

# Understanding the needs of a healthy varied diet

Design and technology - Cooking and nutrition:  
celebrating culture and seasonality

Mrs Mee



# A healthy and varied diet

Task

**Evaluate** the meal choices below. Is this is a **healthy** and **varied** diet? What is **missing** from these dishes? What would you **change** about these options to make it healthier?

Breakfast

Crunchy nut cornflakes  
with whole milk

Lunch

Sandwich on white bread  
with cheese  
  
Crisps  
  
Chocolate bar  
  
Bottle of coke

Dinner

Chips  
  
Pizza  
  
Cake  
  
Lemonade



# A healthy and varied diet

**Task**

Design your own menu for a range of healthy meals that you could eat. Use the interactive eatwell guide to help

**Breakfast**

**Lunch**

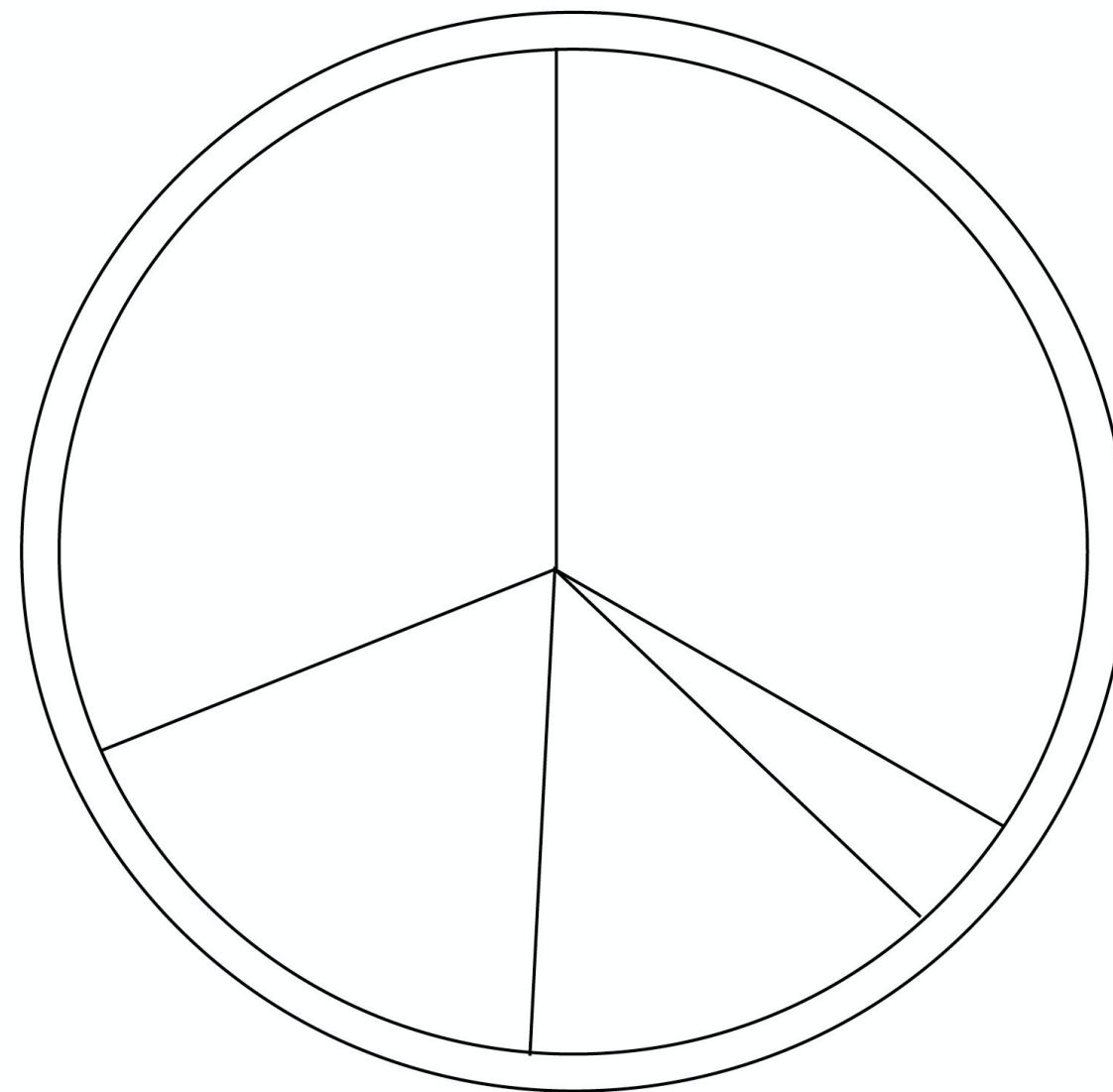
**Dinner**



# A healthy and varied diet

## Task

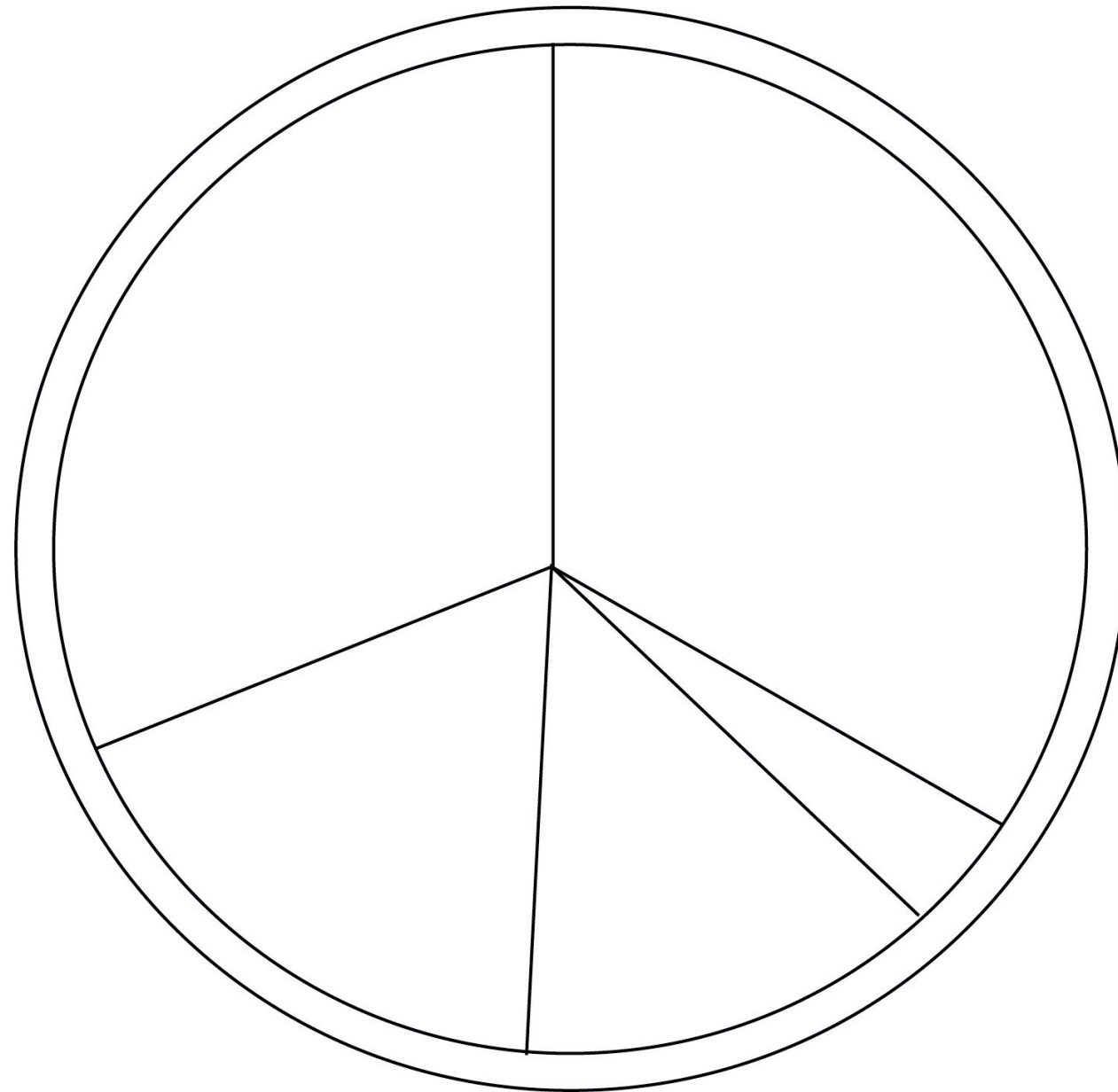
Design your own menu for a range of healthy meals that you could eat. Use the blank eatwell plate to help



# Selecting from a range of ingredients

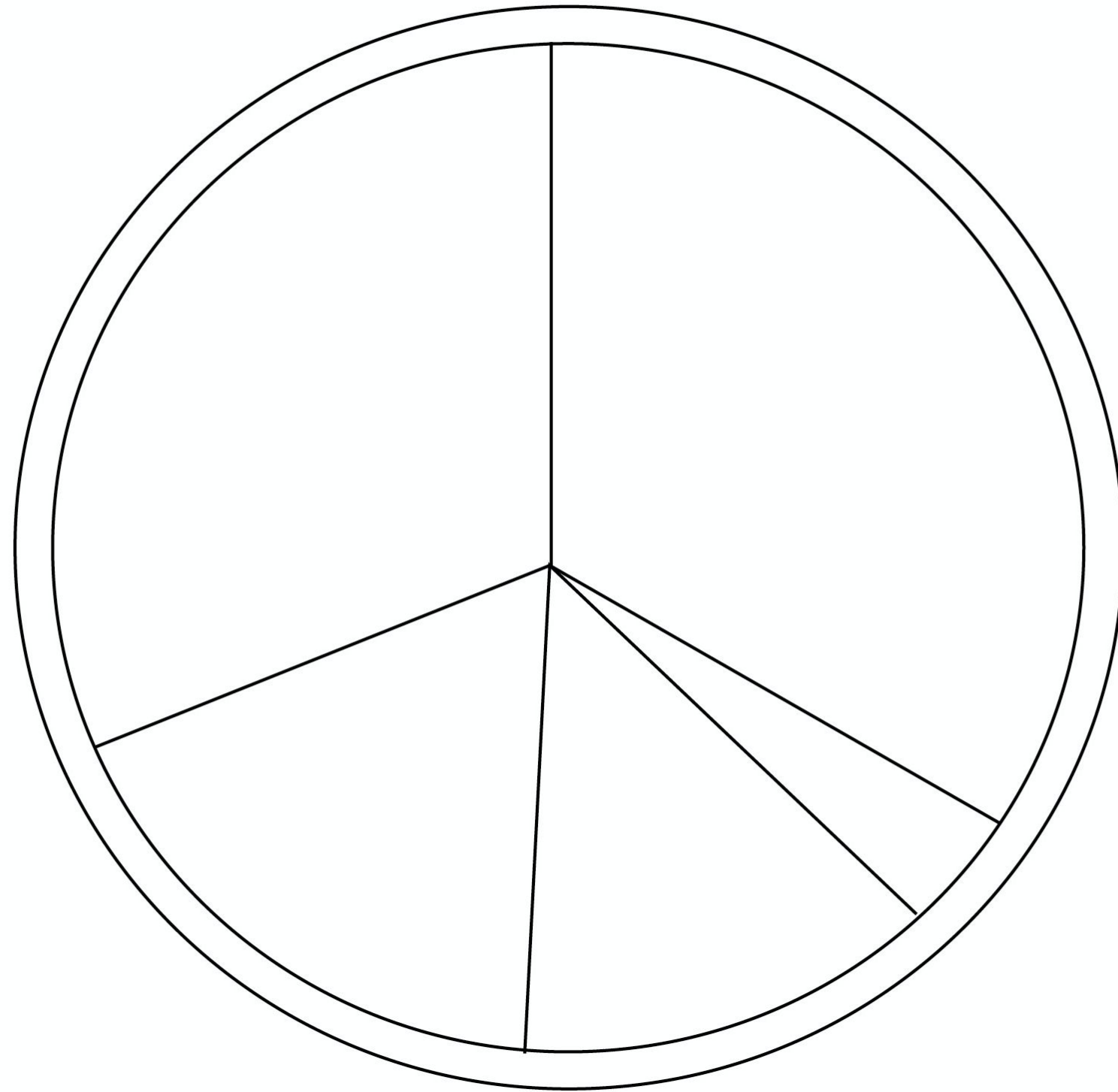
## Task

Using feedback from your end user write down all the ingredients you may use to design your soup, make sure you consider your users **wants, needs, preferences** and **values**



# Selecting from a range of ingredients

## Task



# How to design a soup - exploring ideas

*Allow space in the corner for your webcam video*

## Recipe card 1 - Tomato soup

Ingredients	Method
2 tbsp vegetable oil 1 onion chopped 3 teaspoons of garlic 1 tbsp tomato purée 400g can of chopped tomatoes 600ml milk and a pinch of bicarbonate of soda Handful of basil leaf	<ol style="list-style-type: none"><li>1. Heat oil in a large saucepan</li><li>2. Add garlic and onions, cook until the onion softens, about 5 mins</li><li>3. Stir in the tomato puree</li><li>4. Then add the chopped tomatoes and basil leaves, bring to the boil</li><li>5. Turn heat down and allow to simmer for about 15 minutes until thick and full of flavour</li><li>6. Spoon the baking soda in a small bowl and pour over 1 tablespoon of milk turn into a creamy texture.</li><li>7. Add to the pan and stir until there are no lumps</li><li>8. Pour over the remaining milk</li><li>9. Bring the boil</li><li>10. Gently simmer for 5 minutes</li></ol>



# How to design a soup - exploring ideas

*Allow space in the corner for your webcam video*

Recipe card 2 - Vegetable	
Ingredients	Method
<ul style="list-style-type: none"><li>- 200g chopped vegetables such as onions, celery and carrots (between 3 and 4)</li><li>- 300g potatoes, cubed</li><li>- 1 tbsp vegetable oil</li><li>- Creme fraiche</li><li>- Fresh herbs</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in a pan</li><li>2. Add potatoes and vegetables and fry until softened</li><li>3. Cover with vegetable stock and simmer for 10 - 15 minutes until veg is tender</li><li>4. You can blend if you want to or leave as it is</li><li>5. Then season with a choice of fresh herbs</li><li>6. Add a dollop of cream and serve</li></ol>



# How to design a soup - exploring ideas

*Allow space in the corner for your webcam video*

## Recipe card 3 - Chicken soup

Ingredients	Method
<ul style="list-style-type: none"><li>- 1 tbsp olive oil</li><li>- 1/2 medium onion chopped</li><li>- 1 medium carrot diced</li><li>- 650 ml chicken stock</li><li>- 50g frozen peas</li><li>- 85g tinned sweetcorn</li><li>- 55g cooked rice</li><li>- 110g cooked chicken</li><li>- salt &amp; pepper</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in a pan</li><li>2. Add and fry for about 5 minutes</li><li>3. Add the chicken stock and carrots and simmer for 4 - 5 minutes until carrot softens</li><li>4. Add peas and sweetcorn and simmer for 3 minutes</li><li>5. Shred the pre cooked chicken and add with the cooked rice and simmer for 2 minutes</li><li>6. Season with salt and pepper and serve</li></ol>



# How to design a soup - developing ideas

*Allow space in the corner for your webcam video*

**Recipe card -**

Ingredients	Method

