

Meat: Education Insight

Meat and **EDUCATION**.com

For Food Technology, Home Economics and Catering teachers



New GCSE specifications

Three awarding bodies, AQA, Eduqas and OCR, have submitted specifications for the new Food Preparation and Nutrition GCSE to Ofqual for accreditation.

The specifications are all based on the subject content published in February 2015 and students will be required to carry out two non-exam assessments (NEAs). Task 1 will be a report based on a practical investigation and will require the students to demonstrate their understanding of the working characteristics, functional and chemical properties of ingredients. Task 2 will require students to prepare, cook and present a final menu of three dishes within a single period of no more than three hours. In order to support teachers and students in this new English GCSE, and other food courses in Wales and Northern Ireland, Meat and

Education will be developing a wide range of free resources, including:

- Online resources that target food provenance, nutrition, food safety and cooking aspects that relate to red meat (presentations, worksheets, activities and notes)
- Skill videos featuring the preparation and cooking of red meat
- Basic and more complex red meat recipes to include equipment and skills demonstrated, all of which are suitable for a 60 minute lesson
- Support of assessment objectives, including mock and practice briefs to prepare students for the NEAs.

Work on the new resources will begin once the specifications have been accredited. These resources will be available to teachers in January 2016 ready to help with planning for first teaching from September 2016. Please do let Meat and Education know if there is a particular resource or topic that you feel would benefit KS4 teachers and students – email Frances at F.meek@nutrition.org.uk

For more information and to register, go to: www.meatandeducation.com



Recipe feature



Check out the **NEW recipe** on the back page. For more pork recipe ideas, visit www.lovepork.co.uk

GCSE support 100% subsidised teacher CPD

See inside for details about Meat and Education's new practical and theory/knowledge workshops designed to support teaching GCSE level students. Places now available!

50 minute lesson packs launched

In response to teacher feedback over concerns managing shorter lessons, Meat and Education is developing a series of 50 minute lesson packs, the first six of which are available now in the *50 Minute lesson* section of the website <http://bit.ly/1KCSkMN>

Each lesson pack comprises teacher's notes, a beef, lamb or pork recipe, an



Excel spreadsheet with recipe costs and two resource sheets or activities. All resources are fully editable.

The activities and resource sheets have been developed with the KS3 curriculum in mind along with progression onto KS4 studies. Activities and resources include:

- Applied healthy eating
- Food skills
- Simple food functions/food science
- Hygiene and safety
- Provenance - farm to fork.

Six 50 minute lesson packs are available now. Be the first to know when the remainder are online by signing up for the free Meat and Education eNews – www.meatandeducation.com

Resources on [Meatandeducation.com](http://www.meatandeducation.com)

There is a wide range of KS3, 4 and 5 resources available on the Meat and Education website including recipes, skill videos, lesson plans and supporting PPT presentations, worksheets and activities. Why not save yourself some time and see what has already been done for you? Resources include the comprehensive *Digi bites*, which includes healthy eating and nutrition, food production and processing, cooking, new product design and marketing. There is also a range of resources to support those students interested in a career in the food industry including agriculture, food manufacture, marketing and nutrition. For more information, go to: <http://bit.ly/1TZ3uMe>

Free Teacher CPD

In order to support food teacher's preparation for the new GCSE, Meat and Education will be running a series of practical and theory/knowledge red meat workshops. Teachers will make three red meat recipes, focusing on the skills and knowledge required by the GCSE content. There will also be sessions on curriculum news, nutrition and red meat and sensory analysis, along with a resources update. Why not come and update your skills and knowledge, network with colleagues and take away some new classroom ready resources and great ideas.

Diary date – the Meat and Education/Livestock and Meat Commission, Northern Ireland annual conference will be held in Belfast on 19 March 2016. Sign up to the eNews to find out more information and booking details: www.meatandeducation.com

Live eSeminars

Meat and Education will be hosting a series of live eSeminars between October 2015 and March 2016.

The eSeminars will run between 10-11am and are aimed at students aged between 11 and 18 and their teachers. The presentations will be given by experts in their fields and there will be plenty of opportunity for interaction and time to ask questions. If you can't join in the live eSeminars, they will be recorded and uploaded to the website for future use.

The 2015 dates are:

- **6 October** – Livestock farming in England, Wales and Northern Ireland
- **11 November** – Butchery skills demonstration
- **9 December** – An introduction to new product development

Join here: <http://bit.ly/1FMI5KI>

14 November – Ysgol Bryngwyn School, Llanelli, Wales – <http://bit.ly/1KkAjBP>

5 December – Bristol Grammar School, Bristol – <http://bit.ly/1SXWr87>

16 January – David Young Community Academy, Leeds – <http://bit.ly/1KxBI4x>

6 February – The Market Bosworth School, Market Bosworth, Nuneaton – <http://bit.ly/1JklAm4>

My Cooking Counts

Have you tried My Cooking Counts yet? This new free online **self-assessment** tool allows students to:

- **record** everything they cook
- **assess** their **food skills**
- **track** the main **ingredients** they use.

Teachers can also upload and share recipes too, but, most importantly, teachers can also use the tool to track and monitor students' cooking achievements and recipe repertoire; providing invaluable evidence to the senior leadership team.

To use My Cooking Counts in your school, simply register at: www.meatandeducation.com

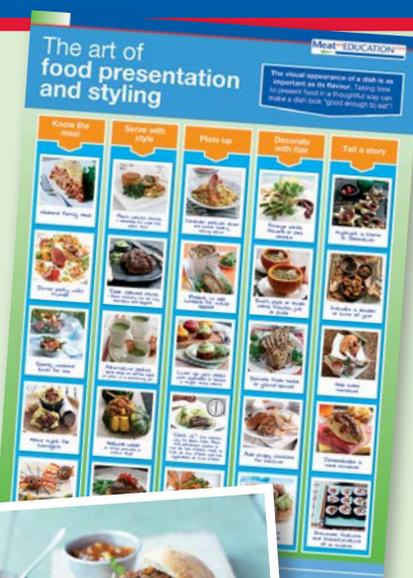


The art of food styling and presentation

It is said that we "eat with our eyes" and how food looks has a definite influence on food choice and enjoyment. With this in mind, the learning resource included with this edition is designed to help teachers and students understand the importance of effective and appropriate food presentation and styling. There are many studies on the psychology of food presentation including those by Professor Charles Spence at Oxford University and Professor Brian Wansink of Cornell University. "How we experience food is a multisensory experience involving

taste, feel of the food in our mouths, aroma, and the feasting of our eyes," said Professor Spence.

One recent study conducted by Professor Spence investigated whether the perception of how food tastes is influenced by cutlery, <http://bit.ly/1UUDiVr> and Professor Wansink has recently studied the food plating preferences of children, <http://bit.ly/1Jsr0la> Why not challenge your students to research the psychology of food presentation to extend their knowledge and understanding?



Food presentation and styling – classroom activities and tasks



Task 1

A. Food styling and presentation must be in keeping with the target market, meal occasion or place to eat. Use the internet, food blogs, magazines or recipe books to research suitable food styling and presentation for the following types of dishes or meals. Explain why you think they would be appropriate.

- Home cooked family meal
- Street food such as tapas, burgers or kebabs
- A dessert in a fine dining restaurant, perhaps one with a Michelin star
- A pub lunch
- Coffee and sandwich in a café
- Children's party food
- Canapés at a 60th birthday party
- Summer picnic

B. Challenge the students to choose one of the scenarios researched, find a suitable recipe and then using the learning resource included in this edition of *Meat: Education Insight* and the PPT presentation in the downloads section in the resources area of the Meat and Education website, design their own food presentation and styling for the dish.

C. Task the students to make their chosen dish, photograph it and evaluate the presentation against their design.

Task 2

Ask the students to make a dish suitable to be served in a restaurant. The focus of which should be the food presentation and styling of the dish. For homework, ask the students to become restaurant critics and assess a peer's dish and then write a review for the local paper. Prior learning could include research into a particular restaurant critic and the way reviews are written.



Further resources

There are two eSeminar recordings with supporting PPT presentations on the *Food - a fact of life* website which focus on the topic of food presentation and styling: Recipe development and food styling, <http://bit.ly/1TVuZMf> and Top tips for food photography, <http://bit.ly/1HXLkno>. Why not use these as a starting point when discussing food presentation or perhaps set as a homework task. Both recordings could also be used as part of a very productive cover lesson.

How does a competition judge assess food presentation and styling?

For a number of years, Meat and Education ran a competition for schools called *Make it with mince*. The final of the competition was judged by Denise Spencer-Walker, AHDB Beef & Lamb Food Advisor, and celebrity chef, James Martin. The aim of the competition was to design and make a dish using beef or lamb mince within a budget of £5 per person. However, when judging the final entries, both Denise and James had an eye on the presentation of the dishes and in particular looked for a well-thought-out dish which was balanced with a good sense of colour, appropriately portioned, easy to eat or serve and presented on a clean plate!

Food presentation tips in school

- Organise an area to display food and take photos. Perhaps ask someone in school to make a folding 'photo booth' out of MDF.
- Have a range of crockery, glassware, linen and cutlery available. Ask parents and carers to donate anything they may not want anymore.
- Keep a selection of props and task your students to look at home, in charity shops or perhaps at car boot fairs for anything suitable.
- Every day, encourage students to always take care and attention with the presentation of their dishes. You may consider having 'presentation and food styling' as an assessment criteria for practical work.

Recipe feature

Herby sausage cakes

Serves: 6 • Time to prepare: 25 minutes • Time to cook: 10 minutes



Ingredients

500g (14oz) small potatoes
1 small onion
500g (14oz) traditional pork or Lincolnshire sausages
Spray oil
50ml milk
1x 15ml spoon (1tbsp) dried parsley
100g (4oz) plain flour
2 eggs

125g (4oz) breadcrumbs
1x 15ml spoon (1tbsp) oil for shallow-frying

Equipment

Peeler, knife, chopping board, saucepan, colander, red chopping board, 2x large non-stick saucepans, wooden spoon, potato masher, mixing spoon, flour dredger, palette knife, fork, three mixing bowls or plates, fish slice.

Method

1. Prepare the vegetables:
 - Peel the potatoes and cut into quarters
 - Peel and finely dice the onion.
2. Put potatoes into a pan of cold water and bring to the boil. Cook for 10-12 minutes until tender and slightly breaking up. Once cooked, drain carefully.
3. While the potatoes are cooking, squeeze the sausage meat out of their skins into pieces roughly 2.5cm (1") thick onto a red board. Wash and dry hands thoroughly after touching the raw meat.
4. Heat the spray oil in a non-stick saucepan and add the sausages. When they start to brown, add the onion and cook for 8-10 minutes until the onion is softened and the sausages are browned all over.
5. Add the milk to the drained potatoes and mash.
6. Add the sausage and onion mixture and parsley to the mashed potatoes and combine.
7. While still warm, form the mixture into six equal balls.
8. On a floured worktop, flatten off the sides and top of the balls using a palette knife or your hands.
9. Crack the egg into a measuring jug and beat with a fork.
10. Place egg, flour and breadcrumbs into three bowls or plates.
11. Pass each cake first through the flour to coat, then the egg and finally the breadcrumbs.
12. Heat the oil in a large non-stick pan and cook the sausage cakes, 2-3 at a time, turning part way through, until golden brown on both sides.

Top Tips

If you are short of time:

- Use canned potatoes or ready prepared or frozen mashed potato
- Use ready cooked sausages instead of raw
- Use chipolata sausages as these are quick to cook or sausage meat rather than sausages
- Chill or freeze the sausage cakes at the end of stage 11 and cook when needed
- To reduce the fat content of the dish, oven bake the sausage cakes rather than fry.

Skills and commodities used to make this recipe



To find out more information about My Cooking Counts and to register, go to: www.meatandeducation.com

Keep in touch

Meat and Education distributes both this termly *Meat: Education Insight* and bi-monthly email updates to help provide teachers with topical news items and highlight interesting resources. Sign up to the email or newsletter by submitting your contact details at: www.meatandeducation.com

Acknowledgements

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Contact

Jane Charlesworth,
Meat and Education, Agriculture and Horticulture Development Board,
Stoneleigh Park, Kenilworth,
Warwickshire CV8 2TL
Tel: 0247 647 8807 or 0247 647 8809
www.meatandeducation.com

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