

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 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

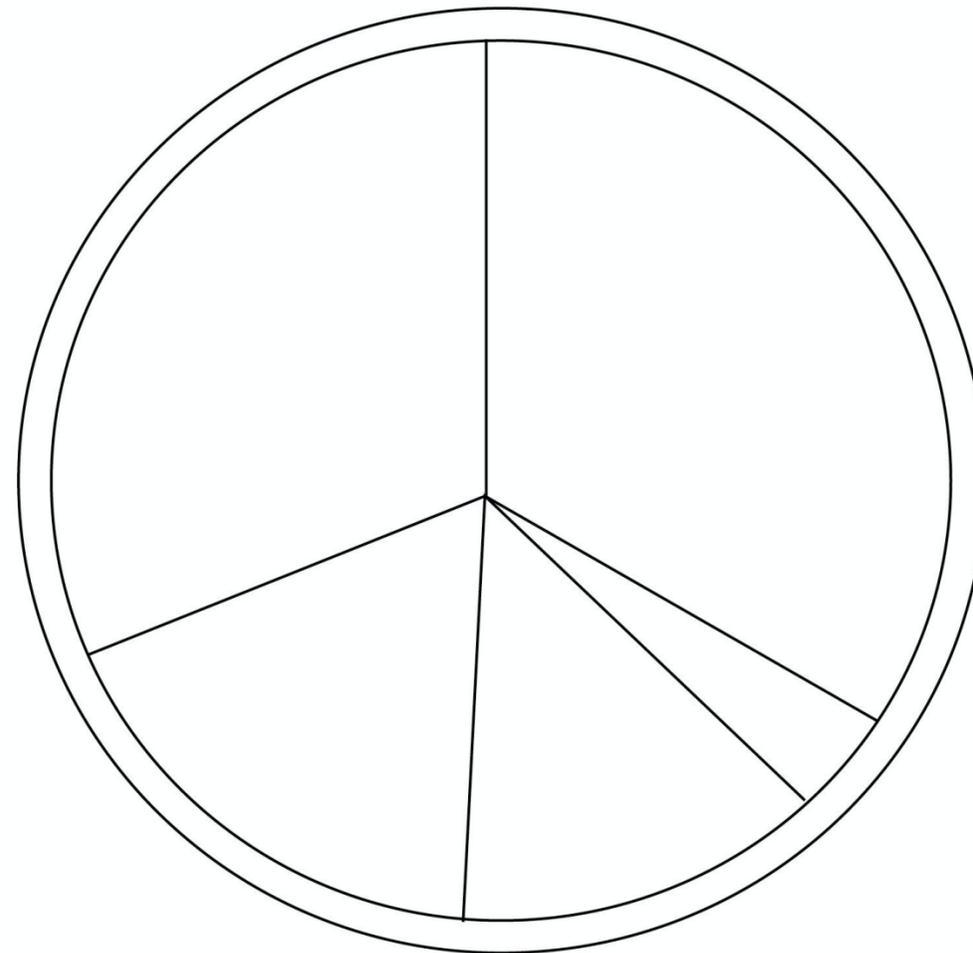
Dinner



A healthy and varied diet

Task

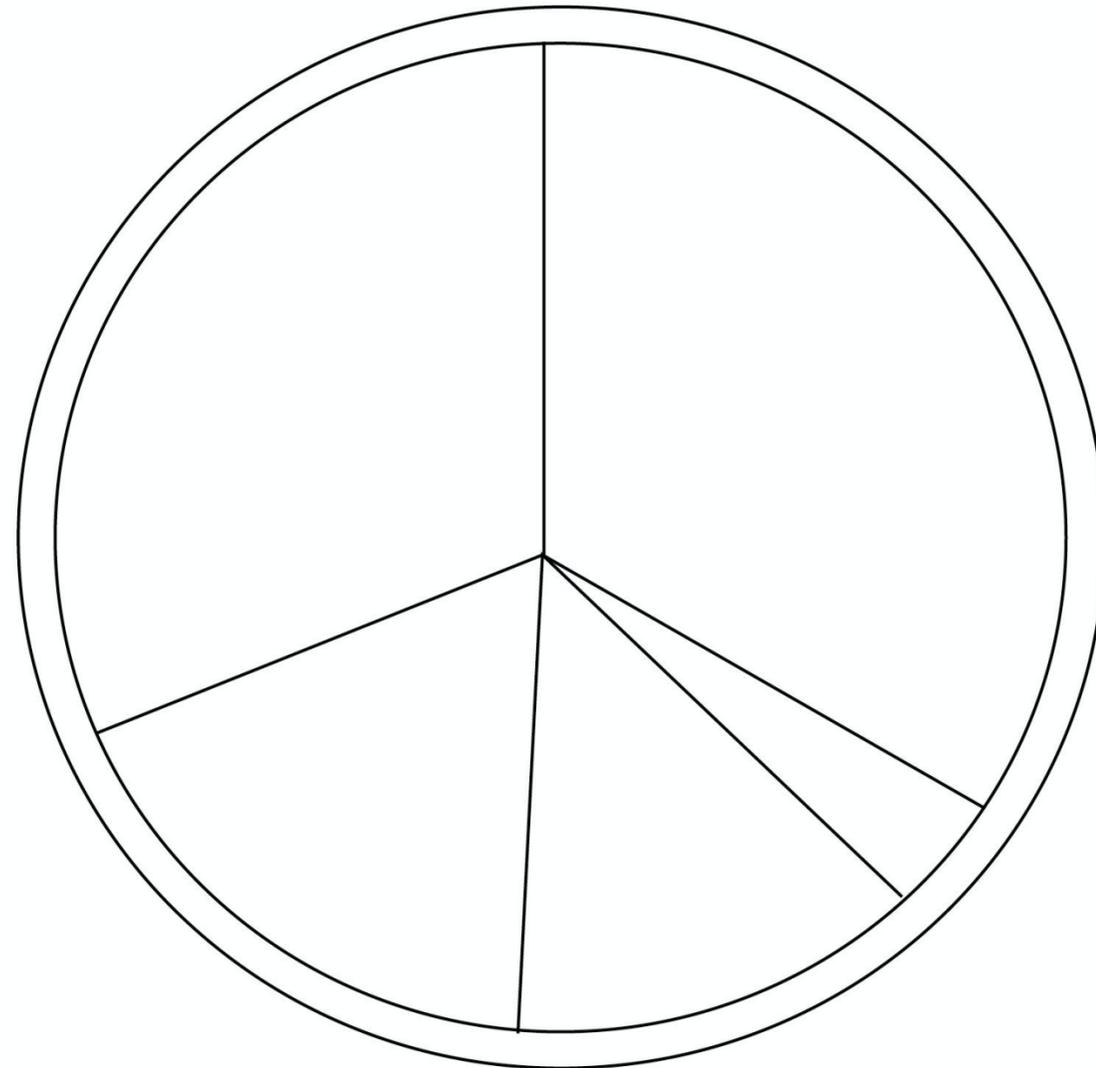
Design your own menu for a range of healthy meals that you could eat. Use the blank eatwell plate to help



Selecting from a range of ingredients

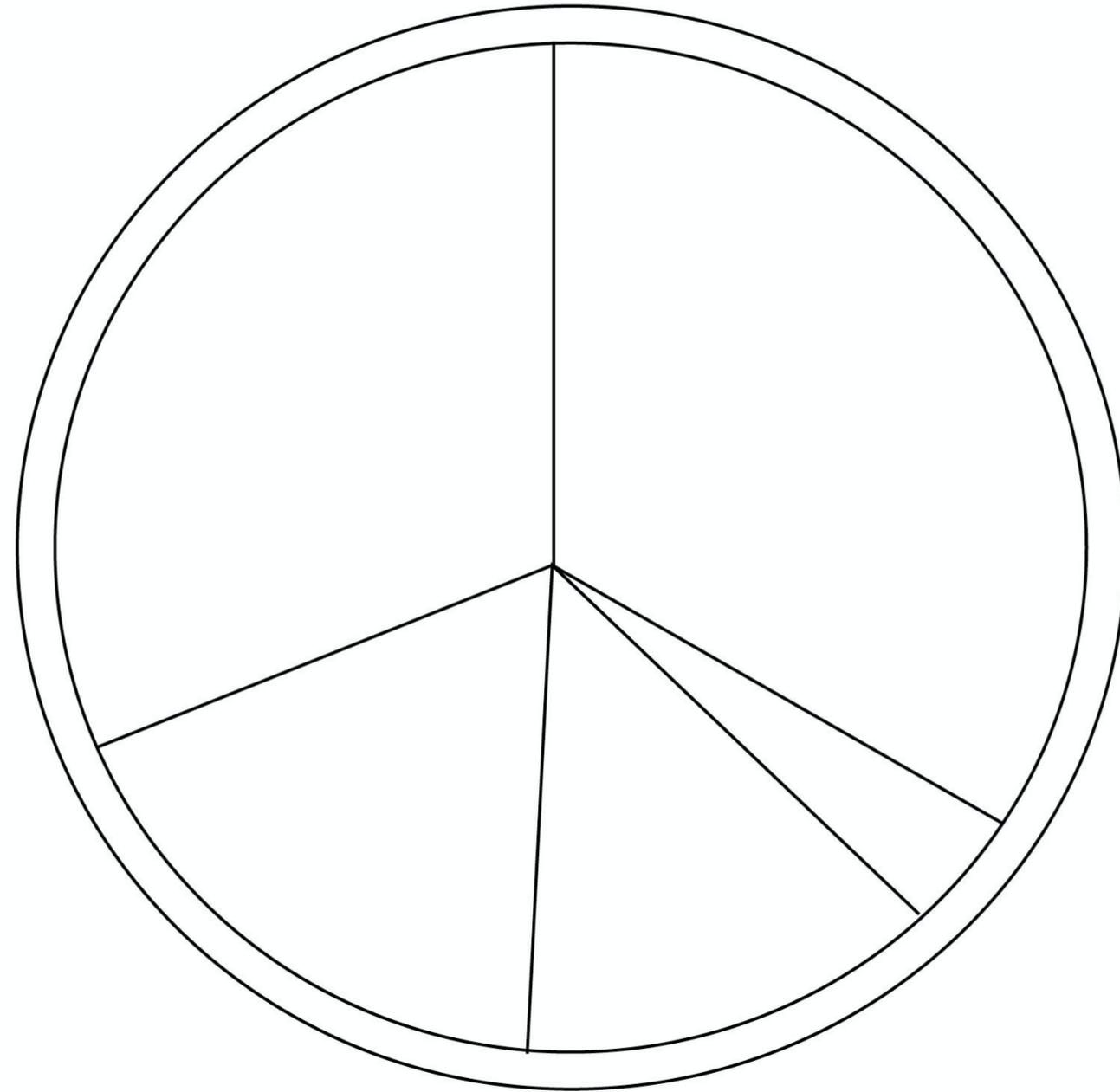
Task

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

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Recipe card 1 - Tomato soup

Ingredients	Method
<p>2 tbsp vegetable oil</p> <p>1 onion chopped</p> <p>3 teaspoons of garlic</p> <p>1 tbsp tomato purée</p> <p>400g can of chopped tomatoes</p> <p>600ml milk and a pinch of bicarbonate of soda</p> <p>Handful of basil leaf</p>	<ol style="list-style-type: none">1. Heat oil in a large saucepan2. Add garlic and onions, cook until the onion softens, about 5 mins3. Stir in the tomato puree4. Then add the chopped tomatoes and basil leaves, bring to the boil5. Turn heat down and allow to simmer for about 15 minutes until thick and full of flavour6. Spoon the baking soda in a small bowl and pour over 1 tablespoon of milk turn into a creamy texture.7. Add to the pan and stir until there are no lumps8. Pour over the remaining milk9. Bring the boil10. Gently simmer for 5 minutes



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Recipe card 2 - Vegetable

Ingredients	Method
<ul style="list-style-type: none">- 200g chopped vegetables such as onions, celery and carrots (between 3 and 4)- 300g potatoes, cubed- 1 tbsp vegetable oil- Creme fraiche- Fresh herbs	<ol style="list-style-type: none">1. Heat oil in a pan2. Add potatoes and vegetables and fry until softened3. Cover with vegetable stock and simmer for 10 - 15 minutes until veg is tender4. You can blend if you want to or leave as it is5. Then season with a choice of fresh herbs6. Add a dollop of cream and serve



How to design a soup - exploring ideas

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Recipe card 3 - Chicken soup

Ingredients	Method
<ul style="list-style-type: none">- 1 tbsp olive oil- 1/2 medium onion chopped- 1 medium carrot diced- 650 ml chicken stock- 50g frozen peas- 85g tinned sweetcorn- 55g cooked rice- 110g cooked chicken- salt & pepper	<ol style="list-style-type: none">1. Heat oil in a pan2. Add and fry for about 5 minutes3. Add the chicken stock and carrots and simmer for 4 - 5 minutes until carrot softens4. Add peas and sweetcorn and simmer for 3 minutes5. Shred the pre cooked chicken and add with the cooked rice and simmer for 2 minutes6. Season with salt and pepper and serve



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Recipe card -

Ingredients	Method

