

Design and make an interesting snack pot



Task:

- use your knowledge of the Eatwell plate to design and label a design idea for a snack pot which meets all of the specification points on the slides.
- provide detailed notes that explain your thinking and choices.
- Try to create a nutritionally balanced, interesting meal that is based on different world cuisines, give detailed reasons for your choices.



Snack pot specification

It must contain the following:

1. A staple food (examples are pasta, rice, noodles, potatoes, couscous, quinoa)
2. At least 3 vegetables
3. A sauce/flavouring





carbohydrates

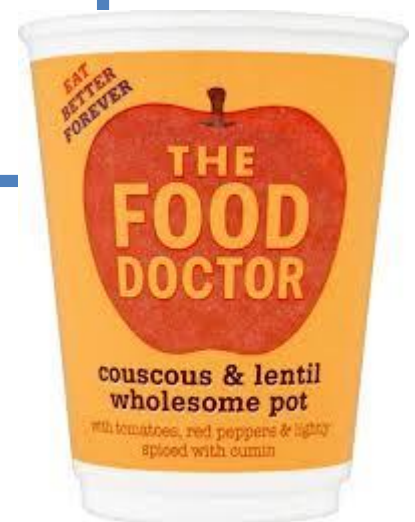


protein

Design and
make a main
meal that
includes....

calcium

Vitamins





World Cuisine





rice



Quinoa



Pasta

Staple foods/carbohydrates

Noodles

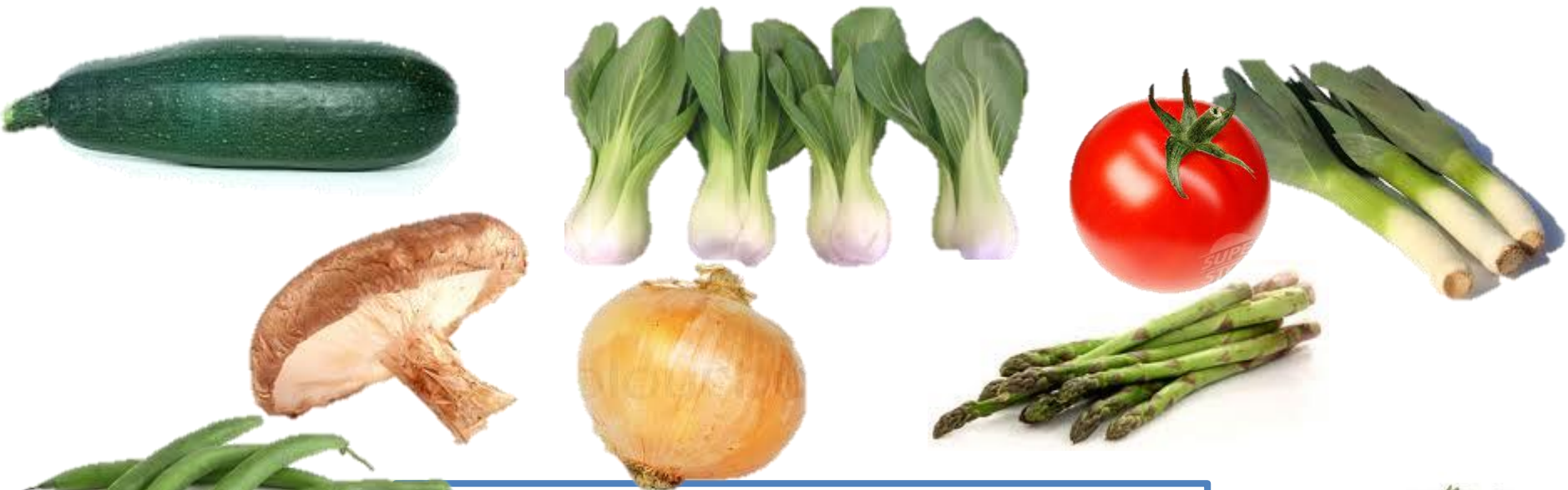


couscous

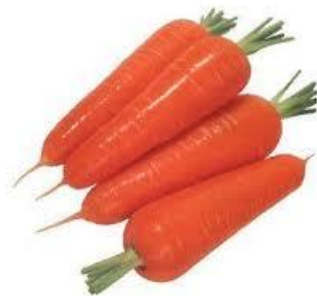


potatoes





3 Vegetables





Sauce or Flavouring



Challenge

Why not try to make your dish?

Think about recipes we've made in school such as stir fried vegetables, curry and chilli.

How could you adapt these recipes to include your choices for your snack pot?



Paragraph plan to evaluate your dish

- Paragraph 1 – Introduction: what did you make and how did it turn out? Include **detailed sensory characteristics**; appearance, aroma, flavour, texture
- Paragraph 2 - **Strengths and weaknesses** of the making. State any specific food skills used. Include any problems and how you overcame them.
- Paragraph 3 – Suggest **specific** things that can be done to **improve** the quality of what you have made.
- Paragraph 4 - **Is it a balanced meal?** If so why, if not why not. (use your knowledge of nutrients and the Eatwell plate)
- Paragraph 5 – Are there any groups of people who couldn't eat this dish as it is? If so can it be adapted for them? How?
- Paragraph 6 – Conclusion: what are **your thoughts on the overall value of the dish** you have made?