

# DESIGN TECHNOLOGY learning springboards

Pappus

## Food and cooking

### Recipes galore using wild plants

Using wild plants in food technology projects adds a 'foraging' dimension to the tasks.

Use the *Pappus* Plant ID sheets and Playful Springboards to

- Identify suitable flowers and leaves – this could be a home learning task with pupils making use of their neighbours and their families to identify and collect suitable species in the locality.
- Devise research questions based on the facts and stories in the *Pappus* Plant ID sheets.
- Find out more about recipes for commonly found plants.

Explore the chemistry behind taste (tongue 'maps' or 'zones' are largely a myth). Discuss the importance of taste (sour, sweet, salty, bitter) and how mammals use this to detect spoiled/dangerous or unripe food

Recipes in the Playful Springboards include teas, fritters, jams and a variety of ideas that could be cooked outside on a fire or inside. Some require no hot cooking at all.



Foraging

## Food security

### Food diversity and 'eating a rainbow'

**Aim:** Raise pupils' awareness of the importance of food security, sustainability and a balanced diet of fruits and vegetables.

Use food technology projects to raise and research the following ideas:

- The role of food in maintaining health and well-being: research organics, chemicals, pesticides etc.
- Research why 'eating a rainbow' every day is important, and document a suggested rainbow of foods, for example draw, paint or photograph favourite fruits and vegetables.
- Investigate issues associated with closed growing systems – e.g. seed to seed, composting, permaculture and other food growing methods
- Food diversity, world production, food miles.
- Our interdependence with nature - all elements of ecosystems play a role and humans have positive and negative impact on them.



#### More springboards:

- The Creative Arts Learning Springboard - Green man masks and art tasks makes reference to the artist Arcimboldo, who was known for depicting food items in his art.

#### Success criteria:

- ✓ I understand and can explain seasonality and know where and how a variety of ingredients are grown and processed
- ✓ I understand and can describe the principles of a healthy and varied diet
- ✓ I can follow a seasonal recipe, prepare a range of ingredients hygienically, arrange and cook ingredients.

