

Year 5: Cooking and Nutrition

Should we eat less meat?

Situation

Greggs the Bakers are a highly successful north-east based firm. Their nationwide success has been attributed to moving with the times, providing tasty food on-the-go, and more recently picking up on the trend for vegetarian and vegan food. To maintain their success, Greggs are always looking for new ideas.



Design Brief

Design, make and evaluate a delicious savoury, vegetarian product for busy working people that can be purchased and eaten quickly as a lunch.

Nigella Lawson

Nigella Lawson is an extremely successful TV chef and food writer, well known for cooking wholesome, nutritious food and delicious desserts.



Ideas



Mediterranean vegetable salad



Mediterranean vegetable tart



tortilla breakfast wraps



tortilla breakfast cups



vegetarian kebabs

Design A Vegetarian On-the-Go Lunch

You need to consider:

- appearance/aesthetics - *how will your product look, smell, taste and feel?*
- cost - *how much money will you spend?*
- customer - *who is your target market?*
- environment - *are any ingredients or stages in production good or harmful to the environment? How will it be packaged and eaten?*
- size - *how big or small will it be?*
- safety - *will it be safe to be eaten by everyone?*
- function/purpose - *what nutrients will it provide?*
- materials - *what ingredients will you need?*
- manufacture - *it's 'fast food' - could identical products be made quickly?*

The Eatwell Guide



focus - meats, fats and oils

Meat Substitutes



CRC Article 24: All children have the right to healthy, nutritious food.
CRC Article 29: All children have the right to develop their skills and talents.



Evaluate

Does your vegetarian, 'on-the-go' lunch product meet the design specification?



Vocabulary

climate change	A change in climate patterns, recently linked to burning fossil fuels and farming.
environment	Our surroundings.
food retail	The buying and selling of food to be eaten at home.
meat eater	Eats meat as part of diet.
meat free	Not containing meat.
pesceatarian	Eats fish but not meat.
saturated fat	'Bad' fats that block arteries.
unsaturated fat	'Good' fats that are usually oil at room temperature; also found in foods like oily fish.
vegan	Someone who doesn't eat animal products.
vegetarian	Someone who doesn't eat meat or fish.

Fats and Oils



Good Fats

vs.



Bad Fats