

A decorative graphic on the left side of the slide consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

DT – FOOD TECHNOLOGY

WEEK 10 – WB 29.6.20

WHERE AND HOW INGREDIENTS ARE GROWN

Mrs Warrington has been on a trip to her local farm shop and to visit family and friends gardens, Watch the following clips from her visits. Mrs Warrington talks about how and where different fruits and vegetables can be found and grown. Make notes on the points which you find interesting from her farm shop visit around how vegetables are grown.

<https://youtu.be/ErE0Oin5ruA> Inside the shop

<https://youtu.be/IEft2YEKvD0>. The crops in the fields

https://youtu.be/yPye_RL_gC0 Part 1 of garden visits

<https://youtu.be/YQZI1DN4fAA> Part 2 of garden visits

<https://youtu.be/miPIH89hPIU> Part 3 of garden visits

SEASONALITY

- Different fruits and vegetables come into season each month. This is when they are at their best and the conditions are the best for them to grow. We are lucky that most fruit and vegetables can be found in supermarkets all year round due to trading and also growing in green houses.

THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.



FRUITS BY MONTH

This guide tells you what fruits are in season by month so you can purchase them when they're at their most delicious and least expensive! Note: Based on a US seasonality.

JAN FEB MAR APR MAY JUN JULY AUG SEP OCT NOV DEC



VEGETABLES BY MONTH

Use this 'Vegetables by Month' chart to make sure you're buying and cooking vegetables during their seasonal peaks. Note: Based on a US seasonality.



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|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|  APPLES, BRAMLEY | | | | | | | JUL | AUG | SEP | | | | |
|  APPLES, COX | | | | | | | | | | OCT | | | |
|  ASPARAGUS | | | | | MAY | JUN | | | | | | | |
|  BEANS, BROAD | | | | | | JUN | JUL | AUG | | | | | |
|  BEANS, RUNNER | | | | | | | JUL | AUG | SEP | OCT | | | |
|  BLACKBERRIES | | | | | | | | | SEP | OCT | | | |
|  BLUEBERRIES | | | | | | | JUL | AUG | SEP | | | | |
|  BRUSSELS SPROUTS | JAN | FEB | | | | | | | SEP | OCT | NOV | DEC | |
|  CABBAGE, SPRING GREEN | JAN | FEB | MAR | APR | | | | AUG | SEP | OCT | NOV | DEC | |
|  CABBAGE, WHITE | | | | | | | | | SEP | OCT | NOV | DEC | |
|  CABBAGE, SAVOY | JAN | FEB | MAR | | | | JUL | AUG | SEP | OCT | NOV | DEC | |
|  CABBAGE, RED | | | | | | | | AUG | SEP | OCT | NOV | | |
|  CARROTS | JAN | FEB | | | | | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|  CAULIFLOWER | JAN | FEB | MAR | APR | MAY | | JUL | AUG | SEP | OCT | NOV | DEC | |
|  CELERY | | | | | | | JUL | AUG | SEP | OCT | | | |
|  CHERRIES | | | | | | | JUL | AUG | | | | | |
|  COURGETTE | | | | | | | JUN | JUL | AUG | SEP | | | |
|  CUCUMBER | | | | APR | MAY | JUN | JUL | AUG | SEP | | | | |
|  KALE | JAN | FEB | MAR | APR | | | | | SEP | OCT | NOV | DEC | |

Activity 1 – Create a poster about some of your favourite fruits and vegetables and when they are in season. Have a look at this one to give you some inspiration 😊



| Season | Seasonal Food Guide | | | | | |
|--------|--|---|---|---|---|--|
| Spring |  |  |  |  |  |  |
| Summer |  |  |  |  |  |  |
| Fall |  |  |  |  |  |  |
| Winter |  |  |  |  |  | |

Session 2 : -

Now that we have looked at the seasonality of fruits and vegetables we are going to look at some cooking techniques. Have you heard of any of these techniques before?



The recommended cooking methods for a healthy diet are:

- **Steaming** - where the food is cooked by the steam from boiling water so it is not placed in the water but in a steamer – green vegetables that are steamed have a higher vitamin content than those that are boiled because the water soluble vitamins are not dissolved into the water and lost. Fat is not added when steaming so this is a no fat method.
- **Poaching** – fish, eggs and fruit can be poached in a minimal amount of water and no fat is added
- **Boiling** – a moist method of cooking in boiling/simmering water used for root vegetables that are low in water soluble vitamins so the nutritional value is not affected by cooking
- **Braising** – a method of slowcooking meat with a little liquid in the oven - lower in fat and preserves water soluble vitamins in the cooking liquid
- **Stewing** – a slow method of cooking meat and vegetables in a small amount of liquid on the hob. Low in fat

- **Baking** – cooking in the oven without adding fat e.g. baked potato in its jacket, baking cakes
- **Stir frying** – vegetables, meat, fish and chicken are cut into strips and cooked quickly in a little oil
- **Roasting** – cooking meat and vegetables in the oven using a little fat to brush over them to add colour as the food cooks and prevents it drying out
- **Grilling** – a fast method of cooking meat under a hot grill (salamander), the fat drains away as it melts
- **Frying** – cooking of food in a hot pan, usually in a shallow amount of hot oil or fat

MRS WARRINGTON COOKS A STIR FRY

WATCH THIS VIDEO, MRS WARRINGTON PREPARES AND COOKS HER STIR FRY USING METHODS SIMILAR TO THOSE USED BY ANDREW WONG.

<https://youtu.be/vrnlG3MTCzY>

While you are watching the video, make notes about:

| How meat and vegetables are prepared | Seasonality of vegetables | Cooking techniques and equipment |
|--------------------------------------|---------------------------|----------------------------------|
| | | |

You can also make additional notes about conditions that different vegetables need.

Any vegetables you like, don't like or haven't tried