



Grow your own grub.



## Food Technology

(To take place over a series of lessons)

### Objectives

To create a class cookbook

To cook and eat the produce grown

### Resources

- A range of vegetables, possibly grown in school
- Recipes from magazines and cookbooks
- Internet access
- Digital camera
- Cooking equipment

### Teaching activity

#### Introduction

Ask the class to...

- Watch a selection of the harvest animations from the BBC Dig In website: [bbc.co.uk/digin](http://bbc.co.uk/digin).
- Pick and taste a selection of the vegetables and herbs which the class have been growing.
- Discuss times when they have eaten these things before: was it on its own or as part of a meal?
- Discuss creating a class recipe book which could include the vegetables and herbs grown in the school garden.

### Activity

#### Investigate

- Research recipes that include the ingredients the class have grown, using cookbooks, magazines or the internet. Try [bbc.co.uk/food](http://bbc.co.uk/food).

#### Design

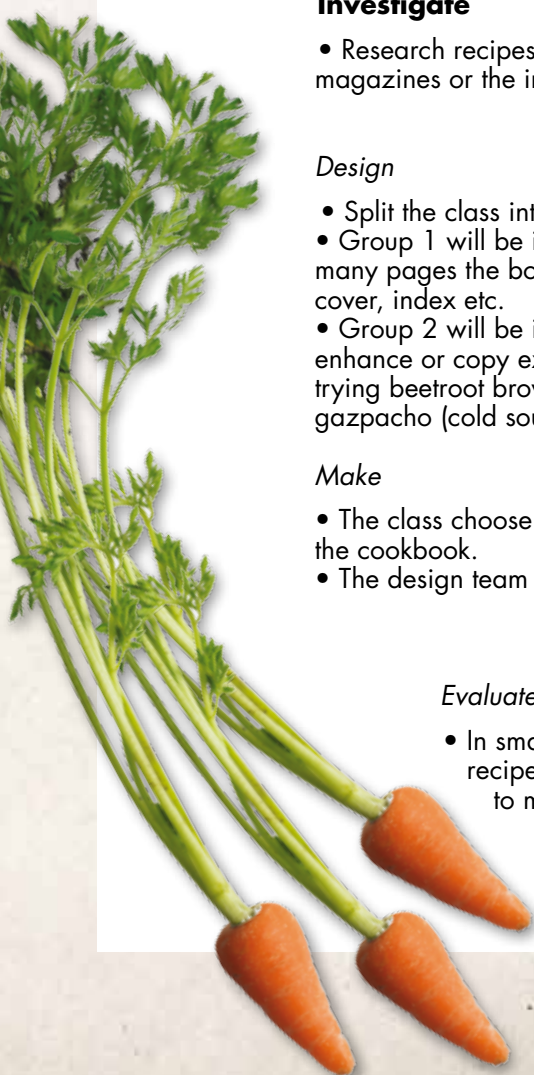
- Split the class into two groups.
- Group 1 will be in charge of designing the layout of the cookbook. Get them to think about how many pages the book will have, what will go on each page; recipe, photo, hints and tips, front cover, index etc.
- Group 2 will be in charge of choosing and writing the recipes to be included. They could enhance or copy existing recipes found in their research, or even write their own. How about trying beetroot brownies, carrot cake, courgette muffins, vegetable smoothies or tomato and basil gazpacho (cold soup)!

#### Make

- The class choose a few suitable recipes and make them. Take photos of each dish to include in the cookbook.
- The design team can take photos of the finished products to be included in the book.

#### Evaluate

- In small groups, get the children to evaluate each step of the process, including each recipe made. Celebrate their success and discuss any improvements they may wish to make.



**Plenary**

Ongoing evaluation stage to take place after each section

**Extension**

Distribute the cookbooks and ask for feedback from whoever tries the recipe. Watch out for bespoke BBC Dig In recipes from Nigel Slater. Recipe books can be downloaded.

**National Curriculum****Design Technology KS2**

- Developing, planning and communicating ideas (1a-d)
- Working with tools, equipment, materials and components to make quality products (2a, b, f)
- Evaluating processes and products (3a, c)

ICT – Finding things out (1a)

Mathematics – Handling Data (Ma4, 2b)

Literacy En3 – (1a, b, c, d, e, 2a, b, c, d, e, f, 3, 4a, b, c, d, e, f, g, h, i, j, 6a, b, 7a, b, c, d, 9b, 11, 12)

**Scottish Curriculum for Excellence**

By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan. HWB 2-30a

Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. HWB 2-33a

Through discovery and imagination, I can develop and use problem-solving strategies to meet design challenges with a food or textile focus. TCH 2-11a

I have carried out investigations and surveys, devising and using a variety of methods to gather information and have worked with others to collate, organise and communicate the results in an appropriate way. MNU 2-20b

I can display data in a clear way using a suitable scale, by choosing appropriately from an extended range of tables, charts, diagrams and graphs, making effective use of technology. MTH 2-21a

**NI Curriculum**

Language and Literacy: talking and listening, reading, writing, presentation skills ICT

PDMU: Health, Growth and Change (Personal Understanding and Health)

World Around Us: Main stages and changes in the lifecycle of living things, plants and plant growth, Changes to everyday substances (Science and Technology, ICT)

Mathematics and Numeracy: measures (ICT)

The Arts: Using mixed media to communicate ideas (Art and Design)

