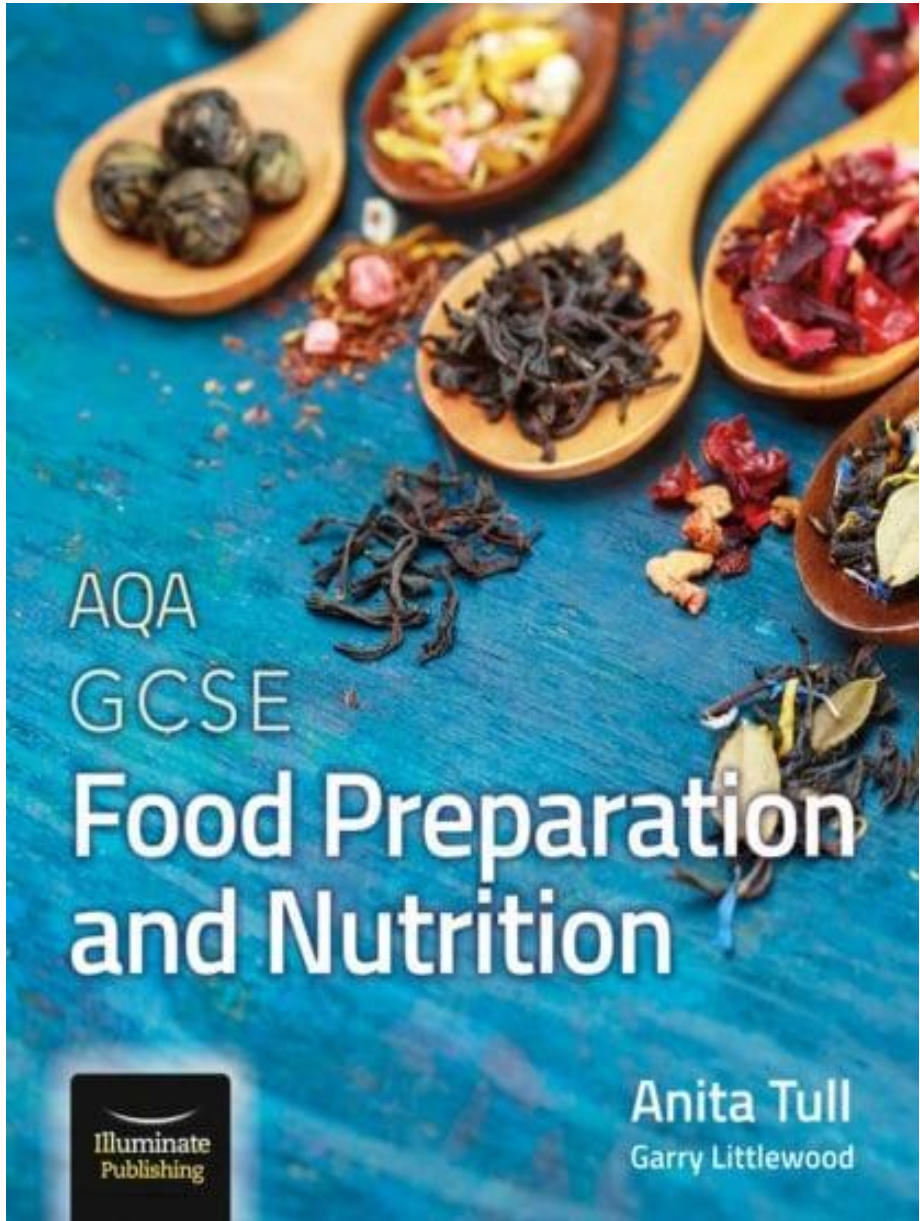




Super Curriculum

Enjoy Food!





<https://illuminate.digital/aqafood/>

Find out more and prepare for the GCSE Food Preparation and Nutrition exam with this digital resource. Just log on and all the content of the current specification is covered. There are a variety of activities for you to learn from including videos, powerpoints, questions, diagrams and text.

Username: SBIRLEY3

Password: STUDENT3

A walk on the Wild Side

We are lucky enough to live near nature and woodlands, next time you go for a walk look out for wild garlic, or *follow your nose...* Spring is the perfect times to go foraging for this versatile and pungent plant. The leaves and flowers are edible. Young leaves are delicious added to soups, sauces and pesto. Leaves appear in March and are best picked when young. The flowers emerge from April to June and can add a potent garlic punch to salads and sandwiches. Dense clusters of green spears thrust from the woodland floor in spring: these are ramsons, better known as wild garlic and they are a sign that the woodland you are walking in is very old. If you do find some, there are lots of recipes online, pesto being a great one to try.



Seek permission before foraging. In certain areas, plant species will be protected so it is important to do some research and check with the landowner before you start gathering. Only pick from areas that have a plentiful supply. Look for areas where you can find food in abundance and then only collect a small amount for personal use. Never completely strip an area as this could damage the species and deny another forager the chance to collect. Leave enough for wildlife and avoid damaging habitats. Many animals rely on plants for survival, so never take more than you plan to eat as this could also deny wildlife from a valuable food source. Be mindful about wildlife habitats and avoid disturbing or damaging. Never pick protected species or cause permanent damage. Britain's wild plants are all protected under the Wildlife and Countryside Act (1981), which makes it illegal to dig up or remove a plant. Check the law before you forage or if in doubt, why not take part in a foraging class with an expert and learn the basics.

A paddle on the wild side

- Research about crayfish and go and catch some. They are in our streams and rivers. Always return the English crayfish back to the water as they are protected. There are some down in Ford at Ridgeway. Can you find these mini lobster type creatures anywhere else?
- Find out about the Crayfish and the American Crayfish threat.
- Research recipes for Crayfish



<https://waterways.org.uk/about-us/news/signal-crayfish>

Go for a trip to the Good Food Show – NEC Birmingham



The show runs twice yearly, the Winter show November/ December time and the Summer show in June. Look at what it offers on the Good food website.

<https://www.bbcgoodfoodshow.com>

Get Cooking with these tried and tested school based recipes.



[Year 7 recipe book](#)

[Year 8 recipe book](#)

[Year 9 and Key stage 4 Recipe Book](#)

Why not try some homemade sushi.



[Sushi fact sheet](#)

[Sushi recipe sheet](#)

[Sushi vinegar recipe](#)

Find out about Henderson's Relish.



<https://www.youtube.com/watch?v=Gi-90XcjjRs>

Bullion Craft Chocolate - Sheffield

- <https://www.bullionchocolate.com/#>

Interested in chocolate.

Have a look at this website and find out how craft chocolate is made.

Visit the Kelham island business and look at the quality products. You can even go on a factory tour.



Food Competition <https://futurechef.uk.net/>



Take a look at this website. It has lots of information about food and cooking, including careers. The competitions are great fun and there are some fantastic prizes to be won.