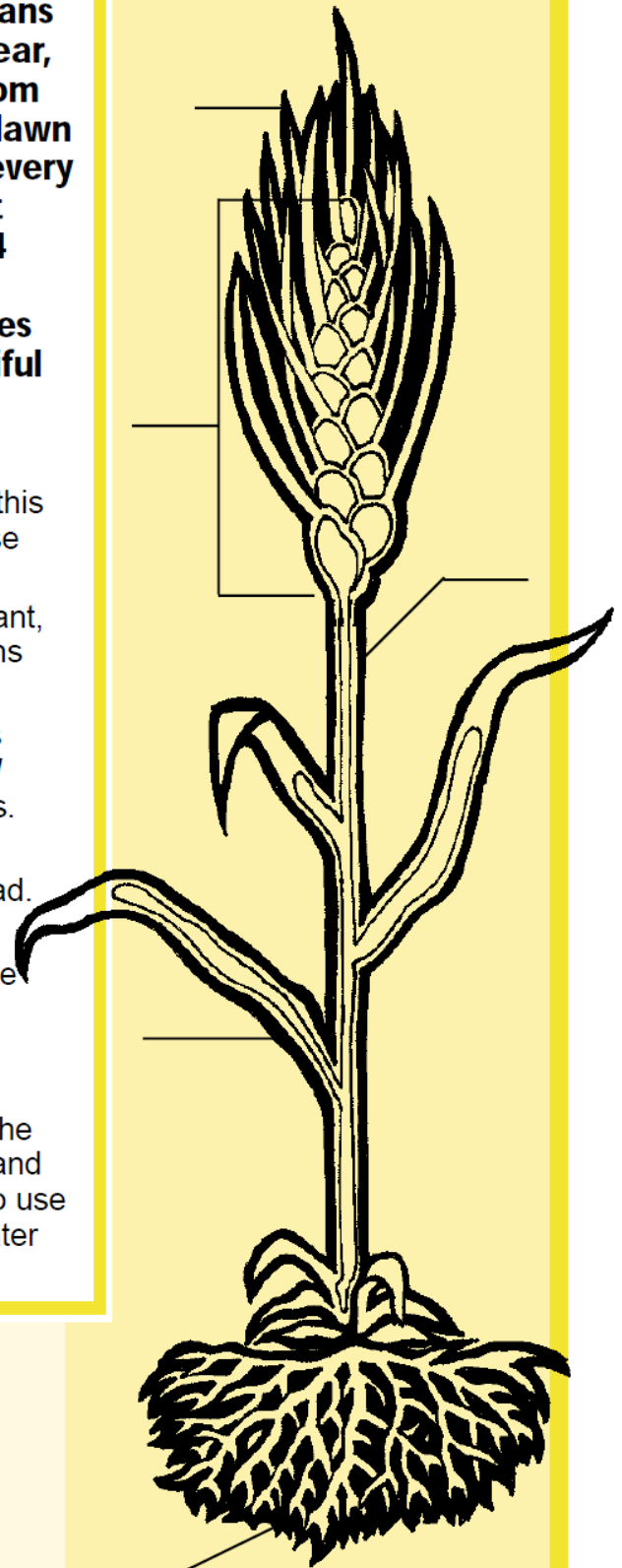
Identify the parts of the wheat kernel with these letters.

- A **Bran** is the hard outer cover of the seed that is in layers. It is the kernel's "skin."
- B **Germ** is the part of the seed that sprouts and grows into a new plant.
- C **Endosperm** is the biggest part of the kernel (about 83 percent). It is the food source for the sprouting new plant. This part is ground into white flour and semolina. Whole wheat flour includes the endosperm, bran and germ.

Wheat is an annual grass. Annual means it lives only one year, so it's different from the grass in your lawn that grows back every spring. The wheat plant grows 2 to 4 feet high and has long, narrow leaves that turn a beautiful golden color at harvest time.

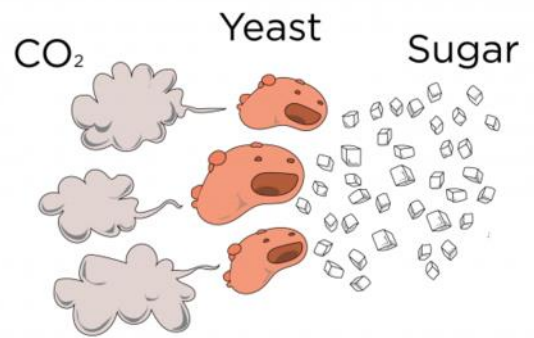
Identify the parts on this wheat plant with these letters.

- A On the wheat plant, the **head** contains the kernels.
- B Bristlelike spikes called the **beard** cover the kernels.
- C The **stem** supports the head.
- D The **leaves** use sunshine to make food through the process of photosynthesis.
- E The **roots** hold the plant in the soil and allow the plant to use nutrients and water from the soil.



2. Yeast

Yeast is very important in bread making, as it causes the bread to rise. Yeasts are a type of microorganism called fungi. Yeast cells occur naturally and are all around us in the air and on other living things, even our skin. Like humans, yeast cells use carbohydrates for energy to live. In bread making, the yeast digests the **sugar** in **flour** for their energy.



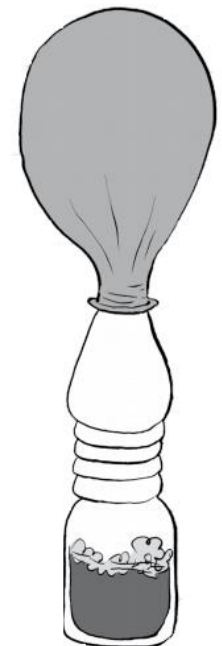
After all of the ingredients are mixed together, the **yeast** breaks down the flour so they can digest the sugar. When the yeast does this, they produce **carbon dioxide**, a bit like we do when we breathe out. The carbon dioxide creates bubbles in bread, which makes the bread rise. These bubbles also make the bread have little holes in it.

Yeast Experiment

As carbon dioxide is invisible, we can't always see when yeast produce it. However, there are ways that we can see how yeast does this. This quick experiment is one way:

YOU WILL NEED:

- 10g dried active yeast
- 200g warm water (NOT boiling)
- 15g sugar
- balloon
- small funnel
- small empty plastic bottle



METHOD:

1. Pour the yeast into the bottle and then carefully pour warm water into the bottle until it is about $\frac{1}{4}$ full (ask an adult to help if you need)
2. Put the lid on and swirl (not shake) the bottle to help dissolve the yeast.
3. Carefully add the sugar to the bottle.
4. Put the lid on the bottle again and swirl the bottle to dissolve the sugar.
5. Stretch the balloon to loosen it and then slip the deflated balloon over the bottle's neck.
6. Put the bottle in a warm place for a few hours. You may need to leave the bottle a little longer if there is a draft or if the room is cold.

3. Water

Water is important in bread making as it gives dough its texture (known as its '**consistency**'). When the dough is **kneaded**, the water ensures all the other ingredients are combined to form **dough**.

Water is also important as yeast and the sugar in the flour need to **dissolve** in water to work. Without water, the yeast would not be able to **digest** the sugar in the flour. This means the bread would not rise – we would just be left with a bowl of dry ingredients!

QUESTION: WHAT DOES 'KNEADING' BREAD MEAN?

4. Salt

Salt is important in bread making, as it gives bread **flavour**. Although too much salt can be bad for our bodies, it is important that we eat some salt in our diet, as it is both good for our bodies and makes our food tastier. In bread, we only add a little bit of salt to the dough.

Making Bread at Home

Below is a recipe on how to make your own loaf of bread at home. Make sure you ask an adult to help, especially when using a hot oven!

Ingredients:

- 125g unbleached strong white flour
- 125g strong wholemeal flour (bread flour)
- ¼ tsp dried yeast
- 1 tsp sugar
- ¼ tsp salt
- 145 ml warm water (NOT boiling)

Equipment:

- Mixing Bowl
- Sieve
- Measuring Jug
- Sauce pan
- Baking tray or loaf tin
- Cloth

1. Place the lukewarm water and yeast into a measuring jug. When the yeast has dissolved and started to foam at the surface, it's now ready to use.
2. Sieve the flour into a mixing bowl and then add the sugar and salt.
3. Pour the water and yeast onto the flour.
4. Gently mix the flour into the water using a spoon, starting at the edges first. Keep doing this until it starts to form a dough and knead lightly in the bowl.
5. Place the dough onto a floured surface and flour your hands.
6. Knead the dough by using heel of your hand to move the dough towards you. Turn the bread clockwise and repeat again. Continue this process for about 10 minutes until the dough is stretchy. If you get tired, you may need to ask an adult to help you.
7. Place the dough back into the bowl and cover with a cloth. Leave the dough in a warm place for 1-1 ½ hours so the dough can rise.
8. To make bread rolls, cut off sections of your dough and shape into small balls and place on a baking tray. To make a loaf, put your dough in a greased loaf tin.
9. Set aside at room temperature again, and allow the dough to double in size
10. Pre-heat the oven to 200°C
11. Put your baking tray/loaf tin into the oven and bake for 15 minutes for rolls or 20-25 minutes for a loaf.

MAKE YOUR OWN PIZZA



STEP 1: Make your dough!

INGREDIENTS (makes 6 dough balls)

500ml Water

5g Fresh yeast

850g Flour/strong flour/bread flour

20g Olive oil

10g Salt

METHOD

1. Place the water and salt into a large bowl and dissolve by gently using your fingers to move the salt until all the grains of salt have dissolved.
2. Add the olive oil to the water and mix.
3. Add the yeast and once again using your fingertips, dissolve the yeast in the water.
4. Slowly add the flour to the water and mix until you form a soft dough, remove from the bowl onto a lightly floured surface and knead for about 15 minutes.
5. Place the dough back into the bowl and cover with a damp cloth and let it rest for an hour.
6. Once the dough has rested for an hour, remove from the bowl, gently knock out the air from the dough and produce 250g dough balls and place onto a tray with sufficient space between the dough to allow it to rise and spread.
7. Cover the tray with cling film ensuring it has been fully sealed, cover with a damp cloth and rest for 6 to 8 hours.
8. Once the dough has been rested, gently lift the dough balls with a wide scraper and place onto a floured surface. Starting from the centre of the dough, press gently with your finger tips and pushing outwards, working the dough to form a pizza base.
9. Place the dough onto a lightly oiled tray for preparation of your toppings.



STEP 2: Choose your sauce...

TOMATO SAUCE

INGREDIENTS

400g good quality tinned plum tomatoes

Pinch of salt

Method

1. Place the tomatoes into a bowl. Add the salt.
2. Using your hand crush the tomatoes until you achieve a lumpy sauce. This will take about 30 seconds.
3. Spoon the sauce over the pizza base.

OR

BASIL SAUCE (makes 2 portions)

INGREDIENTS

100g basil leaves

8 tbsp olive oil

Pinch of salt

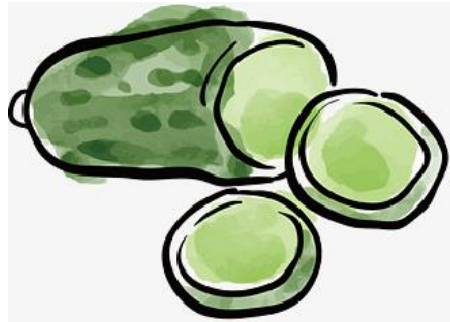
Method

1. Place all of the ingredients into a small food processor or use a stick blender, blend until a form a course puree.
2. Spoon the sauce over the pizza base.

STEP 3: Try different healthy toppings



Roasted parsnips, roasted sweet potatoes, roasted cherry tomatoes and caramelised onions topped with grated parmesan cheese



Cooked broccoli, sliced courgettes and cooked asparagus

Roasted red peppers, roasted aubergine and roasted cherry tomatoes topped with ricotta cheese



Tinned tuna and sweetcorn
(Add cheese, peppers, olives if desired)

Roast butternut squash, rosemary, feta and caramelised onion



Rocket (or spinach), goats' cheese/feta, red pepper and black olive

DESIGN YOUR OWN

Now that you have tried making pizza, why not have a go at making your own original combinations?

1

START WITH YOUR BASE

~6tbsp



PESTO

(See basil recipe overleaf)

=

PLUM TOMATOES

(See recipe overleaf)

=

HUMMUS

(opt for low-fat)

2

ADD SOME VEG
(CHOOSE AT LEAST 3)

~300g total



SLICED PEPPERS

=

CARAMELISED ONIONS

=

GRILLED AUBERGINES

==

MUSHROOMS

=

ROASTED PARSNIPS

==

COOKED BROCCOLI

==

TINNED SWEETCORN

==

ROASTED SWEET POTATOES

==

SLICED COURGETTES

==

COOKED ASPARAGUS

==

ROASTED BUTTERNUT
SQUASH

3

ADD SOME PROTEIN
(OPTIONAL)

~100g



ANCHOVIES

=

EGGS

(cracked directly on top of base)

=

TINNED TUNA

=

GRILLED CHICKEN BREAST

=

TOFU

=

SMOKED SALMON

4

FOR MORE FLAVOUR
(OPTIONAL)

~1 handful



SUN-DRIED TOMATOES

=

ARTICHOKES

=

FRESH BASIL

=

CAPERS

=

CHILLI FLAKES

=

OLIVES

=

ROSEMARY

=

FRESH ROCKET OR SPINACH

5

ADD SOME DAIRY
(OPTIONAL)

~150g



GRATED CHEDDAR

=

GOAT'S CHEESE

=

FETA

(opt for low-salt)

=

MOZZARELLA

=

GRATED PARMESAN

=

RICOTTA

SUSTAINABILITY

Food Miles

A lot of the food we buy and eat **does not** come from the UK. Instead, our supermarkets are filled with lots of food that comes from all around the world. We call the distance taken to get from farm to fork **'food miles'**. The further it takes for food to reach our plate (for example, Egypt), the higher the number of miles the food has taken to get to us.



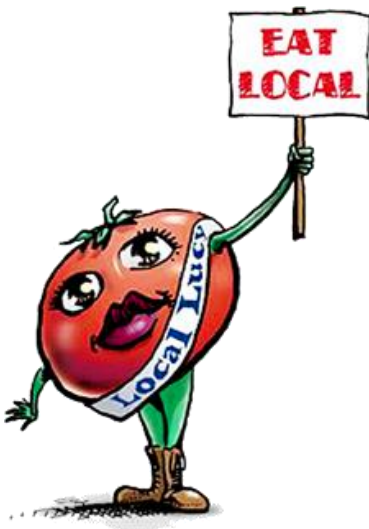
Although we can grow some foods in the UK, we can only grow and eat them at certain times of the year. During these months, we say the food is **'in season.'** To ensure we can eat these foods all through the year we buy them from other countries. This is called **'importing.'**

In the UK, we import at least 85% of our fruit and vegetables.

Examples of food we import into the UK are:

- **Bananas** from Brazil, Ecuador, Guatemala, Peru, and the Caribbean
- **Blueberries** from Chile, Spain, Poland and the U.S
- **Chilies** from Morocco and Turkey
- **Oranges** from Spain and South Africa
- **Peppers** from the Netherlands and Spain
- **Pineapples** from Costa Rica, Brazil, and the Philippines

Seasonality



We are very lucky to be able to buy the food we like throughout the year. However, buying food grown in countries far away (with lots of food miles) is **not good for the planet.** To keep the food fresh, it is flown to the UK in planes. **Planes produce lots of carbon dioxide, which creates pollution.** This can lead to **global warming.**

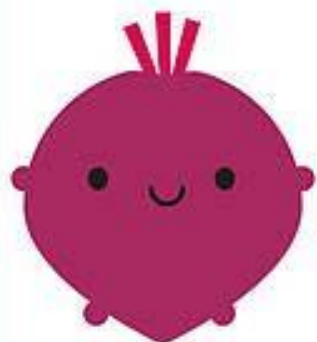
It is important to try and eat as much food as possible that is grown in the UK and to eat food when it is **in season.** Eating food that is grown in the UK is also very important because it helps us support local farmers who grow food for their living.

Eating food when it is in season is exciting, because each month gives us a new type of food to look forward to. In the UK, we are lucky to produce lots of different types of food such as apples, pears, tomatoes, beef, chicken, fish, pork, lamb, squash, beetroot, aubergines, potatoes, **AND MANY MORE.** This means we are spoilt for choice when deciding what we would like to eat!

Have a look on the next page to see what foods are available in the UK throughout the year!

JANUARY

beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips



FEBRUARY

brussels sprouts, cauliflower, celeriac, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips



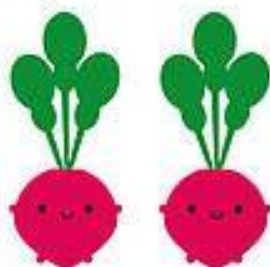
MARCH

cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede



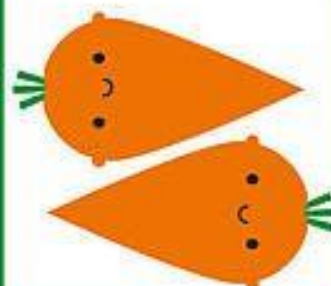
APRIL

asparagus, broccoli, jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions



MAY

asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions



JUNE

artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips



SEASONAL VEG IN THE UK

JULY

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips



AUGUST

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, kohlrabi, lettuce, mangetout, marrow, mushrooms, pak choi, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips



SEPTEMBER

artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangetout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, squash, sweetcorn, tomatoes, turnips



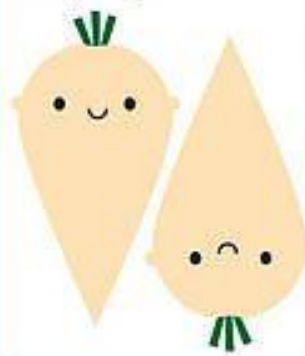
OCTOBER

artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips



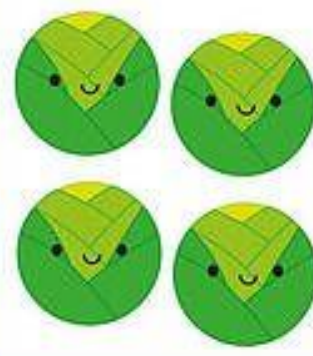
NOVEMBER

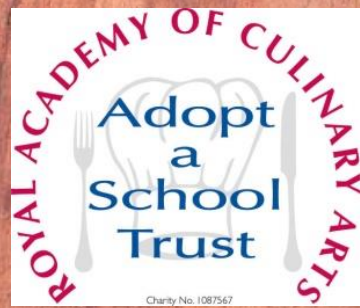
artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips



DECEMBER

beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips





RECIPES TO TRY AT HOME

Now that you know all about food, where it comes from, and how to safely prepare it, why not try making some of these recipes at home...

RECIPES

This section shows a variety of healthy, cheap, and tasty recipes you can try making at home with your parent or guardian. **Remember to ALWAYS ask an adult for help when completing these recipes.**

Lettuce, leek, and pea soup (serves 5)

Ingredients:

- 2 leeks, finely sliced
- 10g unsalted butter
- 1 iceberg lettuce
- 10g plain flour
- 500g frozen peas
- 250ml vegetable stock
- 1 bunch finely chopped mint or parsley
- Salt and pepper (to taste)
- 300ml milk (of your choice)

Equipment:

- Cutting matt and knife
- Large saucepan
- Wooden spoon
- Measuring jug
- Blender

Method:

1. Wash leeks and lettuce
2. Chop the leeks into thin slices
3. In a large saucepan, melt the butter and then add the chopped leeks until they are soft
4. Roughly chop the lettuce and add to the pan. Cook for another minute.
5. Add the flour and keep stirring for three minutes so that the flour cooks
6. Add the frozen peas, stir, and then add the chopped herbs
7. Slowly add the vegetable stock and stir so that there are no floury lumps
8. Simmer the soup on a low heat for 5-10 minutes until the peas are soft
9. Add the milk and simmer for two minutes
10. Taste and add salt and pepper
11. Use a blender to liquidise the soup and serve in bowls



Hummus Serves 5 (as a dip)

Ingredients:

- 1 x 225g tin of chickpeas, drained
- 3 tablespoons of olive oil
- 1 tablespoon of tahini
- 2 tablespoons of water
- 2 cloves of garlic
- Juice of 1 lemon
- Pinch of salt
- Pinch of cayenne pepper or paprika (optional)

Equipment:

- Blender or food processor



Method:

1. Put the chickpeas, tahini, lemon juice, garlic, pinch of salt, and cayenne/paprika (if using) in a bowl or food processor
2. Add the water and blend
3. Add the oil bit by bit and keep blending. Check the texture before adding more oil
4. If the mixture is still too thick, add a little bit more water.
5. Taste and adjust seasoning if needed
6. Serve with toast, flatbreads, cucumber, celery and carrot sticks

Couscous Pilaff with Seasonal Vegetables (Serves 5)

Ingredients:

For the couscous

- 250g couscous
- 500g vegetable stock (boiling)
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp paprika
- 1 tbsps sunflower oil

For the vegetables (suggestion)

- 1 tin of chickpeas (drained)
- 2 carrots, peeled and grated
- 1 bunch of spring onions
- 1 red onion
- 2 peppers, roughly chopped (red, yellow, or green)
- 1 aubergine, roughly chopped into bitesize pieces
- 25g raisins soaked in hot water
- A pinch of salt
- A pinch of chilli powder / paprika (optional)
- Bunch of fresh coriander, chopped

Equipment:

- Large frying pan (with a tight fitting lid)
- Measuring jug
- Wooden spoon
- Chopping board and knife

Method:

1. Heat the sunflower oil in large frying pan
2. Add the couscous and spices to the pan. Stir the ingredients occasionally until the couscous has turned a deep golden colour
3. Add the vegetable stock until it just covers the couscous and remove the pan from the heat. Cover with the lid and leave to the side for ten minutes
4. Prepare all of the vegetables and other ingredients to add to the roasted couscous. You can add anything you like, which means this dish can be very seasonal and personal to your tastes.
5. Once the couscous is ready, mix it with a fork so the grains become fluffy. Add the vegetables, oil, salt, and chilli powder/ paprika (if using)
6. Mix well and serve

Penne Primavera (Serves 5)

Ingredients:

- 500g penne pasta
- 1 broccoli
- 150g asparagus (if in season)
- 100g sugar snap peas
- 100g carrots
- 250g courgette
- 2 cloves garlic, finely sliced
- 1 tub low fat crème fraiche
- 2 tbsps grainy mustard
- Chopped basil or oregano

Equipment:

- Cutting mat and knife
- Frying pan
- Saucepan
- Colander
- Wooden spoon

Method:

1. Cut the vegetables into small, bitesize, pieces
2. Put the penne pasta in a large saucepan. Cover with boiling water and add ½ teaspoon of salt to the water
3. In a frying pan, add a little bit of cooking oil and add the garlic
4. Once the garlic has started to turn golden, add the vegetables and fry for a few minutes until they are cooked, but still have a little bite/
5. Add the mustard and crème fraiche to the vegetables and stir
6. When the penne is cooked, drain the pasta water using a colander and put the drained pasta back into the saucepan
7. Add the creamy vegetable mix to the penne pasta and mix well to combine all of the ingredients



Vegetable Biryani (Serves 5)

Ingredients:

- 200g Basmati rice
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic
- 100g carrots, diced
- 100g frozen peas
- 100g green beans, cut into small pieces
- 100g cauliflower
- 100g tomatoes, chopped
- ½ tsp ground cumin
- ½ tsp turmeric
- ½ tsp chilli powder
- ½ tsp Garam Masala
- 700ml vegetable stock
- Salt and pepper (to taste)
- A bunch of coriander, roughly chopped
- Handful of cashew nuts (optional)



Equipment:

- Cutting mat and knife
- Large wok (or large pan)
- Saucepan
- Colander
- Wooden spoon

Method:

1. Soak the rice in cold water.
2. Put the oil, garlic, and onion in a wok or pan and cook on a low heat until the onion and garlic begin to turn golden.
3. Add the vegetables and spices and cook for 5 minutes, stirring occasionally.
4. Add the uncooked rice to the wok with the vegetables and cook for another two minutes, stirring occasionally.
5. Add the vegetable stock to the wok, bring the stock to a boil, and then turn down the heat so the mixture is simmering.
6. Continue simmering until the rice has cooked in the stock. Stir the rice occasionally to prevent it from sticking to the pan.
7. Serve and sprinkle chopped coriander and cashew nuts on top of the biryani.

Fresh Fruit Tartlets (Makes 5 tarts)

Ingredients:

- 5 sweet pastry cases
- Selection of fresh fruits such as grapes, kiwi fruit, blueberries, raspberries, blueberries, strawberries, bananas, satsumas, pineapples
- 150ml low-fat Greek yoghurt
- 3 tbsp runny honey
- 3 tbsp apricot jam
- 1 lemon
- Fresh mint leaves (optional)

Equipment:

- 2 small mixing bowls
- Pastry brush
- Cutting mat and knife
- Spoons

Method:

1. Prepare some apricot glaze by sieving the jam into a small saucepan and gently heating (do not boil). Add a squeeze of lemon juice to reduce the thickness and set aside.
2. Prepare your chosen fruit by peeling off skins where necessary and chopping larger fruit. Strawberries should be cut in half and raspberries and blueberries can be used whole.
3. Mix the Greek yoghurt with some honey and spread onto the base of the pastry case
4. Top the pastry case with your prepared fruit. It can be piled quite high.
5. Reheat the apricot glaze and glaze the fruits and the edge of the tartlet.
6. Garnish with a sprig of mint and serve.

Grow Your Own!





Growing your own food is a great way to learn about where our food comes from and to connect with nature. You don't need loads of space to do this - whether you live in the countryside, a big city, or somewhere in between, it is always possible to grow your own plants.

If you don't have lots of space or a garden, a **window sill** is a great place to grow **herbs** (such as basil, mint, parsley, coriander, chives, and thyme), **tomatoes**, **mustard cress**, and **strawberries**!








If you are lucky enough to have a garden or a larger patch of land, why not try growing the following vegetables?

Small patch of land

-  Onions
-  Carrots
-  Peas
-  Lettuce

Larger patch of land

-  Courgettes
-  Runner beans
-  Potatoes
-  Pumpkins
-  Butternut Squash



Different plants and vegetables grow at different times in the year, so make sure to research the best time to grow your plants beforehand – you can do this by asking an adult, reading a seed packet, or looking in a book or on the internet. Remember to check how often you need to water your plant, and always make sure you wash your hands after touching your plants.

There are a range of organisations that promote growing. Have a look at the websites of:

Countryside Classroom www.countrysideclassroom.org.uk

Trees for Cities' Edible Playgrounds www.treesforcities.org

Garden Organic www.gardenorganic.org.uk

Federation of City Farms & Community Gardens www.farmgarden.org.uk

Other Cooking, Nutrition, and Outdoor Education Organisations

As well as Adopt a School, there are many organisations across the UK who work to improve children's access to food, nutrition, and outdoor education. For more information, visit the websites below:



LEAF Education

LEAF Education works to inspire and educate future generations about farming, food and the countryside. We currently partner with LEAF to deliver 'Chef on the Farm' sessions, offering schools the experience to visit a farm and learn about food from farm to fork.

<https://education.leafuk.org/>



Food for Life

The Soil Association's Food for Life programme works with schools to help them build knowledge and skills through a 'whole setting approach'. They also provide resources and training for teachers who require food education training.

<https://www.foodforlife.org.uk/>



Food Teacher's Centre

The Food Teacher's Centre provide training and resources for teachers delivering Food Education and have created a Facebook group for teachers, allowing them to share best practice, give advice and support to less experienced teachers and answer practical concerns.

<https://foodteacherscentre.co.uk/>



Trees for Cities: Edible Playgrounds

Edible Playgrounds transform school grounds into vibrant outdoor teaching gardens that inspire hands-on learning and get children excited about growing and eating healthy food.

<https://www.treesforcities.org/our-work/edible-playgrounds>



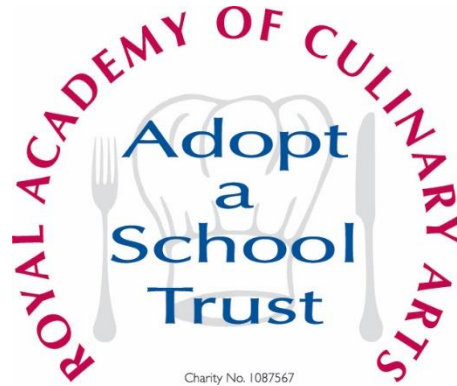
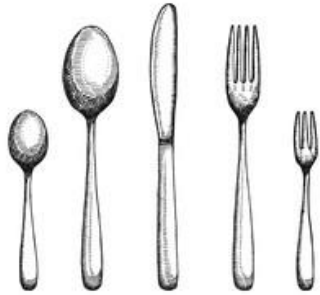
Connecting schools with **food**,
farming and the **natural environment**

Countryside Classroom

Countryside Classroom helps teachers to find resources, places to visit and school support relating to the themes of food, farming and the natural environment. The website contains a range of quality assured educational content from hundreds of contributors, such as Adopt a School.

<https://www.countrysideclassroom.org.uk/>

CERTIFICATE OF EXCELLENCE



This certificate is presented to...

*For completing the Royal Academy of Culinary Arts Adopt
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