

Food Preparation and Nutrition

East Meets West: Food from



Around the World

Week One Focus: Asia Theory Activity

List below the seven continents in the world?

By area Asia is the largest continent at 44.391km. It also has the largest population with more than 4 billion people

LABEL THE COUNTRIES IN THE MAP BELOW



Use the following websites to research Asian cuisine.

<https://asian-recipe.com/cuisine-evolution>

https://www.bbc.co.uk/food/cuisines/thai_and_south-east_asian

<https://www.thespruceeats.com/asian-4162644>

<https://www.kitchenstories.com/en/categories/asian-recipes>

<https://www.kitchenstories.com/en/stories/an-edible-map-of-asian-cuisines>

In the space below write a paragraph outlining the key ingredients that are used in Asian cuisine. You may like to include details of the herbs and spices commonly used and the cooking methods.

Copy and paste this link into your browser and access the powerpoint on the left hand side of the screen. Use the information to help you to **Complete the questions below.**

<https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#culture>

International food culture and tradition

1. Name four factors that may affect food choice around the world. i)

_____ ii)

_____ iii)

_____ iv)

_____ 2. Describe the religious

festival Diwali.

_____ 3. Identify

three foods that are commonly eaten at Diwali. i)

_____ ii)

_____ iii)

4. State four ways in which Diwali is celebrated.

i) _____ ii)

_____ iii)

iv) _____

5. Name two food which are commonly eaten in Japanese culture. i)

_____ ii)

6. Describe the eating etiquette in Japan.

7. Identify four breakfast food commonly consumed in Japan. i)

_____ ii)
_____ iii)
_____ iv)

8. Identify three festivals in Europe which are focused around a particular ingredient.

i) _____ ii)
_____ iii)

Practical Activity

What is your family's favourite Asian cuisine?

Use recipe books or websites and cook a family meal inspired by Asian culture. Take a photograph and send it to your teacher. There are many websites including:

https://www.bbc.co.uk/food/cuisines/thai_and_south-east_asian <https://asian-recipe.com/cuisine-evolution>

Quiz and extension activities

Copy and paste the first website below into your browser and complete the quiz

<https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#culture>

Learn how to make sushi

<https://www.bing.com/videos/search?q=bbc+good+food+how+to+make+sushi&&view=detail&mid=EAEB01AB7B259E0C50AEEAEB01AB7B25>

How to make ramen

<https://www.bbcgoodfood.com/recipes/collection/ramen>

Chinese recipes younger brothers and sisters may enjoy!

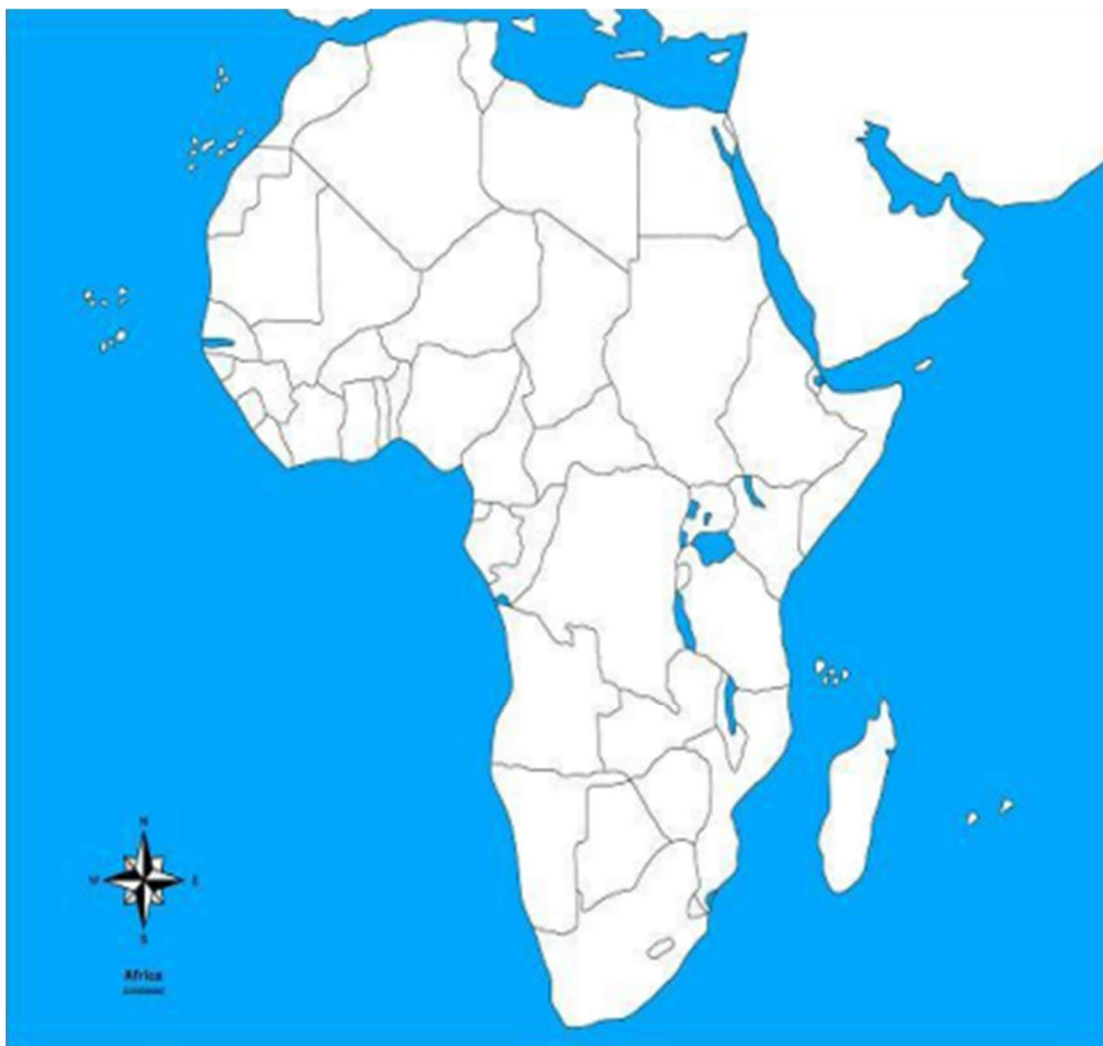
<https://www.thespruceeats.com/chinese-food-recipes-for-kids-2097961>



Week Two Focus: Africa

Theory Activity

From memory can you list ten African countries and label the map below?



A cuisine is a characteristic style of cooking practices and traditions often associated with a specific culture.

Native African crops such as yams, sorghum and millet are widely used in African cookery. Cous cous is a staple dish enjoyed across the vast African landscape.

Research

What is a bunny chow?

How should yams be prepared and give at least two ways that they can be served.

What is a tagine and how is it traditionally cooked?

What is harissa and what ingredients does it usually contain?

Practical Activity

What is your family's favourite African cuisine?

Use recipe books or websites and cook a family meal inspired by African culture. Take a photograph and send it to your teacher. There are many websites including:

<https://www.bbc.co.uk/food/cuisines/african>

<https://www.allrecipes.com/recipes/226/world-cuisine/african> **Quiz and**

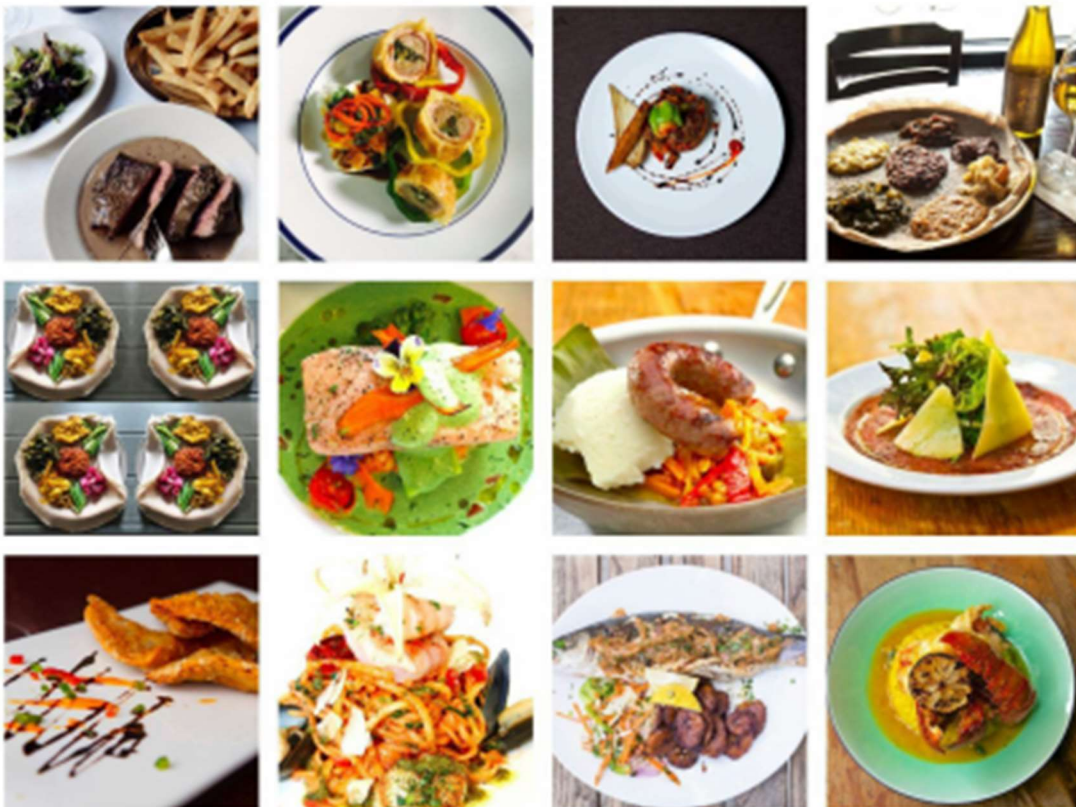
extension activities

Copy and paste the first website below into your browser and complete the quiz

<https://www.bbcgoodfood.com/howto/guide/food-quiz>

[https://www.bing.com/videos/search?](https://www.bing.com/videos/search?q=food+quizzes&docid=608043351562128238&mid=EF8730CF50DD6212C1B7EF8730CF50DD6212C1B7&view=detail&FORM=VIRE)

[q=food+quizzes&docid=608043351562128238&mid=EF8730CF50DD6212C1B7EF8730CF50DD6212C1B7&view=detail&FORM=VIRE](https://www.bing.com/videos/search?q=food+quizzes&docid=608043351562128238&mid=EF8730CF50DD6212C1B7EF8730CF50DD6212C1B7&view=detail&FORM=VIRE)



Week Three Focus: Europe

Theory Activity

From memory can you label the map below?



Complete the following table

Country	Traditional Dish
	Paella
	Moussaka
	Gyro
	Goulash
	Strudel
	Waffles
	Rye Bread
	Smoreebrod
	Karelian Ples
	Croissants

Task

Select one of the dishes from the previous table and research how to make the product.

I have chosen to research:

Ingredients

Method – How to make the dish

The benefits of a “Mediterranean diet” are often discussed in the media. What is meant by the term “Mediterranean diet” and what does it include?

Why is a Mediterranean diet thought to have health benefits?

Practical Activity

What is your family’s favourite European cuisine?

Use recipe books or websites and cook a family meal inspired by a European country. Take a photograph and send it to your teacher.

There are many websites including:

<https://www.allrecipes.com/recipes/231/world-cuisine/european>

https://www.bbc.co.uk/food/cuisines/east_european

<https://www.deliaonline.com/recipes/international/european>

Quiz and extension activities

Copy and paste the first website below into your browser and complete the quiz

Learn how to make croissants

[https://www.bing.com/videos/search?](https://www.bing.com/videos/search?q=how+to+make+a+croissant&docid=607990682366052179&mid=9C431589661D167A99469C431589661D167A9946&view=detail&FORM=VIRE)

[q=how+to+make+a+croissant&docid=607990682366052179&mid=9C431589661D167A99469C431589661D167A9946&view=detail&FORM=VIRE](https://www.bing.com/videos/search?q=how+to+make+a+croissant&docid=607990682366052179&mid=9C431589661D167A99469C431589661D167A9946&view=detail&FORM=VIRE)

How to make paella

https://www.youtube.com/watch?v=L_dDUw_QuDU

How to make fresh pasta

[https://www.bing.com/videos/search?](https://www.bing.com/videos/search?q=how+to+make+pasta&&view=detail&mid=B744FB09F6E27D3155B6B744FB09F6E27D3155B6&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Bmake%2Bpasta%26FORM%3DHDRSC3)

[q=how+to+make+pasta&&view=detail&mid=B744FB09F6E27D3155B6B744FB09F6E27D3155B6&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Bmake%2Bpasta%26FORM%3DHDRSC3](https://www.bing.com/videos/search?q=how+to+make+pasta&&view=detail&mid=B744FB09F6E27D3155B6B744FB09F6E27D3155B6&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Bmake%2Bpasta%26FORM%3DHDRSC3)

How to make carbonara

<https://www.youtube.com/watch?v=3AAdKI1UYZs>



Page |

Week Four and Five

Task

You are going to select **one** country and produce an information sheet and if possible a practical dish.

You will need to include:

Country and its location on the world

Continent

Key Geographical facts

Flag

Climate

Language

Brief history of the country

Traditional eating habits and patterns, customs and festivals

Meal courses

Traditional cooking equipment

Traditional cooking methods

Food presentation styles

Stretch and challenge

Food produced in the country

Political situation

Population

How you present this work is up to you –
this is your opportunity to be creative
Some inspiration!



After you have made your product complete the following evaluation

Evaluation

Name of product made: _____

If you can add a photograph of your product

How does the product reflect the country of origin?

List skills you have learnt in the lesson: _____

What did you do to work safely and hygienically?

How did you ensure you were organised and how could you improve your performance the next time you cooked. Explain.

Did you leave the kitchen tidy and ready for other members of your family to use?

Use the key below to complete the following sensory evaluation Put your score in the small box. Remember to refer to the word bank to describe what your product was like. Fill in the larger boxes. You may use words that do not appear on this list.

Key: 5 = Like very much 4 = Like 3 = Okay 2 = Dislike 1 = Dislike very much

Tasting Word Bank:

Texture (Mouthfeel) - light, airy, brittle, crisp, chewy, hard, soft, crunchy, dry, firm, fizzy, gooey, sticky, juicy, lumpy, watery

Appearance (Looks)– colour, aesthetics, appetizing, attractive, colourful, crumbly, dry, fresh, healthy, moist, smooth, tasty

Taste (Flavours) – acid, bitter, bland, plain, burnt, creamy, fatty, salty, herby, sharp, sickly, sweet, spicy, sour, watery and tangy

Sensory Evaluation of:

Name	Appearance	Taste	Texture	Overall Score /5

Comment on the appearance, texture and taste of your product.

Final Appearance and overall presentation:

Taste:

Texture:

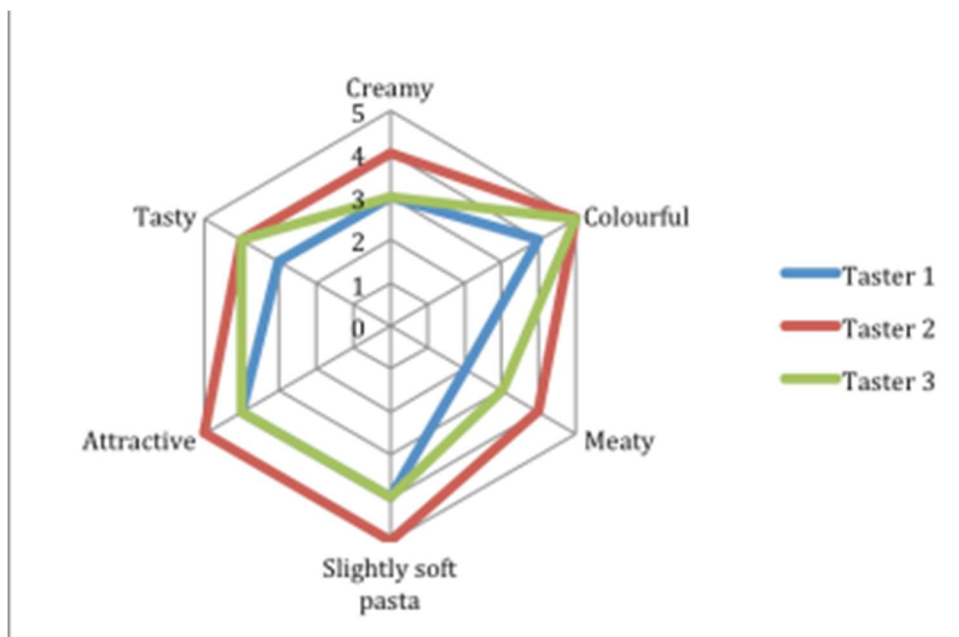
If you made the product again how could you improve the taste, texture or appearance of your product? Were any modifications necessary? Explain.

Extension:

Complete a star profile for your product. Either draw by hand or complete using excels chart wizard (select radar). Think about words to describe what your product should be like e.g. sweet, crumbly, attractive etc. label each point on your star profile with a descriptive word about your product and then get 3 different tasters to rate you product against these criteria.

Example below

Star Profile for: Creamy pancetta and courgette pasta



What does your star profile tell you? Does it give you any clues about how you can improve your product? Comment and conclude.