

Transition work

Food



Name:

What is your favourite food? Write a sentence to explain why you like it so much. Describe how it tastes, feels and looks

Name of Food :

Why I like it?

.....
.....
.....

Taste (flavour)

Feel (texture)

Look (appearance)

Draw your favourite foods below:

Where do foods come from –identify where the following foods come from ,grown, caught etc

Raisins

Tomatoes

Bacon

Potatoes

Rice

Food and cross curricular subjects

Food and languages

1. Look around your kitchen and choose FOUR pieces of equipment that are used to prepare, cook or eat food. Find out what they are called in four different languages.

For example, in Spanish a fork is tenedor, in French fourchette, in Welsh fforc and in Russian вилка.

- 1
- 2
- 3.....
- 4

Literacy and art:

2. How many different types of pasta can you find out about? Find at least five! Describe each type and draw their shape

Literacy:

3. Find two different food adverts. Answer these questions for each advert: What is it describing? Who is the food aimed at? What is the message? In your opinion, is it a good advert? Explain your answer. Finally, would you buy the food?

1

2

Literacy and cooking:

- 4. Have a look in your freezer. Make a list of what you have and suggest three meals you could make. List them below

1

2

3

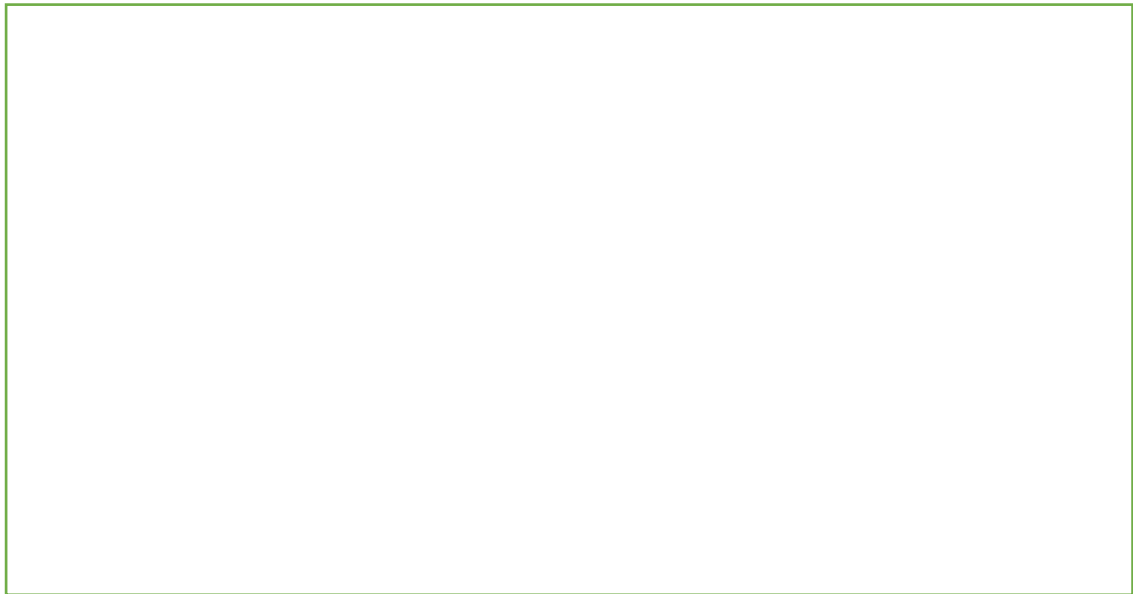
Food and Healthy lifestyles

- 5. Create a poster, presentation or video explaining why it's important to keep well hydrated when being active

- 6. Drink Plenty – Its really important that you stay hydrated. Complete the table below with how many of each you consume each day

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Water							
Milk							
Tea/coffee							
Sugar free drinks							
Fruit juice							
Smoothie							
Drinks with added sugar							

7. 5 a day the healthy way – draw some images of the fruits or vegetables that you regularly eat.



8. Staying active is also important – keep a log of all the activities you do each day

Examples could include: Walking, jogging, running, cycling, keep fit workout, gym workout, skipping etc also for how long each. E.g. walking 10 mins star jumps 3 mins etc

Mon	Tues	Weds	Thurs	Fri	Sat	Sun

Art, food, literacy and geography:

9. Ingredients come from lots of different places. Draw or write two ingredients that can be found in a baker, butcher, allotment, fishmonger, market and supermarket

Baker	Butcher	Allotment	Fishmonger	Market	Supermarket

10. **Do you know your A – Z?** List as many food and drinks you can for each letter of the alphabet – some are easier than others!

- | | |
|---|---|
| A | O |
| B | P |
| C | Q |
| D | R |
| E | S |
| F | T |
| G | U |
| H | V |
| I | W |
| K | X |
| L | Y |
| M | Z |
| N | |

Designer Bread - One of the foods you will make in year 7 is bread. Design a sweet and a savoury bread based product and label the ingredients you have used.

Sweet

Savoury

Recipes to try out at home

Fruity Muffins

Ingredients

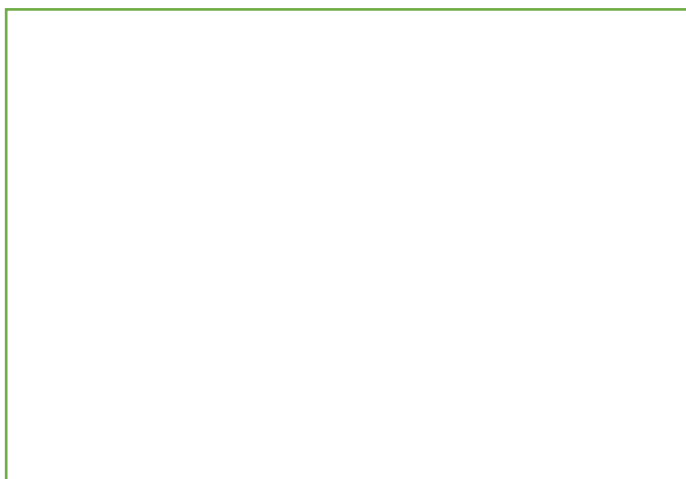
- 250g self raising flour
- 2 x 5ml spoons baking powder
- 100g caster sugar
- 230ml semi-skimmed milk
- 1 egg
- 60ml oil
- 150g canned fruit (in juice)



Method

1. Preheat oven to 180°C or gas mark 4
2. Mix all the ingredients together to form a smooth batter.
3. Drain the juice from the canned fruit.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20-25 minutes, until golden.
7. Allow to cool on a cooling rack.

Add your picture here



Scones

Ingredients

- 250g self-raising flour
- 40g butter or baking fat/block
- 125ml semi-skimmed milk

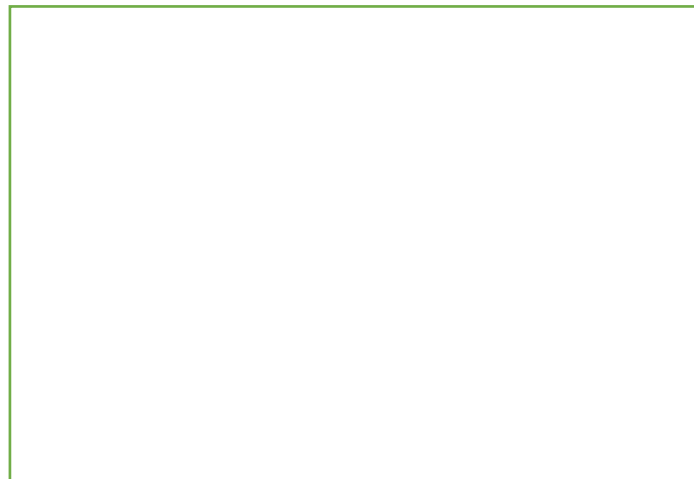
- 50-75g cheese or

- 50g dried fruit



Method

1. Preheat the oven to 220°C or gas mark 7.
2. Weigh and measure the ingredients.
3. Sift the flour into the mixing bowl.
4. Using your fingertips, rub the fat into the flour until it resembles fine breadcrumbs.
5. Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
6. Place the dough on a lightly floured work surface and knead lightly.
7. Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
8. Cut-out the scones using a cutter. No cutter? Divide the dough and press and shape by hand!



Chicken Fajitas

Ingredients

- 1/2 lime
- 1/2 green chilli
- 1 clove garlic
- 1x15ml spoon coriander
- 1x10ml spoon oil
- 1 small chicken breast (or 3-4 thighs)
- 1/2 onion
- 1/2 green pepper
- 2 tortillas
- 1 tomato
- 25g cheddar cheese
- 1x15ml spoon guacamole (or salsa), optional



1. Prepare the marinade:

- squeeze the lime;
- peel and crush the garlic;
- de-seed and slice the chilli;
- chop the coriander;
- stir everything together with the oil.

2. Remove any skin from the chicken and cut into strips, ideally using a red board. Thoroughly wash and dry hands after touching the raw meat. Mix with the marinade and place in the fridge, covered, until needed.

3. Prepare the remaining ingredients with a fresh knife on a clean chopping board:

- slice the onion and green pepper;
- chop the tomato;
- grate the cheese.

4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.

5. Add the onion and green pepper and continue to cook for a further 2 minutes.

6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.