

Understanding and Using Ingredients

Name: _____

Ingredient Categories

In the table below, you need to give examples of ingredients of each category. Name a minimum of 5 for each category

Category	Examples of Ingredient
Meat and Meat Alternatives	
Poultry and Poultry Alternatives	
Fish and Seafood	
Dairy Products and Dairy alternatives	
Eggs	
Fruits and Vegetables	
Dry Ingredients	
Herbs	
Spices	
Flavours and Seasonings	

Ingredient Characteristic

Definition of Characteristic:

"A feature or quality belonging typically to a person, place or thing - helping to identify them"

To help you understand what a characteristic is, in the mind map below place all of the characteristics that help identify you



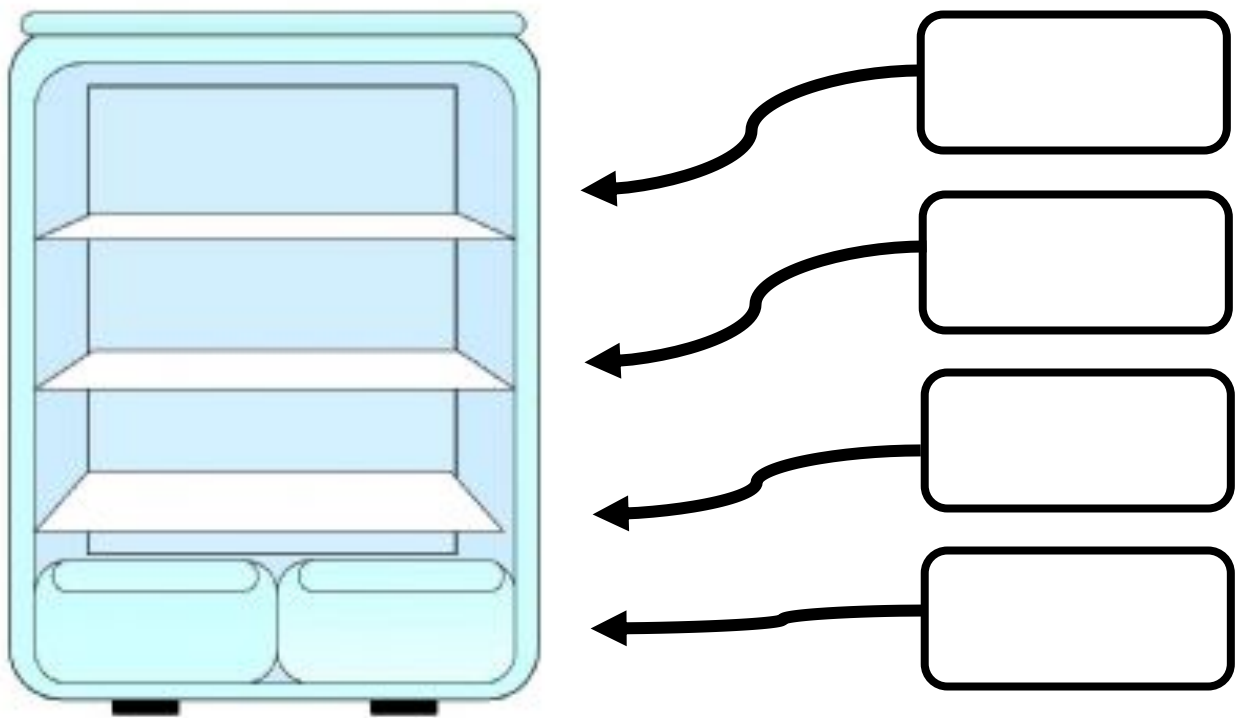
Task

You are going to play a game with the people in your group, they are going to describe a food to you and you need to guess what food it is. Using a sheet of A4, once the answer is revealed, you need to write down what the food was, and the characteristics that it has.

Storage of Ingredients

The way we store our food is important for a variety of reasons. One of the most important reasons is that it prevents bacterial growth and helps keep our food fresh for as long as possible.

When placing items in a refrigerator, they should be covered or in a container that will not leak. Raw meats should be placed on a spate tray so that if blood comes out of it, it will not drip down on to anything else in the fridge - preventing contamination. IF the food is in a jar or bottle, the lid must be secured tightly.



When placing items in a fridge, you should always try to place the newest items at the back, and the oldest items at the front.

When storing items in a freezer, they should be stored in an airtight container. When you place something in the freezer, you should label it with the date you placed it inside as this will help you keep track of how long the item has been frozen for.

Food that gets stored in a dry cupboard usually does not require much preparation, but should be kept in an airtight container with a secure lid, for example a jar or plastic container.

Complete the following table on food storage:

Food	Perishable	Non-perishable	Dry Store	Fridge	Freezer	Room Temp
Eggs						
Mince						
Prawns						
Dried Pasta						
Ice Cream						
Unopened jar or mayonnaise						
Cooked mince pie						
Packet of Rice						
Lettuce						
Opened jar of beetroot						
Mozzarella						
Carrots						
Lettuce						
Tomatoes						
Cooked rice						
Left over chilli						
Unopened long life milk						
Butter						
Potatoes						
Dried Herbs						
Sultanas						
Grated cheese						
Bananas						

Pick 5 ingredients from the table on the previous page and complete the table below. Try to choose different items so that you have a wide range of ingredients. An example has been given to you.

Ingredient	Preparation for Storage	Storage Place
Cheese	Wrapping in cling film or placing in an airtight container	

Shelf Life

Explain the following terms:

Best Before:

Use by:

In the table below, you need to tick whether or not the food item would have a 'Best Before' or a 'Use-By' date:

	Best Before	Use By
Packet of biscuits		
Tub of double cream		
Caster sugar		
Frozen peas		
Tin of Tuna		
Cheddar Cheese		
Tin of Soup		
Garlic bread		
Fresh milk		
Strawberry Jam		

Sustainability

Food Miles

Write down a definition of what food miles are:

How far would your pizza travel? In the table below, you need to work out all the ingredients for a basic pizza and add any toppings you would like to have on your ultimate pizza.



Ingredients	Miles to Kirkcaldy

Total miles travelled: _____

How can we reduce the amount of food miles we build up?

Carbon Footprint

Research what a carbon footprint is, and create a poster informing people about their carbon footprint:



Organic

Organic farming could help reduce our worldwide carbon footprint, helping us protect the planet we live on.

You must create a presentation on Organic farming, and the benefits/drawbacks this has. Print off your presentation once complete and place it in your folder.

Locality

In Scotland, we have a climate that suits many different types of crops, from potatoes to wheat. There are mass areas of farmland all over the country, both used for growing crops and also farming animals. Due to having such a vast farming culture, we are fortunate enough to be able to shop locally, this then reduces our food miles.



Shopping locally
benefits

Not only can we ensure we are buying local ingredients, we can also grow our own crops at home or in allotments. Growing our own vegetables help us save money, this would help reduce our carbon footprint. When we grow our own vegetables, we do not use harsh chemicals to grow these plants - this can help us reduce the environmental impact that farming can have.

Reusable

We should try and use reusable or recyclable materials whenever possible when producing food. Recyclable dinnerware may come in the form of China - this can be rewashed and reused on multiple occasions, having the lowest environmental impact whilst being most pleasant for diners. You can also have recyclable dinnerware in the form of compostable items.

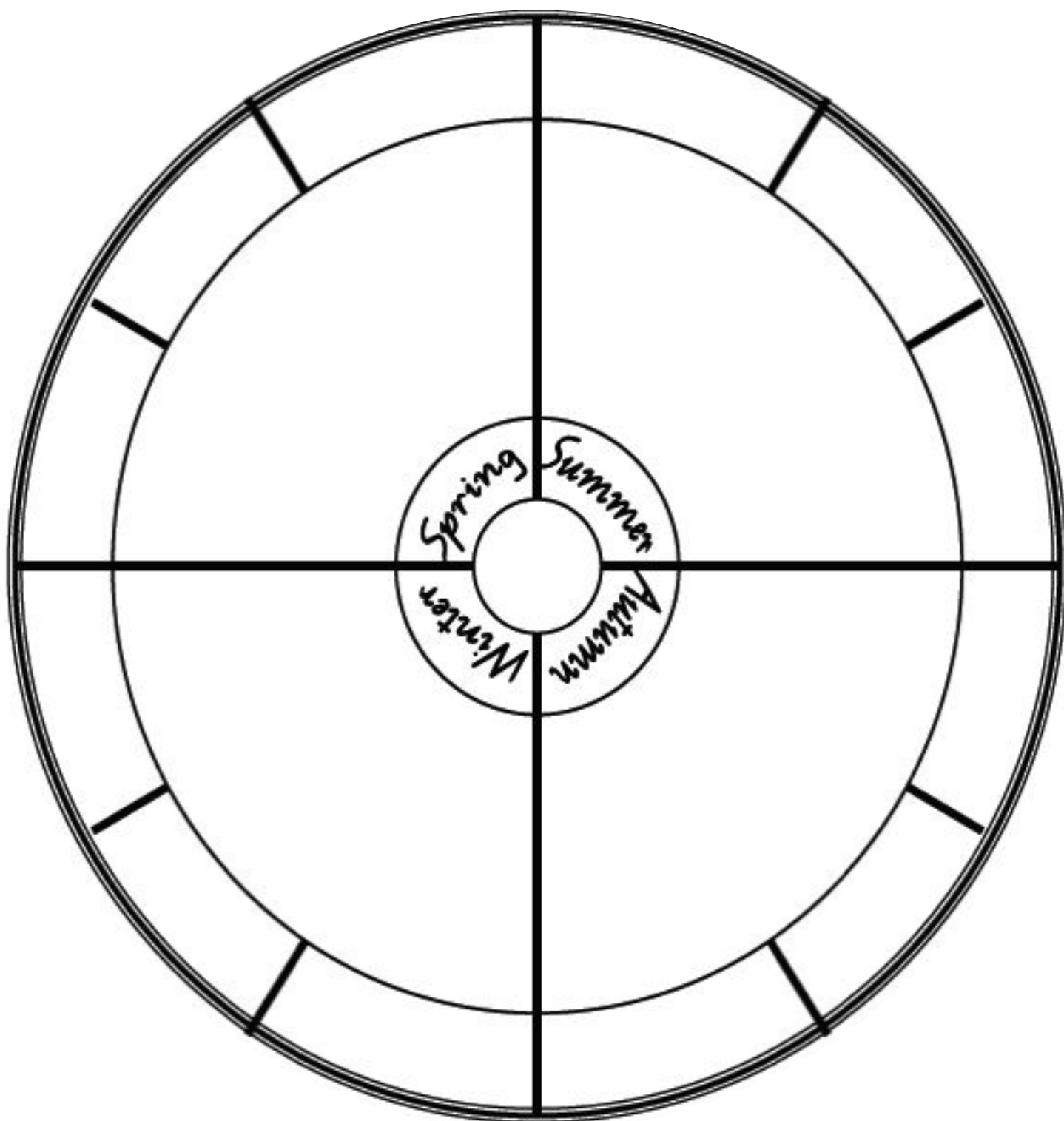
Seasonality

Seasonal food refers to the time of year when food is at its best flavour and is grown in the country that offers the best climate for its production. We are fortunate in today's market that we can get any food all throughout the year, however if we can eat depending on the seasons it can help reduce our carbon footprint.

On the map, draw different foods and where they are grown in Scotland:



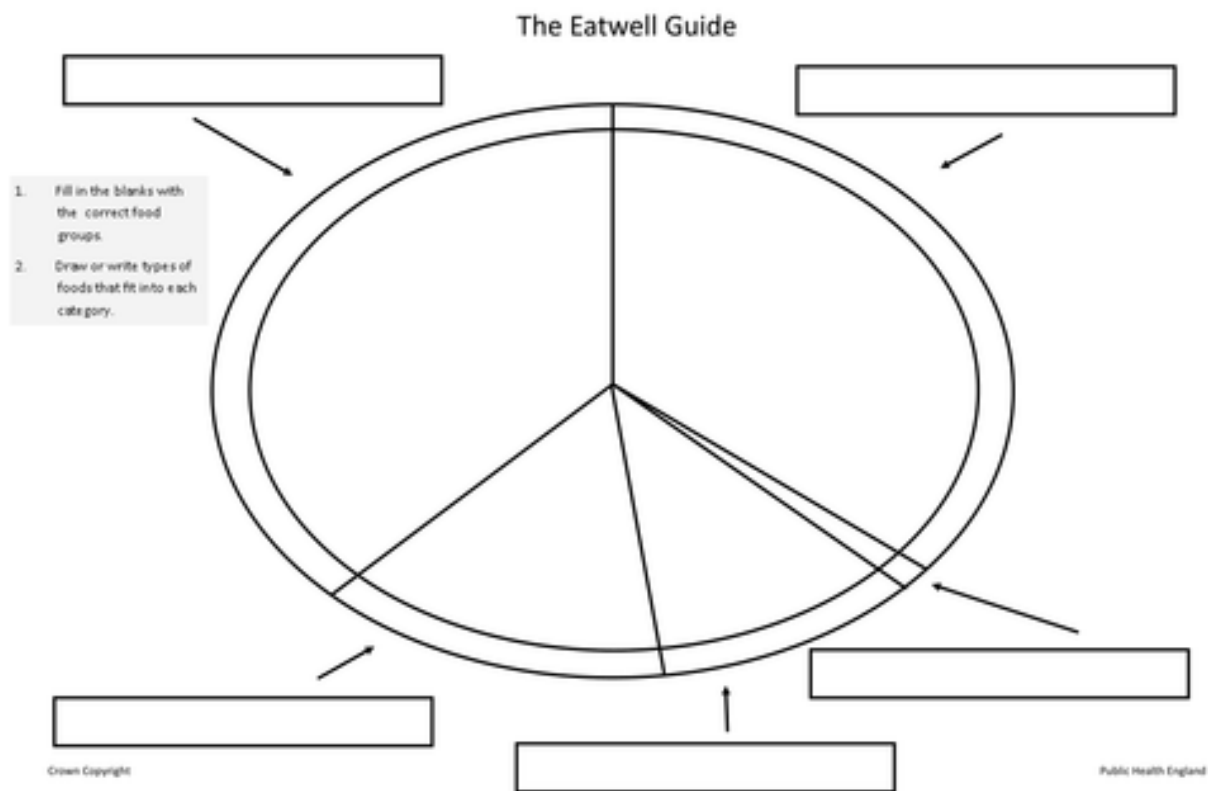
Now you know where products are grown, you need to create a seasonal calendar. This seasonal calendar should show when foods are harvested throughout the UK.



Dietary Advice

In Scotland one of the main pieces of guidance around Healthy Eating is the Eatwell Guide. This guide aims to help us know exactly what we should be eating and in what proportions.

Below is a blank Eatwell Guide, this takes the shape of a divided plate. You need to fill in the plate with the food you eat from each section:



Referring to the plate, explain how it can help achieve a balanced diet:

Fruit and Vegetable portions

It is advised that we should have a minimum of 5 portions of Fruit and Vegetables each day. However, what actually is a portion? Research the fruit and vegetable portions, filling in the table below:

Fruit / Vegetable	Portion Amount
Unsweetened fruit juice	
Fruit Salad	
Peas or Sweetcorn	
Grapes	
Banana	
Plum	
Salad	
Homemade Soup	
Dried Fruit	

Current Dietary Advice

The dietary goals below come from the Scottish Government and these give us recommendations as to the amount of foods we should be eating.

In the table, you need to state the goal and give reasons why it is important to meet each dietary goal:

Food	Dietary Goal	Reason
Fruit and Vegetables		
Fish		
Meat		
Fibre		
Salt		
Sugar		

Fat		
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Once you have completed the table it is your task to create a PowerPoint about the dietary goals. Your PowerPoint should include:

- Each dietary goal and the recommended amount we should have in our diet
- Why it is important to meet each dietary goal
- Recommend how people can meet each goal

Getting to Know Your Ingredients

We have now talked about ingredient in-depth, from their category to how we can source them sustainably. It is important that you can identify an ingredient and know important information about it.

In groups you are going to work on a different category of food, once everyone has completed the category, you will all have a copy of the notes for each category. For each category you must include:

- What your category is
- How it can be sourced sustainably
- Dietary Advice
- Storage advice
- Alternative ingredients for that category

- Meat
- Poultry
- Fish
- Dairy
- Eggs
- Fruit and Vegetables
- Cereals
- Sugar
- Herbs, flavouring, spices and seasoning