

## Take Care Project

In DT, we have been exploring seasonality and understanding why certain foods are best at different times of the year. We have discussed the benefits of a seasonal diet and why it is important. This week, we have also interviewed Mrs Plumb about how school aims to promote seasonal eating and about health and safety precautions that she follows in the kitchen.

As an extended project, we are asking the children to research, design, make and evaluate a meal of their choice, using seasonal ingredients. This project can be completed all in one day (if you prefer to do it all in one go) or spread out into different weeks, with one task per week. This homework project needs to be completed and returned to school on Friday 28<sup>th</sup> February (including samples if you wish – see below)

Children can present their project however they like, as long as it is in paper form. This can be written or typed as a booklet, leaflet, poster or anything of that sort! All we ask is that each step of the project is included:

### Task 1 – Researching

Research what foods are in season at the moment. You could even design yourself a seasonal calendar for this time of year. Make a note of these and present them in a style of your choice.

Challenge – What ingredients do we need to import at this time of year? Why is that?

### Task 2 – Designing

Using what you found out in Task 1, design a healthy meal recipe using seasonal ingredients. You might choose a soup, a pasta dish, a rice dish...the list is endless! Some websites such as BBC Good Food may help you to find some inspiration.


You should write a detailed ingredients list and recipe for your chosen meal. Remember our toolkit for instruction writing in English to help you!

Challenge – How healthy is your meal? Calculate the nutritional values and add in some allergen information.

### Task 3 – Making

Now it's time for the fun bit...making the meal!

Follow your recipe steps very carefully and make your meal. Take into consideration important health and safety rules when you are chopping or using heat and ask an adult / older sibling to supervise you.



#### Task 4 – Evaluating

Finally, you need to evaluate your meal. What went well and what could you improve next time? You could even ask a family member or friend to write a review of your meal. Some helpful ideas include:

- How well was your meal presented?
- How did it taste?
- What went well when you made the meal?
- What improvements would you make next time?
- Give a star review out of 5.

If you wish to bring in some of your cooked meal, all children have the opportunity to do this on Friday 28<sup>th</sup> February (PM). If your child wishes to do this, we recommend saving task 3 and task 4 until then! All samples of meals should be brought to school in a named plastic container that can be reheated, with a list of ingredients so that we can check against any allergies that we have in our classes.

We hope that the children enjoy this homework – it is a great chance for them to gain a better understanding of cooking and kitchen safety as well as potentially finding a new favourite meal!

Any questions, please ask us before half term.

Good luck!

Miss Walton and Mrs Cilbey 😊