

Enrichment ideas for Food and Nutrition

TASK 1

- Choose a country that you like to travel to.....



- Carry out some research about the food of the country – famous dishes, specific ingredients that are used in recipes
- Look at why these ingredients are used e.g. fish – large coastline, rice – climatic growing conditions
- Research and write down 5 recipes from this country’s cuisine that you would like to try
- If you are able.... Plan and cook 1 of those recipes, you may have to make some modifications and substitute some ingredients if you can’t source them, which is fine!
- Upload an image and ask for feedback from the people who tried your dish.
- Think about and write down what you would do differently if you were to cook the dish again and why.

TASK 2

READY, STEADY, COOK.....

- Make a list of at least 10 ingredients you have in your fridge – e.g. meat, dairy, eggs
- Make a list of the fruit and vegetables you have
- Make a list of the dried and canned ingredients in your store cupboard e.g. pasta, rice, noodles, canned tomatoes, soup, beans, fruit, fish
- Make a list of other items that you have available e.g. bread, spices, stock cubes, cereals, sauces- ketchup, mayonnaise

From this list – choose 5 ingredients to plan and prepare a dish from.

I would suggest – 1 protein (meat, fish, beans, cheese or egg)

1 carbohydrate (rice, pasta, bread, noodles, potatoes)

1 or more fruit or vegetables

1 or 2 ingredients from your “other” items

You can use usual store cupboard ingredients – such as herbs and spices, stock cubes, tomato puree etc.

Time yourself making your dish, I would say no longer than an hour!

Take an image of the finished dish and ask the people who tasted it for their opinion. You can record these if you like.

