





Year 7 – Protein and Alternatives: Soya, tofu, beans, nuts and seeds

These provide protein sources to people who do not eat meat.

Soya		Textured Vegetable Protein (TVP) is mince and chunks developed from the soya bean. Tofu is bean curd made from soya milk. The proteins set, producing a cheese-like product. It can be cut into cubes, grilled or stir-fried.
Beans and pulses		Beans and pulses are seeds from edible plants. They contain protein and are healthy because they are low in fat and high in fibre.
Nuts		Nuts are dry, edible kernels within a shell. Nuts contain protein and fat, but the fat is unsaturated so it is good for us.
Seeds		We can eat the seeds of a wide variety of plants. They are a good source of vitamins and minerals.

Meat

- Meat is the muscle tissue of animals.
- Meat is high in protein, iron and B group vitamins.
- The main types of meat eaten in the UK are beef, pork and lamb.
- Meat from younger animals is tender and cooks more quickly. Meat from older animals is tougher and needs a slow, moist method of cooking.

Popular cuts of meat

Beef- steak, shin, topside and silverside

Pork- Leg, chop and belly

Lamb- Chops, shoulder and leg



Storing and cooking meat

Meat must be kept in the fridge, or it can be frozen. Raw meat should be covered and on the bottom shelf so that it does not contaminate other foods.

Cooking meat destroys harmful bacteria and improves the colour, flavour and texture.

Fish

Fish is very healthy as it is high in protein, and oily fish also contains vitamins A and D.

The government advises that we should aim to eat at least two portions of fish a week, one of which should be oily.

Fish can be divided into three groups: white fish, oily fish and shellfish.

Some examples of **white fish** are:

- Cod, Haddock and Plaice

Some examples of **oily fish** are:

- Mackerel, Salmon, Trout and Tuna

Some examples of **shellfish** are:

- Prawns, Crabs and Scallops



Weekly Tasks

Week 1 - Design a three course meal for a vegetarian – you must include some protein alternatives and highlight them.

Week 2 – Create the protein alphabet – name a protein food for each letter of the alphabet – including types of meats, fish and alternative proteins.

Week 3 – Design a poster or leaflet to encourage people to eat two portions of fish per week – don't forget include the health benefits.

Week 4 – Using the different types of meats listed – develop 5 different meals you could make, including accompaniments, side dishes and sauce.

Week 5 – Complete a practical food diary entry for your Hunter's Chicken – include a sensory evaluation, what went well and how you could improve.

Weekly Tasks

Week 1 – Research and make a list of the different meals that make up traditional British or your own native cuisine – you could ask parents and teachers what they ate as children.

Week 2 – Design a three course menu for a dinner party based on Chinese or Indian cuisine – including 2 starters, 2 mains and 2 desserts – include descriptions of each meal.

Week 3 – Draw a spider diagram showing what food you ate yesterday. Alongside each food, identify which national cuisine it belongs to.

Week 4 – Plan a British afternoon tea to include some sweet and savoury items. Design a colourful menu with your ideas.

Week 5 – Create a poster for an international cuisine, include climate, traditional ingredients and dishes.

Week 6 – Research the cuisine of another country – for example, Spain, Japan, France or Mexico.

Year 8 - International Cuisine

Cuisine is a style or method of cooking, especially as characteristic of a particular country, region, or establishment.

Some factors that have an influence on a region's cuisine include the area's [climate](#), the trade among different countries, religious or laws and culinary culture exchange. For example, a tropical diet may be based more on fruits and vegetables, while a polar diet might rely more on meat and fish.

Key Vocabulary

- **Cuisine:** the food and diet consumed by a particular region, country or religion.
- **Climate:** the weather conditions of a particular place or region, variants include temperature and rainfall.

What is British cuisine?

British cuisine is the specific set of cooking traditions and techniques associated with the United Kingdom.

Traditional foods grown in Britain are:

- vegetables, such as potatoes, onions, leeks, sprouts, peas, beans
- fruit, such as apples, strawberries, plums and rhubarb
- herbs, such as mint, chives and sage.

Traditional foods reared in Britain are:

- meat, such as beef, lamb, poultry and game, pork, bacon and ham
- cheese, such as cheddar, double Gloucester and stilton
- Dairy, such as milk, yogurt butter and cream.

Traditional foods caught in Britain are:

- fish, such as mackerel, cod, haddock and salmon.

What is Italian cuisine?

Different foods are produced in different areas:

- The north is cooler : rice is grown and the land is used to rear animals for meats.
- The south of the country is hotter: crops such as tomatoes, olives and lemons are grown.

Some traditional dishes made in Italy are:

- gnocchi, pizza
- risotto

What is Chinese cuisine?

- Chinese food is quick to make. Food is stir-fried in a wok or steamed in a bamboo steamer – both are healthy ways of cooking.

Some traditional dishes made in China are:

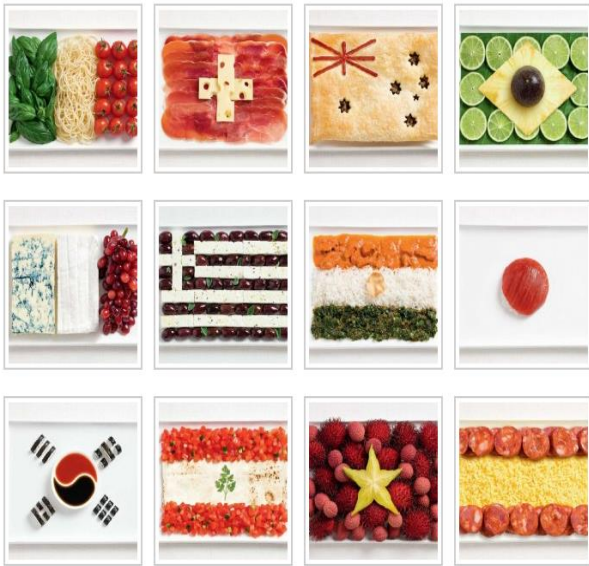
- spring rolls, prawn toast
- chop suey, chow mein
- Szechuan pork or beef
- crispy duck/Peking duck.

What is Indian cuisine?

- India is a mainly agricultural country growing crops.
- In the north of India, wheat is the staple food used to make chapattis.
- In the south, rice and curries with sauce is the staple food.

Some traditional dishes made in India are:

- naan bread, chapattis
- tikkas, kormas
- poppadum, samosas



Dough

A dough is a mixture of dry ingredients such as flour and a liquid such as water that is mixed, kneaded, shaped and then baked.

Pastry

Pastry is a mixture of flour, fat and a liquid, which is shaped into a dough. The dough is then shaped and baked.

Shortcrust pastry does not rise, so it is used as a case to hold other ingredients. For example, apple pie and quiche are made using shortcrust pastry.

Bread

Bread is a mixture of flour, yeast, sugar, salt and a liquid, which is made into a dough.

Bread dough can be shaped in many ways-rolls a loaf, rolled into a rectangle, or spread with a filling then rolled and cut.

It can be used to make pizza or calzone.

Weekly Tasks

Week 1 - Design a pizza with your favourite toppings – link the ingredients with their nutritional values (e.g. flour: carbohydrate).

Week 2 - Create a bakery menu – naming and describing a range of bread and pastry products.

Week 3 - Carry out a sensory evaluation of 3 bread products. Describe taste, texture, aroma and appearance.

Week 4 - Mind map as many sweet and savoury dishes made from pastry as you can.

Week 5 – Match each type of bread with a sweet or savoury topping – use the internet for inspiration.

How to make pizza dough



1 Mix flour, yeast, water, salt and olive oil for pizza dough.



2 Gather the dough into a large ball on a floured board.



3 Knead the dough by pushing with heel of one hand.



4 Now reverse the process, kneading with the other hand.



5 Place the dough in a bowl in a warm spot, and cover it.



6 When the dough has doubled in bulk take it out.



7 Divide the dough into quarters to make pies.



8 Press down with palm on a piece, flattening it.



9 Turn dough in your hands and stretch it out.



10 Hold the dough and let its weight stretch it.



11 Use a rolling pin to work it into a circle.



12 Pour on tomato sauce, sprinkle with grated cheese. Dribble olive oil over cheese, and bake. The finished pie is pictured at right.

Types of Pastry

Flaky Pastry

It is a light, crisp pastry made up of lots of layers. Air is trapped between the layers of the dough and this, together with steam, means that the pastry rises up in layers when it is cooked. It is mainly used to make pies, pasties and sweet pastries.

Choux pastry

Choux pastry is a light, crisp and hollow pastry. It puffs up, making it suitable for a variety of sweet or savoury fillings. It is used to make profiteroles, éclairs and gougères.

