

DESIGN TECHNOLOGY learning springboards

Pappus

Cooking – recipes using common plants

Ideas for food technology activities

Aim: Pupils forage for edible plants and cook using them.

! Pupils must be alerted to the potential risk of eating foraged plants – use ID guides to be absolutely sure.

Explore the *Pappus* Playful Springboards to find food technology activities that make the most of the plants you can find in your locality.

For example:

- Conifer: Tea
- Grass: Make a Haybox slow cooker (to cook a soup, stew or similar), bread rolls, smoked vegetables.
- Hazel: Nuts, biscuits,
- Oak: Chocolate acorns (NOT the tree seeds which are inedible)
- Poppy: Austrian delicacies and use seeds in bread/cakes.
- Blackberry: Ice cream, jam, dampers (on campfire) flapjacks.
- Dandelion: Salad leaf, cupcakes, biscuits.
- Dog Rose: Rose hip/petal teas, jams, syrups, honey, sugared petals
- Lime: Syrup, tea,
- Nettle: Tea, dips, soup
- Grass: Haybox cooking, hedgehog bread rolls

Resources:

Pappus Playful Springboards - as listed



Success Criteria

- ✓ I understand which edible plants grow in my local environment.
- ✓ I understand and can explain why I should seek help if I am not sure which plants I can eat and or cook with.
- ✓ I know how to use and cook with foraged plants and berries.



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