



Autumn Resources – The resources aim to help pupils to think about the types of foods that are in season at this time of the year and then make dishes using these types of foods.

How does the activity link to the Active Kids Get Cooking Challenges?

The resources give you recipes and design ideas to work on the following Challenges:

The Active Kids Get Cooking Primary Food Awards

1 Eat more fruit and vegetables Award: Plan and make a tasty dish to encourage people to eat more fruits and vegetables. Try the layered coleslaw for this Challenge.

2 Exploring healthier lunchboxes Award: Make a super salad for a lunchbox that you would share with your friends; make a savoury dish that could be included in a lunchbox. These could be the layered coleslaw, the autumn roasted vegetable soup or the savoury muffins.

4 Discovering bread and bread products Award: make a batch of bread for a lunchbox – why not make some bread to go with the autumn roasted vegetable soup?

5 Cooking healthily Award: Make foods for a school picnic which promotes healthy eating for themselves and their parents/carers. Try the layered coleslaw, beetroot and chocolate muffins or sausage and apple catherine wheels here.

The presentations will help your children with some ideas to start planning these Challenges. The design sheets will also help them to record their thoughts as they work through the Challenge. Don't forget to order your free certificates for the relevant Award on line. www.activekidsgetcooking.org.uk

The AKGC Secondary Challenge

Bronze Award

Seasonal Soups – Make a hearty soup that encourages people to eat more seasonal vegetables and follows the current healthy eating guidelines, particularly reducing the salt content by using alternative flavourings.

Regionality – Plan, prepare and cook a recipe that reflects a regional area from around the UK.





The Autumn roasted vegetable soup is a perfect idea for either of these Challenges.

Gold Award

Specialist diets – Plan, cook and develop a special main meal for either: a person with an intolerance to wheat or gluten; a person with an intolerance to dairy products. Use the layered coleslaw as an accompaniment to the main meal in this Challenge.

Catering for Health – Make a range of meal options for a school canteen that follow current healthy eating guidelines and have pupil appeal. Any of the dishes in the Autumn Resources could be tried out for this Challenge but check that current food and nutrition standards are reflected in the choice.

Don't forget to order your free certificates for the relevant Award on line.
www.activekidsgetcooking.org.uk

What's included in the Resources?

The resources include 1 introductory presentation and 4 recipe presentations showing the following:

1. Introductory presentation: What's in season? - This sets the scene for the activities. It asks questions such as: what foods are in season at different times of the year; what's in season in autumn and shows a basket of vegetables and fruits that the children could identify; a series of questions that could be used to promote discussion about whether it's best to buy foods in season or whether it matters that they are brought to this country by air from all over the world. The recipes are also illustrated with suggestions of modifications.

Next there are 4 recipe presentations you might like to make or adapt. Use them to show to pupils to give them ideas of the types of dishes they could make and the ingredients they could use. The recipe could be demonstrated with the pupils helping in the preparation - each step following the presentation. Pupils could also try out the ideas by following the step-by-step instructions before they design and make their own.

2. Making layered vegetable coleslaw – this is ideal for developing pupils' knife skills. It includes a variety of vegetables and fruits that are in season in the recipe and alternative dressings.

3. Autumn roasted vegetable soup – a fabulous tasting soup using seasonal vegetables. It's suggested that the vegetables are roasted although they could be cooked altogether in the saucepan with the stock.





4. Beetroot and chocolate muffins – strange but true! The beetroot gives the muffins a deep colour and keeps them moist. Be careful to buy beetroot that isn't cooked in vinegar for this recipe, alternatively raw beetroot could be grated and used. For a savoury muffin the ingredients for courgette, cheese and chive muffins are given in the introductory presentation.

5. Sausage and apple catherine wheels – using pre-prepared puff or flaky pastry these savouries are easy to prepare and assemble and look impressive. The filling could be modified to use cheese, herbs, tomatoes or your own choice.

NB There are other presentations on the Active Kids Get Cooking site that you could use – Here Comes Summer and Kebabs.

A brief outline of a way to tackle a Design and Make Activity

Design and make one dish/a range of foods that illustrates food in season being used. It would be good to use locally produced or sourced seasonal foods as at this time of year there are so many fruits and vegetables available in the shops. Some pupils may grow fruits and vegetables in their garden that could be used or your school may have an allotment or vegetable plot that could be utilised.

Getting started –

1. Use the What's in Season presentation to set the scene. Explain the fact that a season is one of the major divisions of the year generally based on the different weather cycles. Dependent on where in the world you live seasons are happening at different times e.g when it is summer in Europe, in Australia and New Zealand it is winter. Discuss the fact that foods grow better when the weather is warmer so for this reason are seasonal. Explain that many foods are grown in this country in summer, are harvested in the late summer and autumn and then stored for use during the rest of the year. It may be interesting to discuss with the children that it is only in the past 30 years that many foods have become available all year round – beforehand foods such as fresh strawberries were only available for a short time in June/July. It is possible to cover many aspects of local, seasonal, air miles, growing your own foods, carbon footprints around this topic.
2. Discuss the types of foods could be used that are in season at the moment. Perhaps have some examples of locally grown foods in season that could be looked at, touched and tasted if appropriate. If time a farm visit could be made.





3. Use the Eatwell plate to identify which section the foods being used come from. How can the types of dishes illustrated contribute to the 5-a-Day message?
4. Use one or more of the presentations to show the types of dishes that could be made. Practical activities could include making one, some or all of the recipes shown on the four recipe presentations. Alternatively children could watch one or more of the dishes being made and help in the preparation of some of the ingredients. The outcomes could be tasted and results recorded and used to help their own designs. There are other presentations on the website that link to seasonal ingredients such as could be shown as well – kebabs (Olympic activities), mini pizza and drinks (Here comes summer).
5. The pupils could make their own product(s) following their design(s).

Food based activities for cross curricular work.

Here are some ideas for areas of research that can be carried out with/by pupils and some templates to use through the activity:

- Comparing the cost of homemade dishes with their bought equivalent.
- Discussing the use of seasonal ingredients.
- Finding out about places nearby that grow local and/or produce foods.
- Visit a local fruit/vegetable producer to find out the types of foods grown and what happens to them after they have been picked.
- Visit a local supermarket to find out which foods are produced locally. Record their findings.
- Asking older adults (grandparents) what they know/remember about seasonal foods from when they were young – descriptive writing
- Choose one fruit or vegetable in season and find out as much about it as possible: how and where it is grown, what it looks and feels like, smells like and tastes like (sensory descriptors), the kinds of dishes it could be made into.





My ideas for Autumn Food -

<p>Different foods and dishes I could choose:</p>	<p>Ingredients I could use:</p>
<p>Suggest some ideas here (you may want to draw and label them):</p>	<p>What ingredients could I use and why?</p> <ul style="list-style-type: none">•••••





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My chosen idea:

Chosen seasonal food(s):

Describe how the completed dish(es) will look:

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Chosen ingredients:

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Explain why you have chosen the dish(es):

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Recipe name:

Ingredients:	Equipment:
Method:	





One of my finished dishes looked like this (draw a picture or use a digital photograph).

Write a few sentences to describe the recipe that you have made and any changes you would like to make to how you have worked. You may want to write about what the dish tasted like or what other people thought about it.

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Recipes for the Autumn Resources (look at the presentations for the methods)

Roasted Autumn Vegetable Soup	
Ingredients	Equipment
One small butternut squash 450g parsnips 200g carrots 150g tomatoes 1 or 2 Bramley apples 2 onions 1x 15ml vegetable oil 1 litre stock (1 or 2 stock cubes, plus 1litre water) For about 4 servings	Vegetable peeler Vegetable knife Measuring spoons Wooden spoon Chopping board Mixing bowl Baking tray Hand blender Measuring jug Large saucepan Pan stand

Beetroot and Chocolate Muffins	
Ingredients	Equipment
For 6 large muffins: 150g SR flour 1x15ml spoon cocoa 0.25 ml spoon baking powder 25g chocolate chips 1 egg 50g sugar 125ml milk 50mls vegetable oil 75g cooked beetroot (make sure it's not cooked in vinegar)	Spatula Measuring spoons Small bowls Vegetable knife Fork Hand blender Measuring jug Sieve Mixing bowl Muffin tray 6 muffin cases





Layered Coleslaw	
Ingredients	Equipment
150g celeriac 150g red cabbage 150g white cabbage 2 carrots 1 red apple or a Cox's orange pippin 50g sultanas 50g raisins 1 red pepper 1 green pepper 3 x 15ml spoons of either low fat mayonnaise or salad cream or French Dressing. For 6 servings.	Chopping board Measuring spoons Vegetable knife Vegetable peeler Grater Bowl for layering Small bowls Serving plate Mixing bowl

Sausage and Apple Catherine Wheels	
Ingredients	Equipment
375g sheet ready rolled puff pastry or a packet of ready to roll puff pastry The filling:- 150g sausagemeat ½ Bramley apple or Cox's Orange pippin 5 sage leaves 1 egg Sage leaves for garnish	Flour dredger Chopping board Scissors Vegetable knife Pastry brush Fork Vegetable peeler 2 mixing bowls 1 or 2 baking trays Palette knife or fish slice Rolling pin (if not using ready rolled pastry)



