



FoodWise resources

Activities and resources to support learners aged 13–18 working at Entry 3 to Level 1

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Introduction

About this resource

This resource contains selected challenges from the FoodWise Short Course, along with resource templates to support young people completing the challenges.

The resource templates provide a framework for learners to record evidence of their learning and skills development. The templates include recipe planners, food diaries, mindmaps and more.

This booklet can also be used as a stand-alone resource with learners who are not working towards the Short Course, but are completing practical activities in cooking and food preparation.

About the FoodWise Short Course

The ASDAN FoodWise Short Course contains practical challenges to develop skills and knowledge through cooking and food preparation. The course will enable learners to:

- learn what is meant by healthy eating and wellbeing
- learn and demonstrate cooking skills and techniques
- gain an understanding of the importance of sustainability and cooking on a budget
- learn about the food industry and how it operates

Learners gather evidence of their activities and skills development in a portfolio of evidence. ASDAN certification is available for the FoodWise Short Course to reward learning across a choice of seven modules.

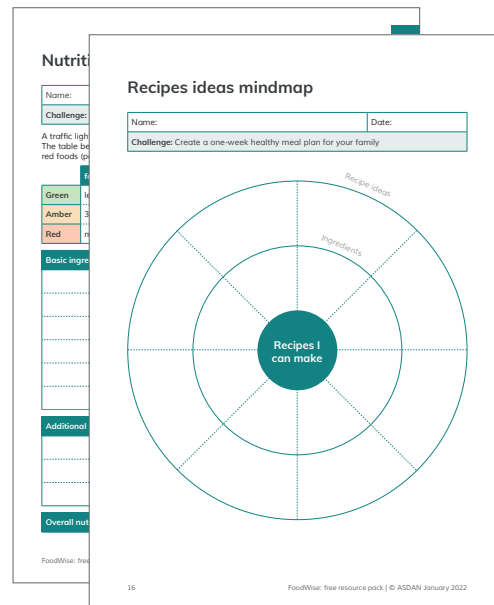
Find out more about the FoodWise Short Course on our website: www.asdan.org.uk/foodwise-short-course

Other courses from ASDAN

Practical cooking skills and healthy eating are topics that feature in other ASDAN courses, including:

- Personal Development Programmes
- Personal and Social Development qualifications
- Personal and Social Effectiveness qualifications

Find out more about the full range of ASDAN courses on our website: www.asdan.org.uk/courses



Plan and cook a healthy one-pot meal

Challenge description

The benefits of a healthy one-pot meal is that all the ingredients is conveniently combined in one pot, making it an easy dish to cook and a great way to combine lots of flavours and textures. A healthy one-pot meal could be a chicken casserole, pasta bake, vegetable stew, chilli con carne or curry.

Plan and cook a simple, healthy one-pot meal within a given budget and time. Evaluate the nutritional value and how it matches the traffic light criteria.

How to approach this challenge

- Write down the recipe for a simple one-pot healthy meal.
- Make a diagram to show the nutritional value of your chosen meal.

Resource templates

- One-pot meal recipe planner
- What is the nutritional value?

Links to challenge...

Challenge 1A6

FoodWise

Nutritional value

| | |
|--|-------|
| Name: | Date: |
| Challenge: Plan and cook a healthy one-pot meal | |

A traffic light label shows how much **fat**, **saturated fat**, **sugar** and **salt** are in that food. The table below shows the quantity of these substances that are in green, amber and red foods (per 100g).

| | fat | saturated fat | sugar | salt |
|--------------|-----------------|----------------|-----------------|----------------|
| Green | less than 3g | less than 1.5g | less than 5g | less than 0.3g |
| Amber | 3g – 17.5g | 1.5g – 5g | 5g – 22.5g | 0.3g – 1.5g |
| Red | more than 17.5g | more than 5g | more than 22.5g | more than 1.5g |

| Basic ingredients (eg chicken breast, carrots) | Green | Amber | Red |
|--|-------|-------|-----|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| Additional ingredients (eg herbs, oil for cooking) | Green | Amber | Red |
|--|-------|-------|-----|
| | | | |
| | | | |
| | | | |

| Overall nutritional value of meal | Green | Amber | Red |
|-----------------------------------|-------|-------|-----|
| | | | |

Keep a food diary for one week

Challenge description

Keep a food diary to record everything you eat and drink over the course of one week. Think about how your diet meets nutritional guidelines.

Compare your diary with a friend's and record your results. Together, plan a week's menu and present it in an appropriate way, explaining why it meets the requirements of a healthy diet.

How to approach this challenge

- Record what you eat and drink in a food diary including cold and hot drinks, breakfast, lunch, dinner and snacks. Keep your food diary somewhere accessible during meal times (eg on the kitchen fridge or at the dining table).

Resource templates

- Weekly food diary

Links to challenge...

Challenge 1B2

FoodWise

Weekly food diary

| | |
|--|-------|
| Name: | Date: |
| Challenge: Keep a food diary for one week | |

| | Snacks | Dinner | Lunch | Breakfast |
|-----------|--------|--------|-------|-----------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Show the correct procedures for washing your hands

Challenge description

Create a comic strip to display on the wall of a kitchen or food preparation area to show the correct procedures for washing your hands before you handle food.

How to approach this challenge

- Draw or take photographs of the stages for washing your hands.

Resource templates

- Blank comic strip template

Links to challenge...

Challenge 2A7

FoodWise

Blank comic strip template

| | |
|--|-------|
| Name: | Date: |
| Challenge: Show the correct procedures for washing your hands | |

| | | |
|---|---|---|
| | | |
| 1 | 2 | 3 |

| | | |
|---|---|---|
| | | |
| 4 | 5 | 6 |

| | | |
|---|---|---|
| | | |
| 7 | 8 | 9 |

Describe the advantages/disadvantages of different cooking methods

Challenge description

Make a table to show the advantages and disadvantages of at least four different cooking methods. For each method, include examples of foods that are often cooked in this way.

Is the method difficult or easy to use? Does the cooking method require a lot of equipment? How long does it take to cook something using this method? Does the cooking method positively or negatively impact the nutritional value of the meal?

How to approach this challenge

- Write about, draw or stick photographs of four different cooking methods to show their advantages and disadvantages.

Resource templates

- Comparison table of different cooking methods

Links to challenge...

Challenge 3A3

FoodWise

Comparison table of different cooking methods

| | |
|--|-------|
| Name: | Date: |
| Challenge: Describe the advantages/disadvantages of different cooking methods | |

| | |
|-------------------------|---------------|
| Cooking method 1 | Example: |
| Advantages | Disadvantages |

| | |
|-------------------------|---------------|
| Cooking method 2 | Example: |
| Advantages | Disadvantages |

| | |
|-------------------------|---------------|
| Cooking method 3 | Example: |
| Advantages | Disadvantages |

| | |
|-------------------------|---------------|
| Cooking method 4 | Example: |
| Advantages | Disadvantages |

Create a one-week healthy meal plan for your family

Challenge description

Individually, or with a partner, create a one-week healthy meal plan for your family. Find out how much this would cost and how you could cut the cost and ingredients of your weekly menu.

Think about how you can save money by using the food you already have in the kitchen – especially foods with a limited shelf-life to avoid food wastage (eg fresh meat and vegetables).

How to approach this challenge

- Record some of the key ingredients you already have in the fridge, freezer and kitchen cupboards.
- Brainstorm some recipes you could create using the ingredients you discover.
- Write out a weekly plan of what you could make for breakfast, lunch and dinner.

Resource templates

- What's in my kitchen?

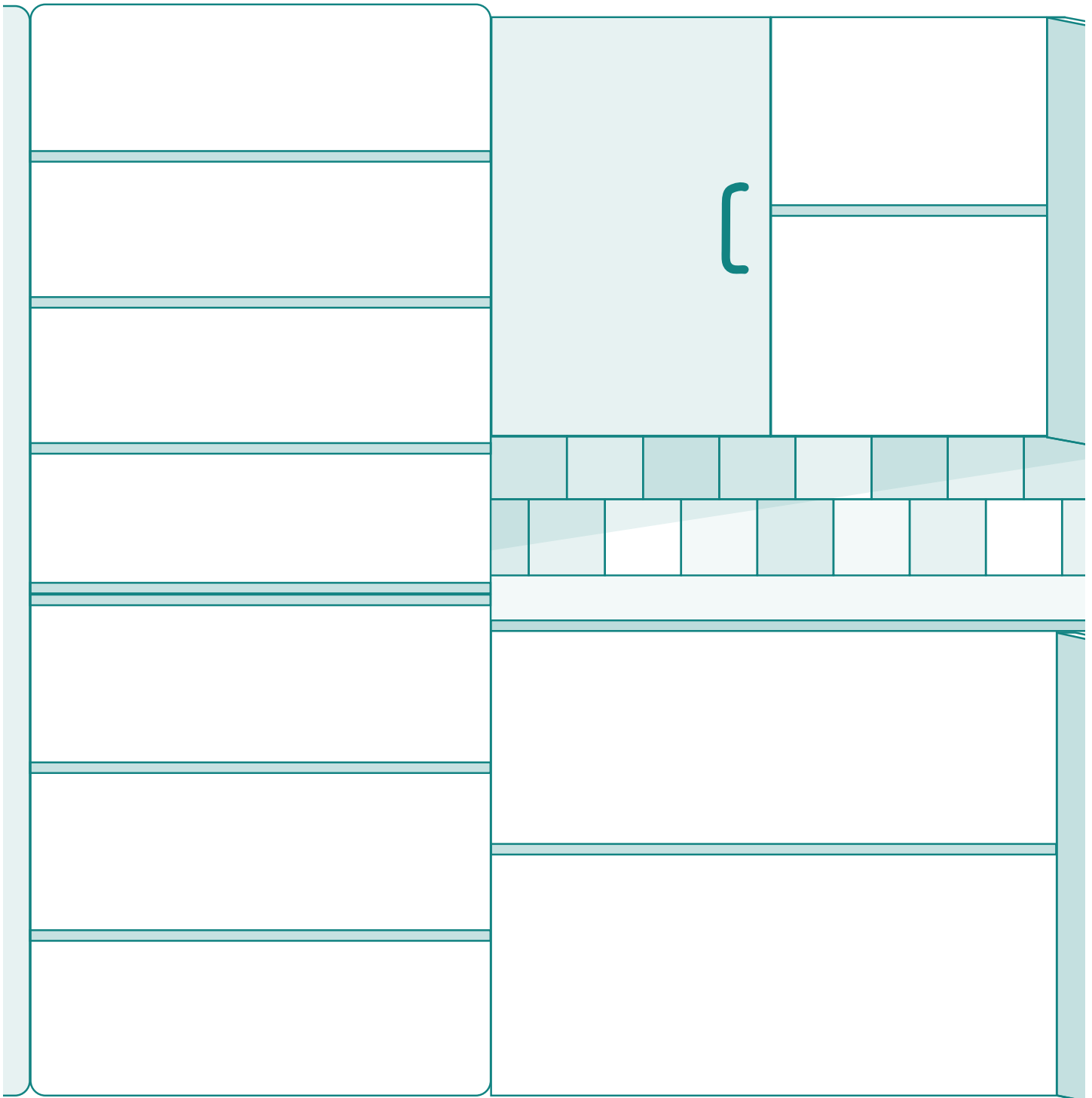
Links to challenge...

Challenge 4B3

FoodWise

What's in my kitchen?

| | |
|---|-------|
| Name: | Date: |
| Challenge: Create a one-week healthy meal plan for your family | |



Recipes ideas mindmap

Name:

Date:

Challenge: Create a one-week healthy meal plan for your family



Weekly meal plan

| | |
|---|-------|
| Name: | Date: |
| Challenge: Create a one-week healthy meal plan for your family | |

| | Snacks | Dinner | Lunch | Breakfast |
|-----------|--------|--------|-------|-----------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Find out about traditional British food

Challenge description

Make a display or collage showing the national dishes of England, Northern Ireland, Ireland, Scotland and Wales.

Describe the meals you would serve to a visitor from a foreign country to show them the best of British cuisine.

How to approach this challenge

- Draw or display photographs of national dishes onto a map of the UK.
- Design a meal to showcase the best of British cuisine and draw or stick photographs of your ideas onto paper.

Resource templates

- National dishes map
- Best of British cuisine plate

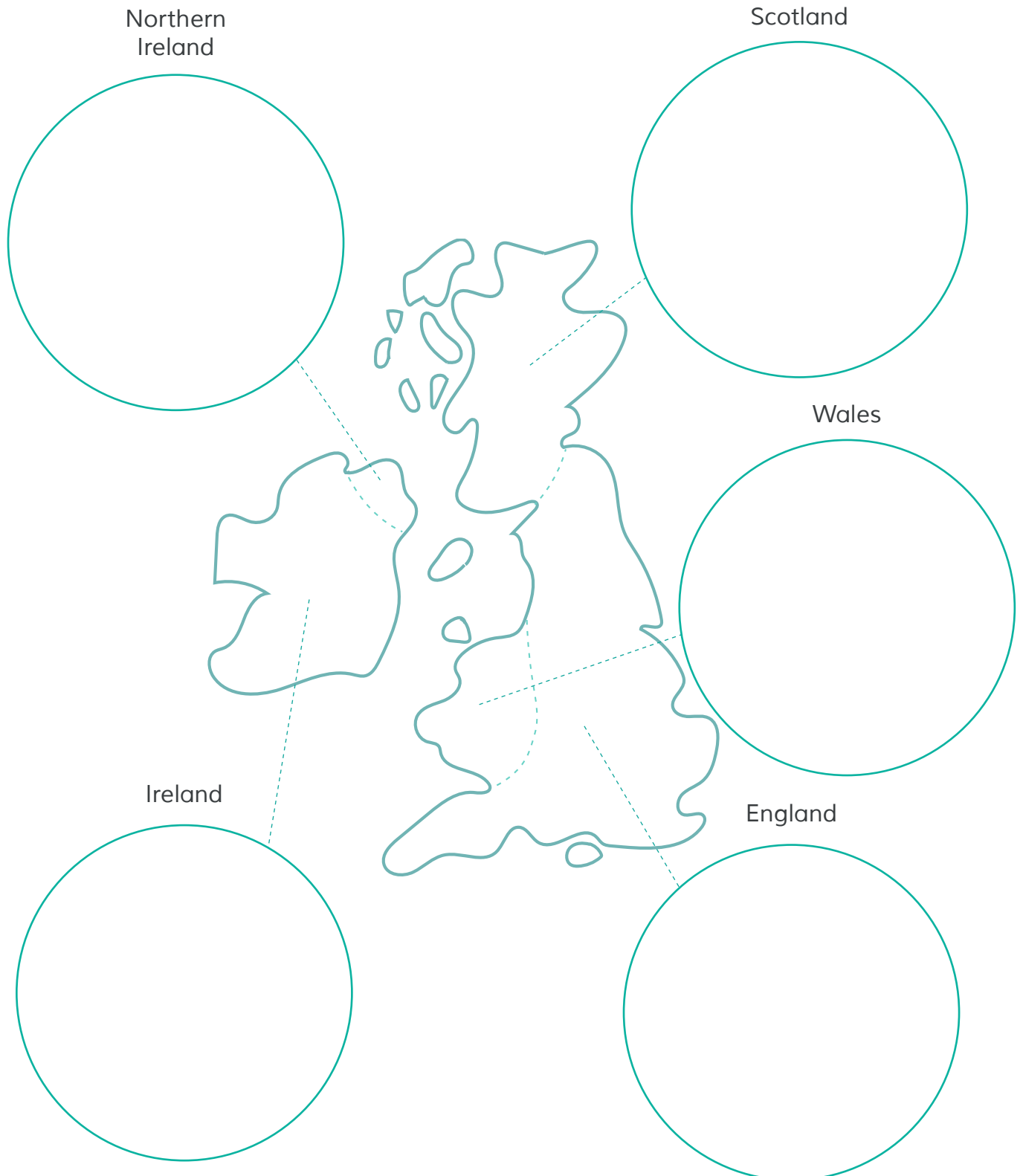
Links to challenge...

Challenge 5A7

FoodWise

National dishes map

| | |
|---|-------|
| Name: | Date: |
| Challenge: Find out about traditional British food | |



Best of British cuisine plate

Name:

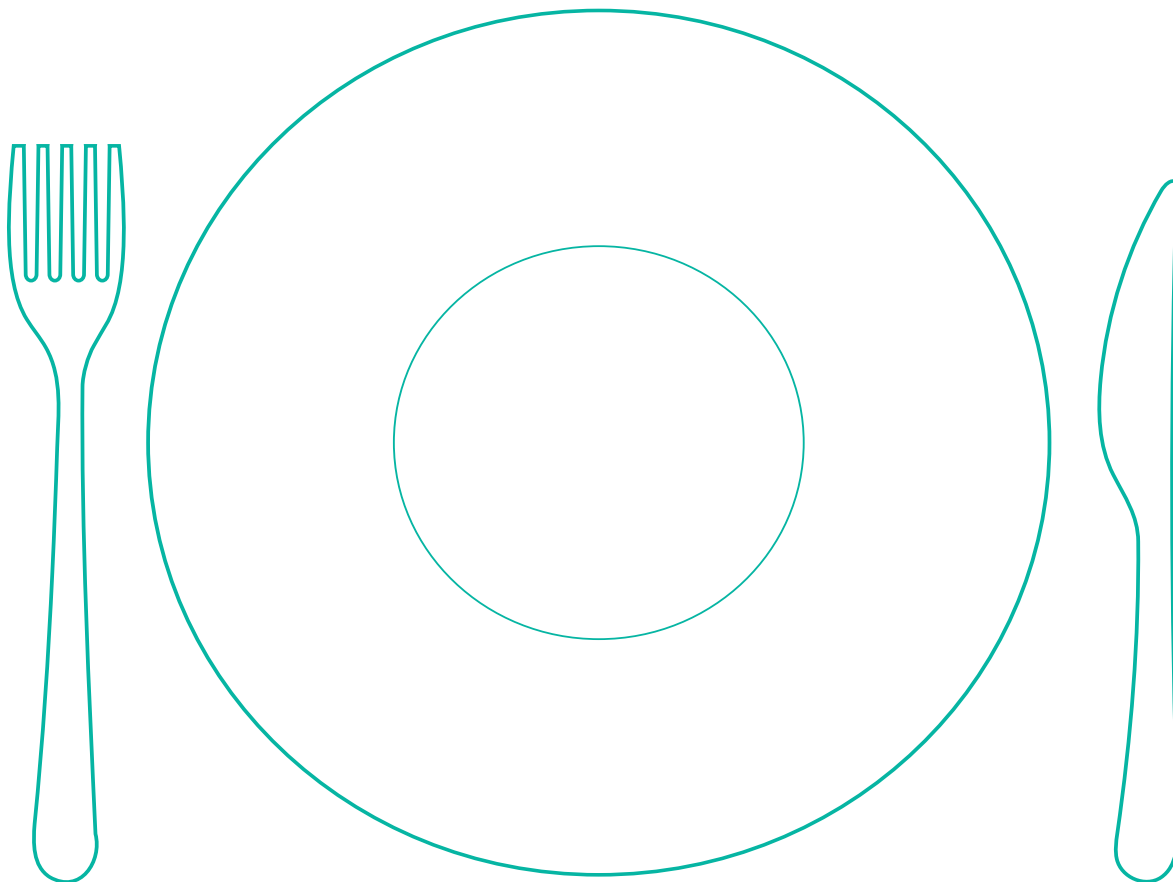
Date:

Challenge: Find out about traditional British food

Recipe name

Ingredients

Draw or stick a photograph of your meal on the plate below:



Compare modern day food with food from 50 years ago

Challenge description

Find out what kinds of food people would have had in their shopping baskets 50 years ago and the typical meals from that time. Compare this with the meals and shopping basket for your own family.

How to approach this challenge

Draw or display photographs of the foods your family buy today and the foods people bought 50 years ago.

Resource templates

- What's in my shopping basket?

Links to challenge...

Challenge 6A2

FoodWise

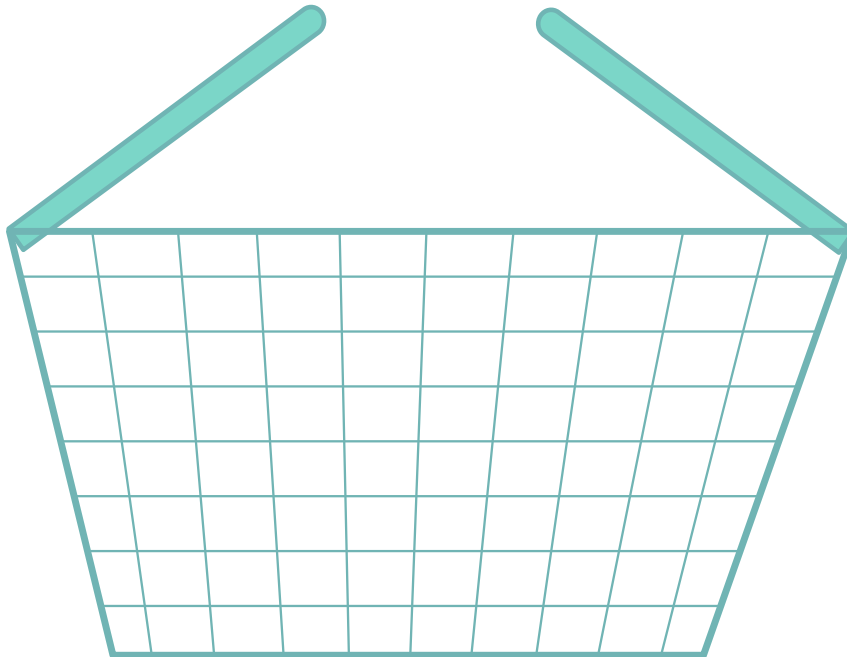
What's in my shopping basket?

Name:

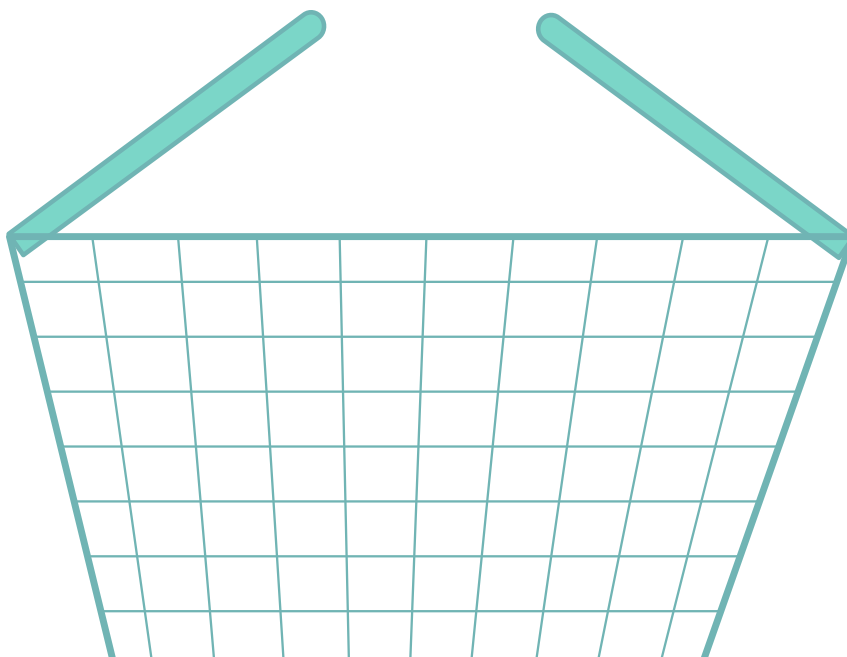
Date:

Challenge: Compare modern day food with food from 50 years ago

What's in my shopping basket today?



What would be in a shopping basket 50 years ago?



Organise a fundraiser to raise money for a good cause

Challenge description

As a group, organise an event of your choice (eg coffee morning, celebration buffet, end-of-term party, prom). Set a catering budget and show how you have planned and worked within this budget. Include evidence to demonstrate that you kept track of your spending.

Review how the event went, including if you stuck to your budget and what you could do better next time.

How to approach this challenge

- As a group, create a plan for your fundraising including your catering budget, where and when the event will be held and everyone's role and responsibilities leading up to and during the event.
- Keep a log of everything you buy for the fundraiser to make sure you stick within your agreed budget.
- After the fundraiser, reflect on your individual role in the event; what went well? what could have gone better?

Resource templates

- Fundraising event plan
- Fundraising budget tracker
- Fundraising event review

Links to challenge...

Challenge 4B5

FoodWise

Fundraising event plan

| | |
|--|-------|
| Name: | Date: |
| Challenge: Organise a coffee morning fundraiser to raise money for a good cause | |

We plan to organise a fundraiser to raise money for... (eg name of charity)

| |
|--|
| |
|--|

| | |
|------------------------|---|
| Catering budget | £ |
|------------------------|---|

| | |
|-------------------------|---|
| Fundraising goal | £ |
|-------------------------|---|

| Our fundraising team | |
|----------------------|---------------------------|
| Team member | Role and responsibilities |
| | |
| | |
| | |
| | |
| | |

| | |
|---|--|
| Where the fundraiser will happen | |
|---|--|

| | |
|---------------------------------------|--|
| When the fundraiser will start | |
|---------------------------------------|--|

Resources and support we will need

| |
|--|
| |
|--|

Fundraising event review

What did you do to raise money?

What was your individual role in the fundraiser?

Did you meet your fundraising goal?

Did you stick to your budget?

What went well?

What would you do differently next time?

Our fundraising total

| | |
|--|---|
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |
| | £ |

Create a healthy recipe for a popular food product

Challenge description

Look at a basic recipe for a popular food product, (eg sausage roll, sandwich) and come up with ways you could modify this product to make it healthier.

Explain your reasons.

How to approach this challenge

Choose a recipe and plan how to make it healthier by substituting ingredients for healthy alternatives, adapting the portion size or reducing salt or sugar.

Resource templates

- Healthy recipe planner

Links to challenge...

Challenge 1A10

FoodWise

Healthy recipe planner

| | |
|--|-------|
| Name: | Date: |
| Challenge: Create a healthy recipe for a popular food product | |

The recipe I plan to make healthier is:

How I could make this recipe healthier:

Why would this make it healthier?

| Original ingredients list | | My healthy ingredients list | |
|---------------------------|----------|-----------------------------|----------|
| Ingredient | Quantity | Ingredient | Quantity |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Demonstrate that you know how to store different food safely

Challenge description

Describe how the following foods should be stored and comment on why this is necessary.

- Raw chicken
- Raw fish
- Casserole or soup
- Vegetables
- Cheese or yoghurt
- Cooked meat
- Ice cream

Create a poster to show how these foods should be stored.

How to approach this challenge

- Create a table listing different types of food and how to store them safely.
- Gather photo evidence that demonstrates how you can store different foods safely.

Resource templates

- Storing food safely
- Photo evidence sheet

Links to challenge...

Challenge 2A2

FoodWise

Storing food safely

Name:

Date:

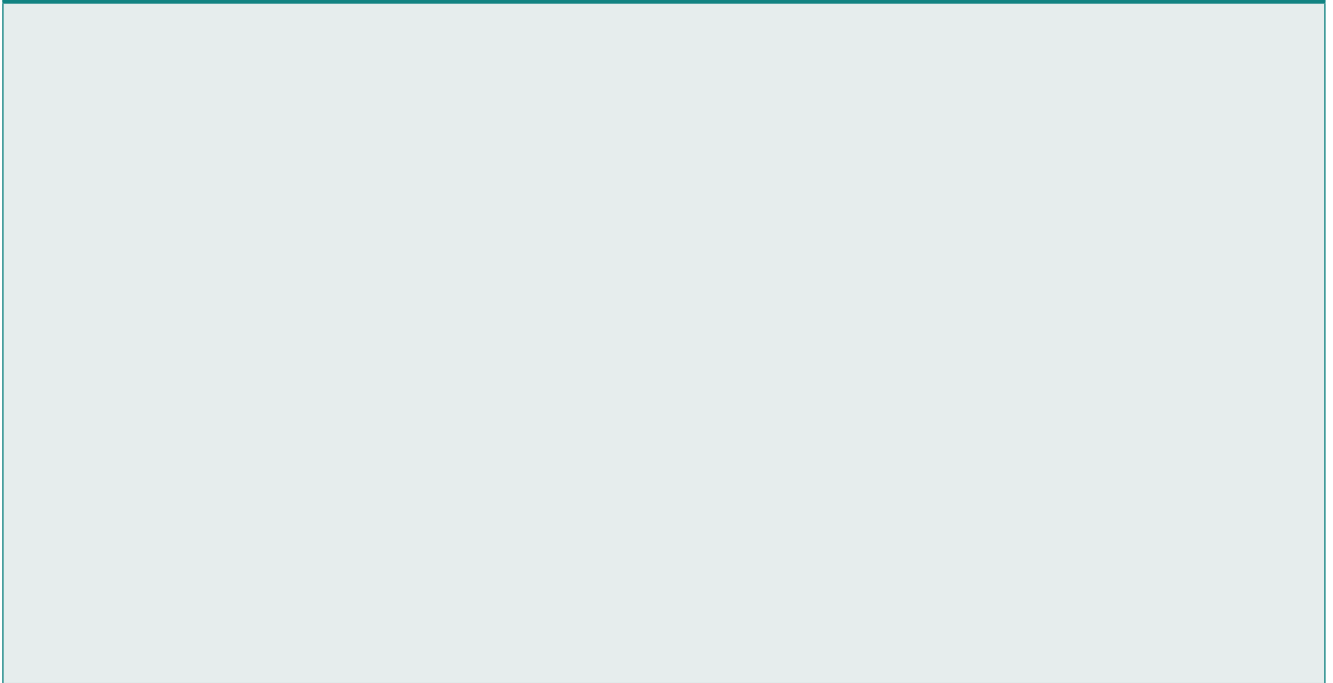
Challenge: Demonstrate that you know how to store different food safely

Record how each of the following foods should be stored and why

| Food | How should it be stored? | Why is this necessary? |
|-------------------|--------------------------|------------------------|
| Raw chicken | | |
| Raw fish | | |
| Casserole or soup | | |
| Vegetables | | |
| Cheese or yoghurt | | |
| Cooked meat | | |
| Ice cream | | |

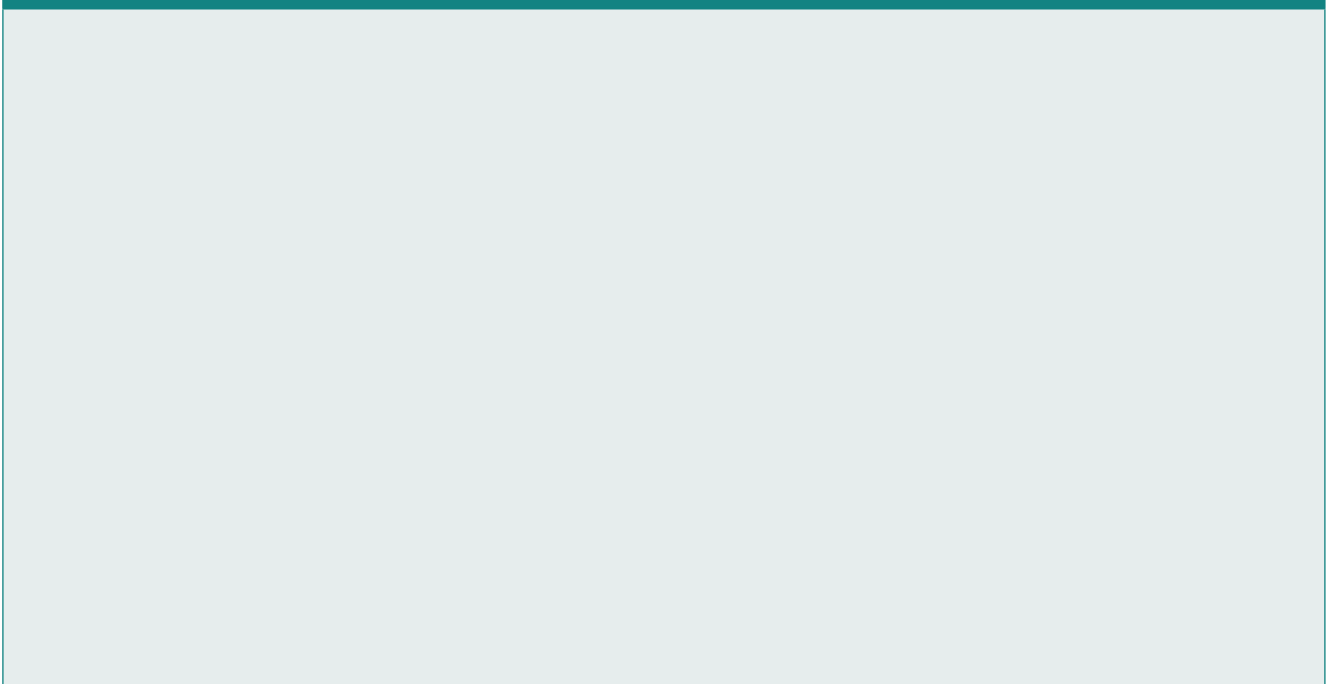
Photo evidence sheet

Photo evidence of storing food safely





Description:

Photo evidence of storing food safely



Description:



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