

### Design Brief

To identify different vegetables which originate from the continent of Africa and prepare an African inspired soup/stew.

### Key Vocabulary

|                      |                                                                                                     |
|----------------------|-----------------------------------------------------------------------------------------------------|
| <b>food miles</b>    | This is the distance food is transported from the time of its making until it reaches the consumer. |
| <b>import/export</b> | Relating to the business of bringing goods into and sending them out of a country.                  |
| <b>simmer</b>        | To cook a liquid at a temperature slightly below boiling.                                           |
| <b>reduction</b>     | The process of simmering a liquid over heat, until it thickens.                                     |
| <b>grate</b>         | To reduce (food) to small shreds by rubbing it on a grater.                                         |
| <b>seasoning</b>     | Something used to add taste or flavour to food, such as salt, pepper, herbs or spices.              |
| <b>aroma</b>         | A strong, pleasant smell, usually from food or drink.                                               |

### Key Skills

- Evaluate different ingredients and describe their appearance and place of origin.
- Understand that vegetables have varied tastes such as sweet, bitter and sour.
- Choose the correct equipment for preparing the task.
- Use a range of cooking skills such as sieving, peeling, grating, slicing, chopping and mixing.

### What I Should Already Know

- A healthy diet includes a balance of proteins, carbohydrates, fruit and vegetables.
- Ingredients are the foods needed to make a recipe. Some foods are grown e.g. fruits and vegetables (such as carrots, potatoes) or grains (such as rice or wheat).
- A recipe provides instructions about how to create a type of food. It can be adapted by varying the ingredients.
- Knives, peelers and graters are sharp. Keep fingers away from the sharp edges.
- Always wash your hands with soap and warm water before touching food. Ensure all surfaces and equipment are clean before you start cooking.



### Key Information

- Soups are popular all over Africa in various forms, in combination with meat, fish, and vegetables.
- Soup is a mixture of ingredients that are cooked together to create a tasty meal. Soup can either be chunky or smooth. Usually, it consists of a mixture of vegetables, herbs and spices.
- Stews have less liquid than soups, are much thicker and require longer cooking over low heat. While soups are almost always served in a bowl, stews may be thick enough to be served on a plate with the gravy as a sauce over the solid ingredients.
- Nutritious, warm, and creamy, soups are full of nutrient-dense vegetables, lentils, legumes, and other fibre-filled components that are mixed together to deliver appealing textures and tasty flavours.

### Links to other Learning

- Geography- Continents
- Food is mainly taught through:
  - Design and technology: Cooking and nutrition all year groups
  - Science
  - Personal, Social, Health and Economic education (PSHE)
- Maths - measures
- English - instructions
- Health Schools Week

### Key Questions

- Appearance/aesthetics - how will your final product smell, taste and feel?
- Cost - what research did you undertake beforehand? Where did your ingredients originate from?
- Customer - who is your target market? Environment - are any ingredients or stages in production good or harmful to the environment? Was the food that you used impacted by seasonal availability?
- Size - portion - how big or small will it be?
- Safety - will it be safe to be eaten by everyone? Where/how can your food be stored/preserved?
- Function/purpose - what nutrients will it provide? How do you know that your food is healthy?
- Materials - what ingredients will you need?
- Manufacture - What techniques did you use when producing your food? How could you adapt your food if making it again in the future?

