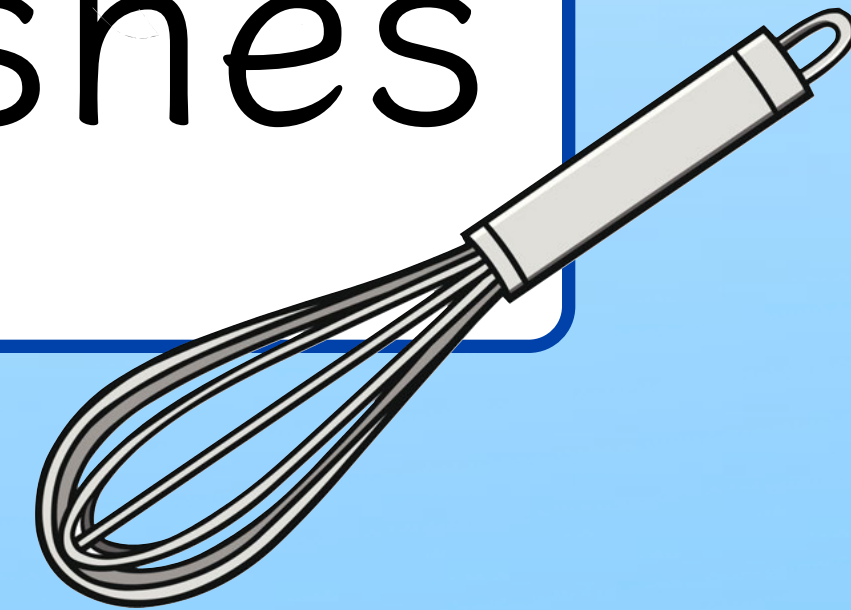




Great British Dishes



Learning Objective:

To learn about and make some national
English sweet dishes





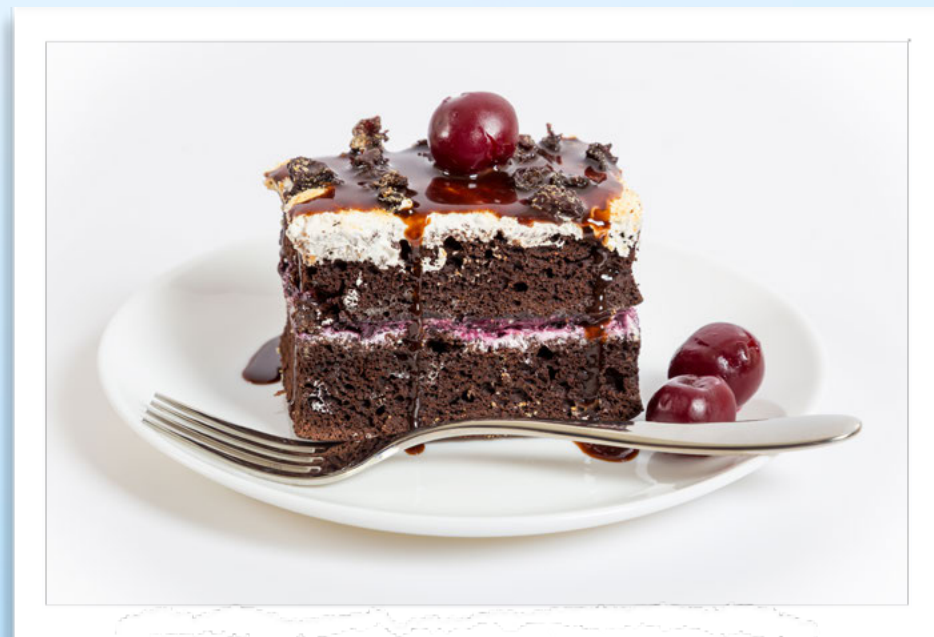
Quick spelling quiz... which of these is a
desert, and which is a dessert?!



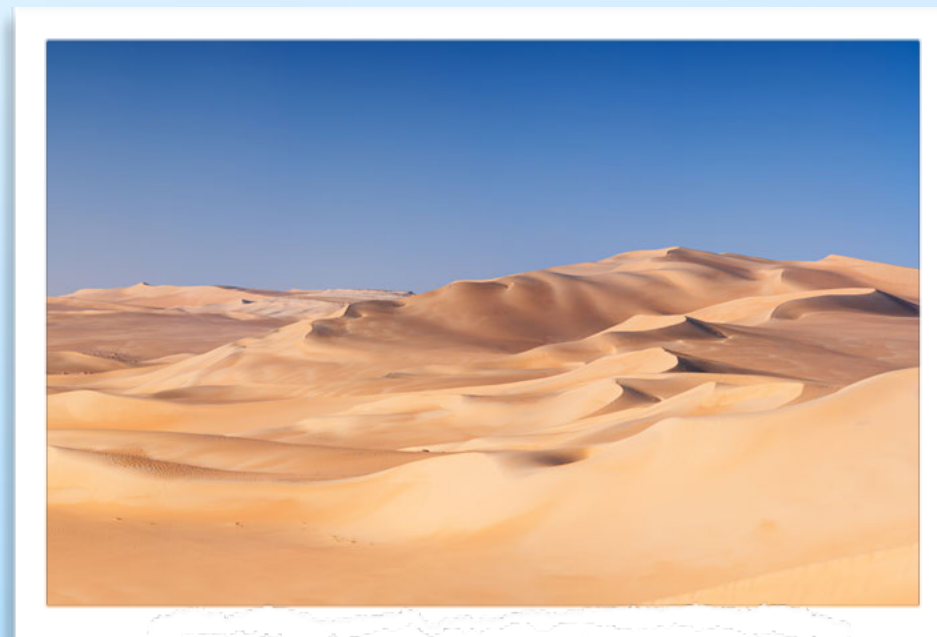
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Think, pair, then share your ideas!

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dessert



desert



A good way to remember which spelling is which is to think that you always want a second helping of a delicious dessert - that's a second 's'!

A dessert is the last part of the meal, and is usually sweet. It comes from the French word 'deservir', which means 'to remove what has been served'. Desserts come in many different forms, including cakes, biscuits, puddings and pies.

Can you think of any popular
English desserts?

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Can you name any of these English desserts?





Banoffee Pie



Bakewell Tart



Battenburg Cake



Scones



Jam Roly Poly

Can you name any of the ingredients in the desserts?

Which of these desserts have you eaten before?



Which of these desserts do you like, and why?



Trifle





Banoffee Pie



Bakewell Tart



Battenburg Cake



Jam Roly Poly



Trifle



Scones

Do you think these desserts
are healthy or unhealthy,
and why?



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Think, pair, then share your ideas.

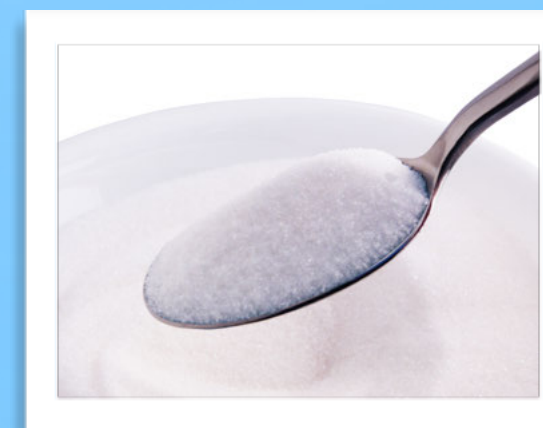
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Unfortunately, a lot of desserts tend to be considered unhealthy because they are high in nutrients that we shouldn't eat too much of, such as sugar.

RDA (Recommended Daily Allowance) values have been created to give people an idea of how much of each nutrient they should eat each day in order to maintain a healthy diet. The table opposite shows the recommended intake for sugar:

Groups:	Recommended daily amount of sugar
Men	120 grams
Women	90 grams
Children	85 grams



One tablespoon is approximately 14g.





Sugar occurs naturally in many foods:

Type of sugar	Food sources
Glucose	fruits, vegetables, table sugar, honey, milk products, cereals
Fructose	fruits, vegetables, honey
Galactose	milk products
Sucrose	fruits, vegetables, table sugar, honey
Lactose	milk products

Have you ever seen these ingredients listed on the nutritional information of packaged food before?



So, we can often consume a lot of our RDA before we even get to dessert!





On most food packaging now you will find a diagram that looks this:

The section along the top tells you how many grams of each nutrient is in a serving of the product.

ENERGY	FAT	SATURATES	SUGARS	SALT
1478KJ 352KCAL	14.6g	6.6g	4.0g	1.46g
18%	21%	33%	4%	24%

The section along the bottom tells you what percentage this amount is of your RDA.

Red means that there is a high amount of that particular nutrient in the product.

Orange means that there is a medium amount of that particular nutrient in the product.

Green means that there is a low amount of that particular nutrient in the product.



Let's take a look at the amount of sugar in a single serving, or portion, of each of our desserts:



Banoffee Pie

SUGAR
17.9g

20%



Bakewell Tart

SUGAR
20.3g

23%



Battenburg Cake

SUGAR
20.7g

23%



Jam Roly Poly

SUGAR
35.4g

39%



Trifle

SUGAR
19.7g

22%



Scones

SUGAR
13.2g

15%



Are you surprised by the amount of sugar in each of these desserts?

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Desserts that you buy in shops often have surprising amounts of added sugar, but if you make your own at home, you can take control of how much sugar you add, as well as any other ingredients you use – for example, a fruit-based dessert is often a healthier choice.



Have you baked any fruit-based desserts at home before?

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Fruit is a common ingredient in desserts, partly due to its naturally occurring sweetness.



All of these fruits grow well in Britain's climate and weather conditions.



How many can you identify?





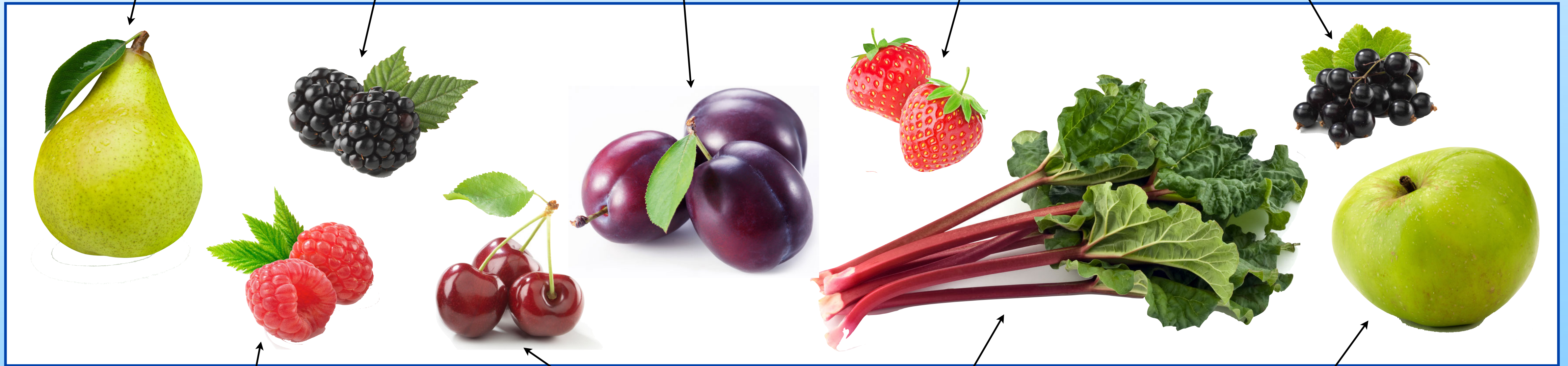
pear

blackberries

plums

strawberries

blackcurrants



raspberries

cherries

rhubarb

apple

Fruit is seasonal. This means that it is readily available at certain times of the year in the area that you live. If a fruit is described as 'in season', it means it is at its best for harvesting and eating.

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Most fruit in Britain is harvested during summer or at the beginning of autumn, as it has had time to grow, and the summer sun helps the ripening process. However there are some differences, as you can see in this chart:

	apple	pear	blackberry	blackcurrant	cherry	plum	rhubarb	strawberry	raspberry
January	✓	✓					✓		
February	✓						✓		
March							✓		
April							✓		
May							✓		
June				✓			✓	✓	
July				✓	✓			✓	✓
August			✓					✓	✓
September	✓	✓	✓			✓		✓	✓
October	✓	✓	✓			✓			
November	✓	✓							
December	✓	✓							



The ticks show the months that each fruit is in season.





Many of these fruits can be used to create a national English dessert called 'crumble'. This is a dish of stewed fruits sprinkled with a topping of flour and fat which has been rubbed together to make a breadcrumb texture.

This dessert became popular during WWII when the crumble topping replaced the pastry pie topping, as it required fewer of the rationed ingredients.



There is a savoury version of this dish – meat and vegetables replace the fruit, and cheese replaces the sugar in the crumble mix!

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Today you are going to make a national English sweet dish!

Before you begin, discuss with a partner how you will keep your cooking area hygienic and safe.

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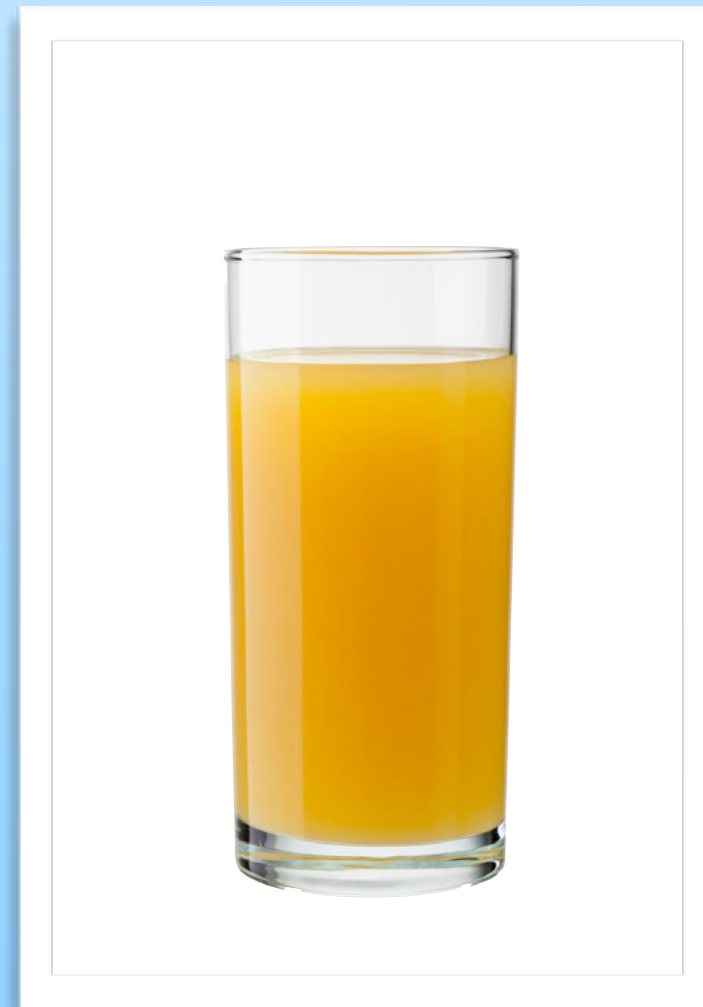
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Plenary: It is not just food where sugar can be found...
a lot of our drinks contain it too!



600ml bottle of
cola



Glass of orange
juice



Large hot chocolate
from a high street cafe

Remember...
one tablespoon of
sugar is
approximately 14g.



How many grams or tablespoons of sugar do you think
are in each of these popular drinks?

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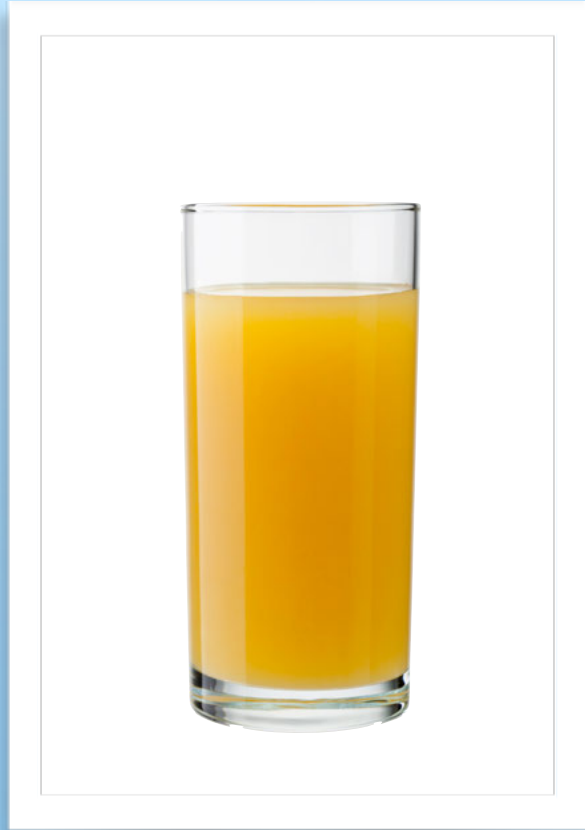


600ml bottle of
cola



64g, or over
four
tablespoons
of sugar

Glass of orange
juice



21g, or one
and a half
tablespoons
of sugar

Large hot chocolate
from high street cafe



60g, or over
four
tablespoons
of sugar

Groups:	Recommended daily amount of sugar
Men	120 grams
Women	90 grams
Children	85 grams



Compare these
figures to your RDA –
do you think these
drinks are worth
consuming this
amount of sugar?

