

Newsletter

Meat and **EDUCATION**.com

For Food Technology, Home Economics and Catering teachers



...the life cycle of livestock, feed intake, sustainability and health and welfare of the animals.



Meat: the business

A new video resource is now available focusing on the business of farming, processing and retailing of red meat. To make it flexible for use in school, it is divided into two episodes.

Part one focuses on the life cycle of livestock, feed intake, sustainability and health and welfare of the animals. Beef, sheep and pig farmers are featured, providing authentic examples of the work that goes into producing a quality end product.

The merits of the Red Tractor Farm Assurance Scheme are also outlined, highlighting the importance for consumers to know where their meat comes from and how livestock are reared. In addition, the Protected Geographical Indication (PGI) status of Welsh Beef and Lamb is explained.

The second episode looks at the nature of livestock markets and the stages in

the processing of livestock in abattoirs and meat plants. The key roles undertaken by butchers are also outlined. In addition, a food marketing expert explains the importance of marketing the tougher cuts of meat and provides a case study about sausages. The episode ends with a nutrition scientist focusing on the nutritional benefits of red meat.

A teacher's guide, containing lesson ideas and resources, is also available to help unpack key teaching points and provide suggestions for extension activities.

To access this video, visit: www.meatandeducation/resources

Recipe feature



Check out the **NEW recipe** on the back page. For more recipe ideas, visit: www.meatandeducation.com

Research focus

Diet, nutrition and school children

Diet, nutrition and school children is an updated review from the British Nutrition Foundation in the journal *Nutrition Bulletin*. The paper reviews the latest statistics and evidence, and discusses various health issues in children, including nutrient intakes,

physical activity, obesity levels, iron deficiency anaemia, oral health, bone development, food allergy and intolerance and cognitive function in children. To access your free copy of the paper, visit: www.nutrition.org.uk/publications/bulletin

New NDNS data

The National Diet and Nutrition Survey (NDNS) is a continuous cross-sectional survey designed to assess the dietary habits and nutritional status of adults and children in the UK. The NDNS gathers quantitative and qualitative information on the dietary habits and nutritional status of a representative sample of the UK population, comprising between 1,000 and 1,500 individuals

per year. Adults and children aged 18 months and above are being recruited from England, Wales, Scotland and Northern Ireland. A comprehensive analysis from the past four years of research is due for launch. To access the report when it becomes available, visit: www.gov.uk/government/organisations/department-of-health

School Food Plan

The independent
**SCHOOL
FOOD
PLAN**

In England, the School Food Plan aims to improve food in schools, leading to healthier children and improved attainment. Food teachers are being encouraged to discuss the Head Teacher Checklist with their head teacher as it is a useful starting point for reviewing food in your school.

The Plan recognises the fantastic work already taking place in many schools. As part of the Plan, a dedicated online platform will be launched for schools to share what works well for them around food. Teachers are encouraged to send through case studies about how they provide great food and food education in their school to: info@schoolfoodplan.com

For more information about the School Food Plan, visit: www.schoolfoodplan.com

Make it with Mince Champion

The Red Tractor beef and lamb Make it with Mince Challenge, now in its eighth year, is a free-to-enter initiative aimed at 11-16-year-olds in England who are eager to showcase their culinary skills and talent at a national level. The main aim of the challenge is to inspire young people to get hands-on cooking experience, while educating them of the importance of good nutrition, quality ingredients and having an understanding of where food comes from.

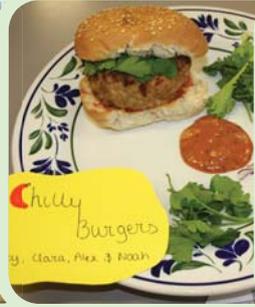
Eva Sobonova, 14-year-old student from Buckinghamshire, won the title of 2013 Red Tractor beef and lamb Make it with Mince Challenge National Champion, impressing the judges with her Indian Infused Meatballs with Potato Pancakes dish, featuring beef mince.

Eva says, "I'm thrilled to have won and can't believe it! Cooking for James Martin was nerve-racking at first, but really exciting. I hope to use the skills I have learnt from entering this competition to continue cooking in the future."

Eva will receive the money-can't-buy prize of spending a day in London with James to attend the filming of Saturday Kitchen Live, meet the guests on the show, sample menus and meet the head chefs at some of the capital's top restaurants and their kitchens.

For more information about the Red Tractor beef and lamb Make it with Mince Challenge visit: www.simplybeefandlamb.co.uk/mincechallenge





Local links inspire students

Linton Village College (LVC) has been running the *LVC Enterprise Award* for three years in conjunction with a local food producer. The scheme provides the opportunity to inform and motivate students to consider career opportunities within agriculture and the food industry.

LVC and a local food producer are both members of Business class, an initiative of Business in the Community (BITC). During October 2013, all Year 9 students attended a presentation given by the local food producer and were assigned a 'World Cup Burger' brief. The students worked in seven teams of four students during one lesson and homework time to create their response to the brief.

Ian Simmons, Head of Business and Enterprise Faculty at LVC says, "The Business Class partnership enables students to understand, in a very practical way, what opportunities exist in the world of work and what qualifications and expertise they need to access them. It has provided LVC with a unique insight into the food industry, business links and employability skills for the students."

In November, the teams of students who were chosen to participate in the Final developed their designs from plans to plate. Their final dishes and supporting work were judged by senior staff members from the food producer and a premium food retailer.

Rebecca Landshoff, Programme Leader for Food and Nutrition at LVC says, "The real surprise is how each year the students seem to surpass the quality of the year before! Pupils are extremely proud of their achievements. At a recent LVC Open evening, we had a winning team of students cooking and sharing their meat products with prospective parents. The students were keen to talk about their experiences."



Healthy Eating Week

2-6 June 2014



Meat and Education has a wealth of online resources which can support your activities during Healthy Eating Week. The Week is open to all nursery, primary, middle, special and secondary schools throughout the UK. To help structure the week, there are five themes.

1. Food origins: *Make it with mince* has a video looking at farm to fork of how mince is produced and processed. A farmer, butcher, nutritionist and home economist provide details at each stage of production.

2. Healthy active lifestyles: *All about me* resource addresses the 8 tips for healthy eating. In addition, a range of *Digi Bite* videos (2-3 minutes in length) also address information on healthy eating and being active.

3. Food and drink choice: *The Meat smart* calendar resource highlights 12 seasonal fruits or vegetables, with photos, recipes and information.

4. Meal occasions: The poster *Marvellous meal make overs* provides interesting ideas to stimulate class discussion about planning and modifying recipes and meals.

5. Food preparation and cooking: The *Sausage creator* is a snappy interactive activity which enables students to create their own food label and sausage recipe.

To register and be a part of Healthy Eating Week, go to:
www.healthyeatingweek.org.uk

Conference podcasts

A variety of conference podcasts and handouts are available from the past three years of Meat and Education Teacher CPD conferences. The topics include:

1. education updates
2. nutrition updates
3. consumer market trends
4. food assurance and provenance
5. food waste reduction.

The latest podcasts to be added to the collection are from the Livestock and Meat Commission (LMC) conference held in Belfast, 8 March 2014. These can be viewed online or downloaded and may also be useful for use in the classroom with students. To access this material, visit the resources section of:
www.meatandeducation.com



Recipe feature

Beef noodle salad

Serves: 2 • Time to cook: 40 minutes

Rare: 2½ mins on each side
Medium: 4 mins on each side
Well done: 6 mins on each side



Ingredients

100g (4oz) rice noodles
2 lean beef rump steaks
Black pepper
3x 15ml spoon (3tbsp) Teriyaki sauce
1x 5ml spoon (1tsp) sesame oil
2x 15ml spoon (2tbsp) fresh mint
½ lime
8 radishes
½ cucumber
1 red chilli
1x 15ml spoon (1tbsp) Thai fish sauce

Equipment

Weighing scales, saucepan, shallow dish, measuring spoons, cling film, colander, knife, chopping board, juicer, vegetable peeler, small bowl, mixing spoon, tongs, plate, large bowl and serving plate.

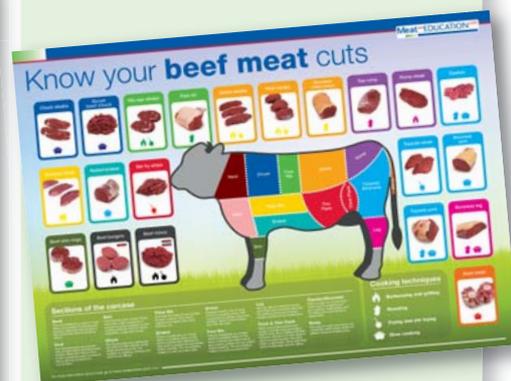
Top tips

- The steaks can also be cooked under a preheated moderate grill.

Method

1. Cook the noodles according to the packet instructions.
2. Place the steaks in a shallow dish and season with the pepper. Add the Teriyaki sauce and oil. Coat well. Cover and marinate in the refrigerator for 20 minutes, if time permits.
3. Drain the cooked noodles and set aside to cool.
4. Prepare the ingredients:
 - chop the mint
 - juice the lime
 - thinly slice the radishes
 - thinly slice the cucumber into ribbons, using a vegetable peeler
 - deseed and finely chop the chilli.
5. Mix the lime juice, Thai fish sauce and mint together in a small bowl and set aside.
6. Heat a non-stick frying or griddle pan, remove the steaks from the marinade and cook on each side according to your preference.
7. Transfer to a warm plate and leave to rest for 1-2 minutes.
8. Mix the noodles, radish, cucumber and chilli in a large bowl and transfer to a serving plate.
9. Slice the steak and arrange over the salad.
10. Stir the lime juice dressing and drizzle over the salad.

Know your beef meat cuts



This latest poster, which can be revealed by unfolding this edition of the Meat and Education newsletter, helps students to grasp the variety of beef meat cuts and associated cooking methods. To download the pork and beef carcass chart posters to use as handouts or card activities, visit: www.meatandeducation.com/resources

Keep in touch

Meat and Education distribute both a termly newsletter 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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