

Real Cool Futures Food Technology Lesson Chunk

Subject area links: Food Technology

Age group: KS4

Timer: 15 minutes

Why do this:

This activity will show students some different 'jobs' that are available to those studying Food Technology at school. Fat Hen is a wild food business that shows people how to forage for and cook wild growing food. Challenge students to think of an unusual ingredient in a recipe.

Activity:

Log on to the Real Cool Futures website and show on the whiteboard. Click on the Food & Drink category and find 'Wild Food Forager' Caroline Davey

[URL: <http://www.realcoolfutures.com/case-study.php/caroline-davey-wild-food-foraging-cooking>]

- Play the video. Students need to write down as many of the ingredients as possible.
- Watch the video again, students should find the following ingredients: Sea lettuce, Gutweed, Mugwort, Rock Samphire (pickle), Japanese Knotweed (pickle), Dulse seaweed.
- Students should think about how they could use their love of cooking to develop a 'green' business.

