



# A51 Making a meal of it



Creating seasonal recipes from your own grown produce is so satisfying and tasty. You can either harvest fresh produce and plan a recipe, or as outlined in this activity, choose a recipe in advance and ‘grow to order’, planning what you need up to a year in advance! To make your meal as nutritious as possible, this activity is supported by nutritional information from the Health Education Trust for each major crop (see the DVD).

## Resources

- Recipes for tasty dishes and space to grow a range of crops

## Activity

- 1 Pick a seasonal recipe, eg leek, cauliflower and broccoli bake (spring term); summer fruit pudding (summer term); steak and vegetable casserole with mashed potatoes (autumn/winter term).
- 2 Make a list of all the ingredients you’ll need for your chosen recipe. Decide what you can grow at school, and what needs to be bought.
- 3 Work out which crops you want to grow and what time of year most will be available. There might be some produce you’ll need to harvest earlier in the year and store, and some to buy later from local sources.
- 4 For each crop you’re growing, work out the sowing or planting dates for the intended harvest time. Then sow, grow and harvest when ready.
- 5 Gather ingredients and prepare and eat a meal together. Then plan the next feast!

### Top tip



### Things to remember

- Invite parents, school caterers and others to take part in your recipes.
- Plan meals with a healthy balance of different foods to contribute a range of nutrients. See [www.eatwell.gov.uk](http://www.eatwell.gov.uk)
- Use the Food Growing Instruction Cards for tips and techniques to plan and grow a range of crops.



### Health & Safety

Be careful when using kitchen equipment to prepare food, ensuring adult supervision when necessary. Follow food hygiene standards.

See also *Health and Safety Guidelines (Section SG1.2)*

### Further information

A32 Storing produce

A35 Creating a term time harvest plan

Health Education Trust [www.healthedtrust.com](http://www.healthedtrust.com)

Focus on Food Campaign [www.focusonfood.org](http://www.focusonfood.org)