

## Lesson plan: Food provenance and British cuisine

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This lesson plan gives you delivery ideas for our GCSE Food preparation and nutrition (8585)

This one hour session is designed to:

- enhance students' knowledge and understanding of different cuisines traditionally associated with a particular county or region in Britain.
- develop students' presentation skills by microteaching a session on food provenance and the environmental impact and sustainability of food.
- develop students' research skills and provide opportunities for stretch and challenge activities to extend teaching and learning
- provide students with practice exam questions to test knowledge and understanding.

### Learning objectives

This will teach students:

- to identify and explain the distinctive features and ingredients of a range of traditionally British dishes
- to identify products with protected status eg Bramley apples, Melton Mowbray pork pie and Cornish pasties.
- to investigate some of the key environmental issues associated with food and farming today (local sourcing of ingredients, seasonal ingredients, sustainable farming and fishing methods, farm assurance schemes, organic foods, food waste, transportation and food miles and environmental issues related to packaging)
- to prepare a microteaching session using PowerPoint to teach the class the key facts and issues about a given environmental issue.
- to prepare an information guide or leaflet on a chosen environmental issue linked to food and farming.
- to plan a dish to make during the next lesson, which promotes the use of locally sourced ingredients and would be suitable for selling in your local farm shop or farmers market.

## Prior knowledge needed

Students will build upon learning from the KS3 cooking and nutrition curriculum. They will further develop their knowledge and understanding of what traditionally British food is and the importance learning about where our foods come from and their impact on our local environment. They should already have a good range of practical skills and have made a repertoire of predominantly savoury products which meet current guidelines for a healthy diet.

## Lesson preparation

### Resources and equipment

Set up the food room in advance with all resources and equipment necessary for both theory and practical activities:

- PowerPoint presentation
- recipes and instructions to set up and clear away on an interactive whiteboard or at work stations, to encourage independent learning and group work
- ICT facilities are useful for nutritional analysis of the product, if time permits
- the online stopwatch to manage timings and add pace to practical activities.

### Activities

Support each lesson with a variety of teaching and learning activities, to include:

- starters, plenaries and opportunities to stretch and challenge
- activities and opportunities to encourage questioning for learning during demonstrations and practical activities
- practice exam questions to test knowledge and understanding.

Allow time for feedback to students on attainment, progress and reflection on next steps.

## Activity plan

### Starter activity

A01 - 5 minutes

Registration and lesson objectives. Discussion: Eating habits and traditions change with time. What would you consider to be a traditional British dish today? Using food provenance poster, generate a list of traditionally British dishes and identify products with protected status or PDO's.

Resources:

- Food Provenance poster on [Meat and Education website](#)

## Main activity

A01, A02 - 35 minutes

In pairs, research one of the following issues linked to food provenance and the environmental issues associated with food today:

1. Why is it important to buy locally sourced ingredients with fewer food miles?
2. What are seasonal ingredients (give examples) and what are the benefits of using ingredients in season?
3. What is meant by the term: sustainable farming and fishing methods? Investigate different farm assurance schemes e.g. little red tractor and farm assured logo?
4. What are organic food and discuss the advantages and disadvantages of organic food?
5. What is free range production? What are the advantages and disadvantages of free range farming methods?
6. What is food waste and what are the main issues related to food waste in the UK today. How can we reduce our food waste?
7. What are the environmental issues related to packaging? How can we reduce the impact of excess food packaging on the environment?

Resources:

- [Food miles website](#)
- [Seasonal calendar – BBC Good food website](#)
- [Assured food standards – Red Tractor website](#)
- [Facts about organic food – Soil Association website](#)
- [Global food waste – Sustainable food trust website](#)
- [Information and resources on packaging and the environment](#)

Prepare a three minute microteaching presentation on a given topic.

Presentation to include:

- an introduction to the topic, definition, an outline of topic and the reasons why it has become a topical issue in food today
- the key issues and their effect on the environment, the farmer and the consumer

- suggestions of practical ways the consumer can promote and support the environmental issue.

Resources:

- Interactive whiteboard and group power point presentations

A01, A02 - 5 minutes

Group session:

Give students the design brief for next practical lesson: plan a suitable dish to make during next lesson which promotes the use of locally sourced ingredients would be suitable for selling in your local farm shop or farmers market.

Discuss possible products such as Cottage pie, broccoli and stilton quiche, Bramley apple pie.

### Further work and reading

Extension - Stretch and challenge activity

Create a recipe leaflet of a farmer's market dish to be made with information on the following: ingredients, where they are sourced from, farming methods used to grow rear and process the ingredients, food miles, the nutritional profile of the dish, costings and the type of packaging it will be sold in.

### Homework

Practice questions

- How can consumers make environmentally friendly choices when shopping for food products? (7 marks)
- The sales of organic fruit and vegetables continue to increase. What are the advantages and disadvantages of buying organic fruit and vegetables? (6 marks)
- Locally sourced and seasonal ingredients are becoming increasingly popular. Discuss the advantages of buying local ingredients in season. (6 marks)