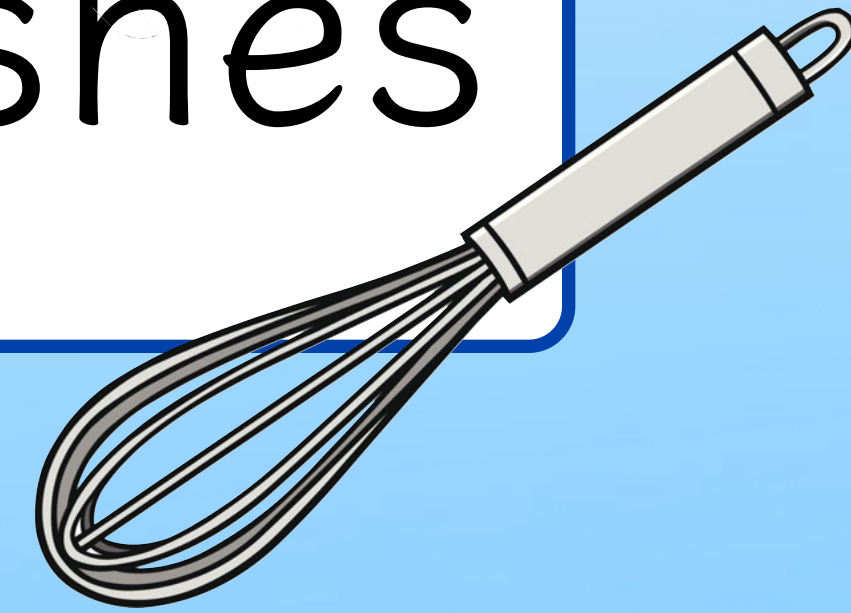




Great British Dishes



Learning Objective:

To know how to plan and shop for a meal





How does your family plan their meals? Do you shop daily for every meal, or do you do a weekly/monthly shop?



Think,
pair, then
share
your
answers.



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You may have to buy some types of food more regularly than others. This is because each product has a different 'shelf life'.



Shelf life is the recommended maximum amount of time that products should be stored before needing to be eaten or thrown away, due to the quality deteriorating or it becoming unsafe to eat.



Fresh meat



Milk



Dried pasta



Tinned beans



Cheese



Fresh vegetables

Which of these products do you think has the longest shelf life? Which do you think has the shortest shelf life?

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Shelf life of products



Fresh meat

2 days in
fridge



Fresh vegetables

5 days in
fridge



Milk

7-14 days
in fridge



Cheese

3-6 weeks
in fridge



Dried pasta

2 years in
cupboard



Tinned beans

5 years in
cupboard

These figures are an estimate; the shelf life of each product depends on its freshness, cleanliness, and whether it is stored correctly. If food is suitable for the freezer and is stored there straight away, the shelf life can be greatly extended.





More detailed information about the shelf life of different foods can be found on the specific product's packaging. There are two important labels to look out for...

'Best before'



This is about food quality. Also known as 'best by', or shortened to 'BB', this means that although the food is safe to eat after this date, it might not be at its best - for example, the flavour or texture of the food may have altered.

'Use by'



This is about food safety. This is often used on foods that are likely to go off quickly. After this date, you should not consume, cook or freeze the food, even if it looks and smells OK, as it is no longer safe to eat.

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Have you seen these labels on food before?

Next



Can you spot the labels on the packaging of these products?

Make sure you can explain the difference between 'best before' and 'use by'.





This is Grace. She has been asked to plan and shop for a family meal to feed four people – her mum, dad, little brother and herself.

What is the first thing that Grace needs to do? Discuss your ideas with a partner.



Share your ideas with the rest of the class.

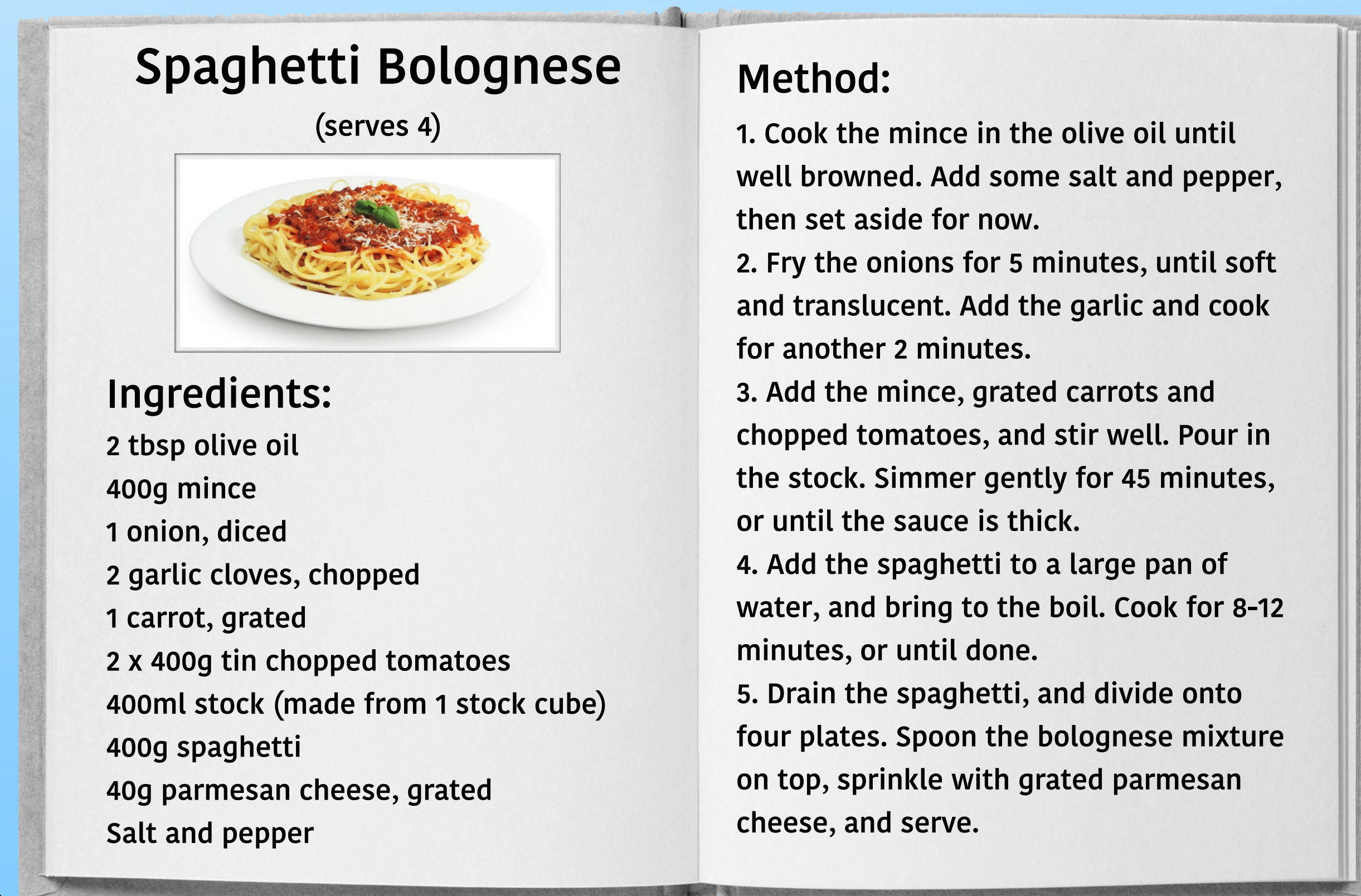




Grace first needs to choose a meal that she knows everyone will like.

This is easy - her family's favourite is spaghetti bolognese.

She looks through the family cookbooks and finds the following recipe:



Where else could Grace have looked for recipes?

What does she need to do next?

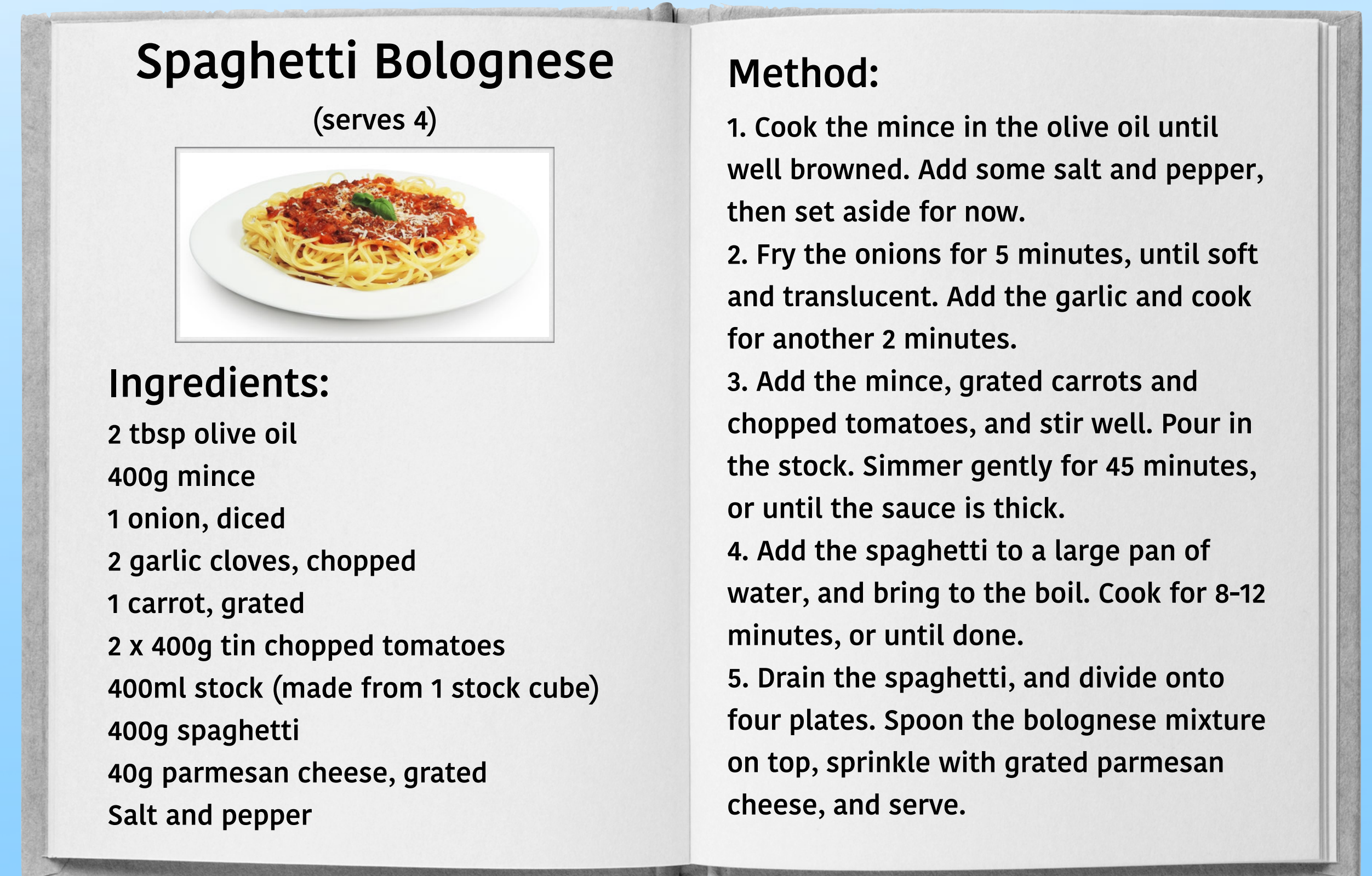


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Grace needs to write a shopping list - but first, she should check to see if they already have any of these ingredients at home. In the cupboard, she finds salt, pepper and olive oil. Her family love mushrooms so she wants to add these to the recipe too, as well as serving the meal with some crusty bread.



What should Grace include on her shopping list?
Think, pair, then share your answers.

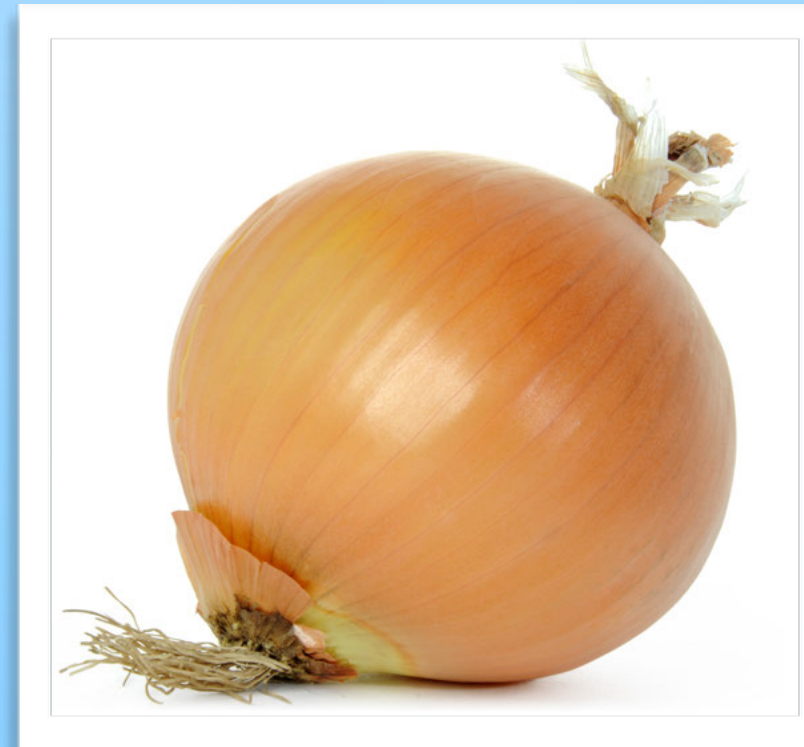




At the supermarket, Grace first visits the vegetable aisle. Which of the items below should Grace buy? What should she think about when making her decision?



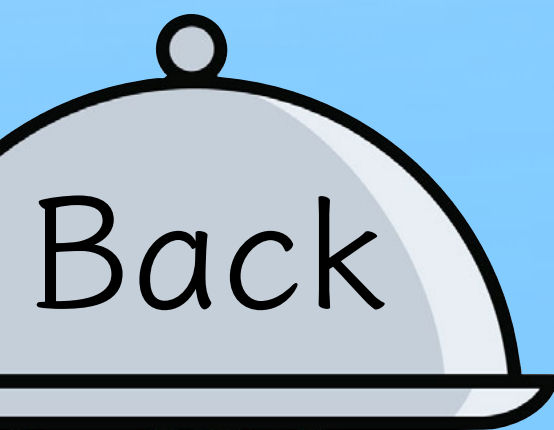
400g mince
1 onion
2 garlic cloves
1 carrot
2 tins chopped tomatoes
1 stock cube
400g spaghetti
40g parmesan cheese
12 mushrooms
4 crusty bread rolls



16p for one
200g onion

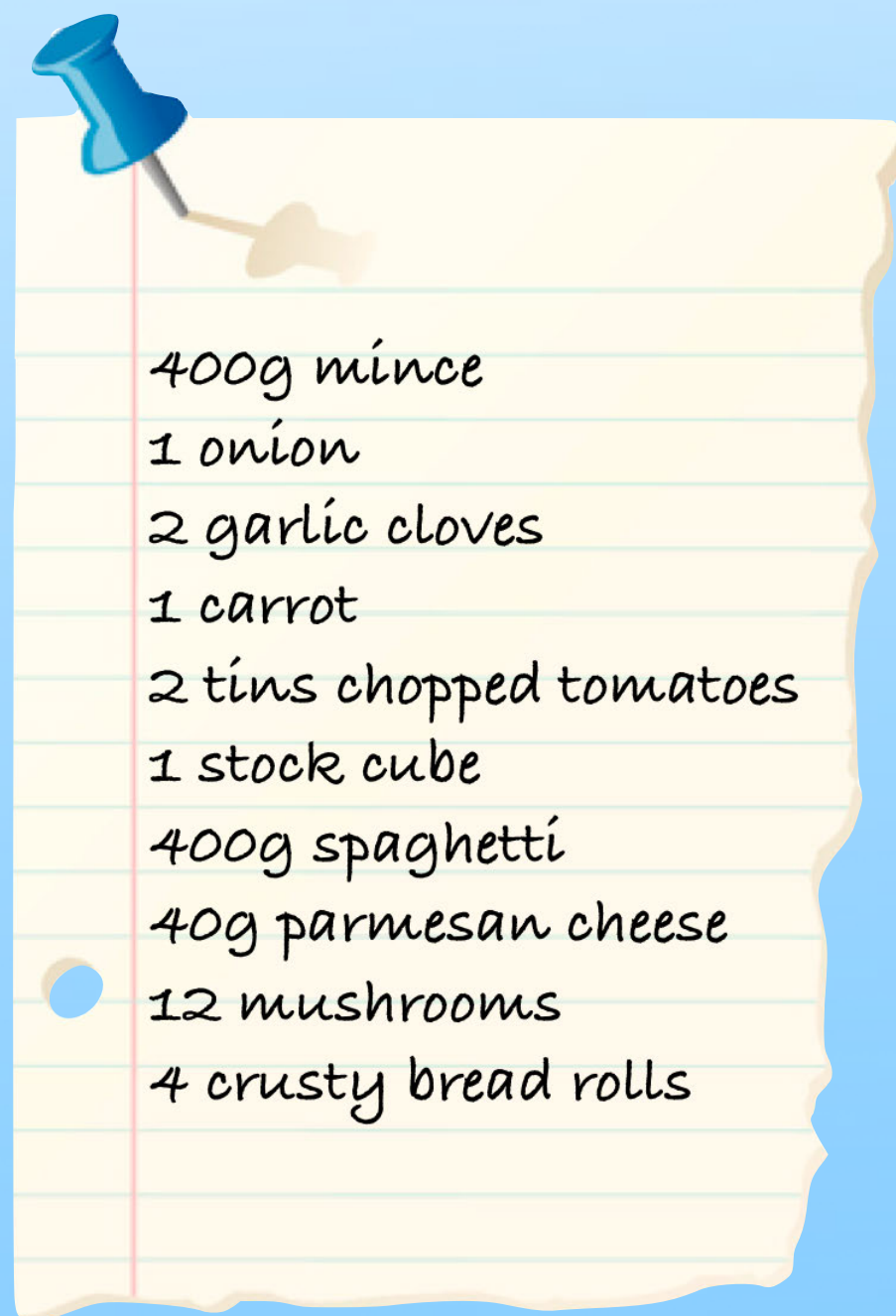


80p for a 1kg
bag of onions





Grace only needs one onion for her recipe, but she knows that her mum and dad use onions a lot when they are cooking, so she decides to buy the larger pack, as overall this would work out cheaper for her family than buying lots of individual onions.



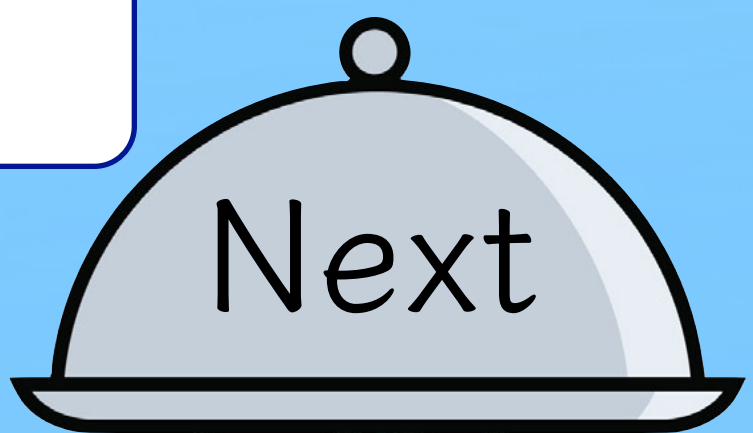
Next, Grace, goes to the tinned food aisle, where there is an offer on one brand of chopped tomatoes. Which brand should she buy, and why?



£1 each, or
2 for £1.50



85p each





One tin of Heinz chopped tomatoes is cheaper than one tin of Napolina chopped tomatoes. However, Grace needs two tins for her recipe, and so buying the Napolina brand with the offer works out a better deal for her.



What label should Grace check for on the mince before she chooses a packet?



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Grace needs to check the 'use by' label on the meat, to make sure that this date is not after the day that she intends to cook it.



Grace has now found and bought everything on her shopping list. When she gets home, which items do you think should be stored in the fridge, and which can be put away in cupboards?

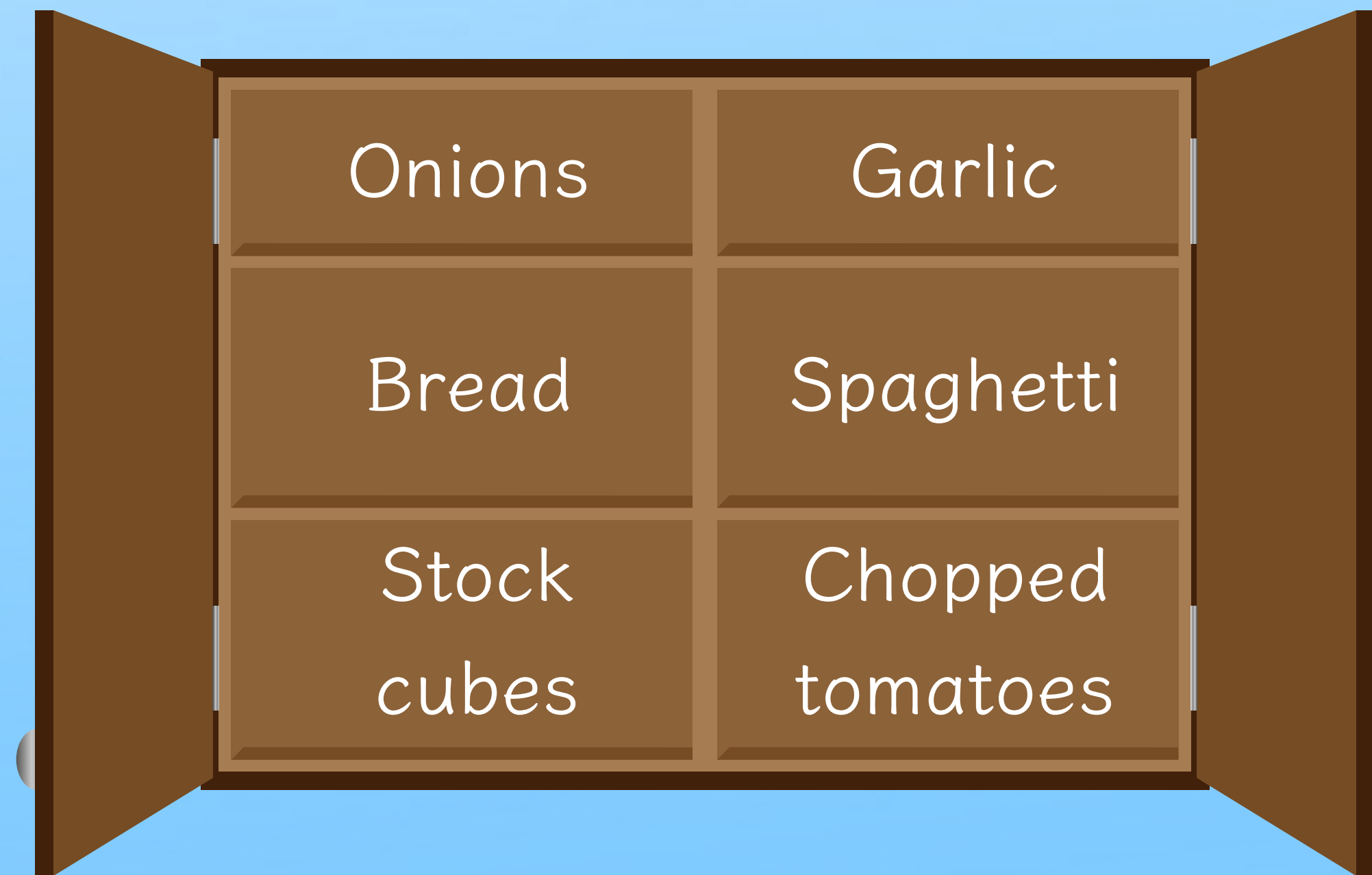


Think, pair, then share your ideas.





Some food needs to be stored in the fridge to help stop bacteria from growing on it. This is usually food that goes off quickly, like some vegetables, or has a 'use by' date, like meat. Many types of food don't need to be kept in the fridge to keep them safe to eat – like dry foods such as rice and pasta, and tinned foods.

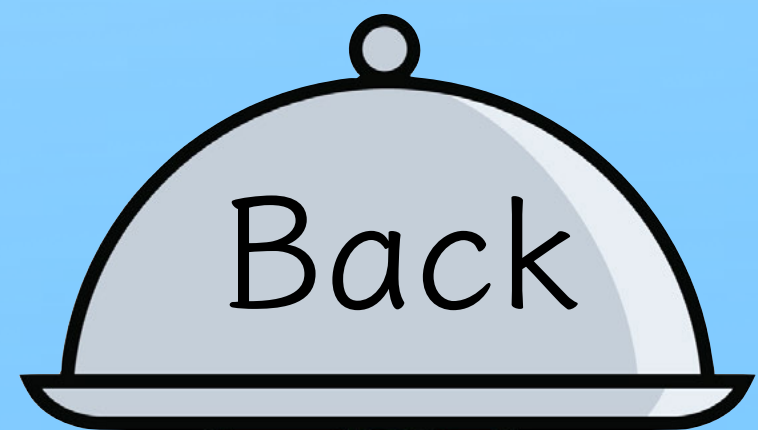




Now it is your turn to plan
a meal!

It should represent what great
British food means to you.

Take some time to talk over ideas with a partner
and as a class before you begin.





This is Dan. He normally eats take-aways or ready meals every night, and so rarely uses his kitchen! But today, he is about to cook a meal in an attempt to impress his girlfriend!



What health and safety advice would you give to Dan?



Think, pair, then share your ideas.