

A World of Food!



In this project we linked work on DT with Geography work on places. As part of our DT curriculum, one activity is focused on designing, making (and eating) food! This year we decided to give this an **International theme** so that each class would research and create a dish that is found in a different country.

This enabled the children to practise their DT skills of designing, planning, making and evaluating, and at the same time learning about traditional foods grown and cooked around the world.

As you can imagine this project was a big hit! Here you can see what each year group got up to! Our very youngest children got the chance to taste croissants, which was followed up by learning to bake bread!



"Food is our common ground, a universal experience." James Beard

Reception – Tasting Croissants!





Year 1 –
linking with
Greece and
making fruit
kebabs!



The very first deputy head at The Mead now lives in Crete. We Zoomed with her to learn about the history of our school and some Greek. She told us more about the fruit that grows there, which inspired our international cookery project!



Using fruits that we had found out grow in Greece, we designed and made our very own Greek inspired fruit kebabs!





“I’m going to Greece in the summer and I might eat some of this fruit there!” Scarlett

“It tastes so good. It’s amazing!” Ellis

“Fruit tastes good from Greece.” George

“I like the fruit!” Olivia.

“I like the pineapple and the orange!” Leon

“They were yummy. I liked all the fruit but not the pineapple!” Maddie

“ They were yummy and the orange had a lovely juicy taste!” Taya

“Bev showed us some grapes and I would like to have those on my kebab!” Barnaby

“My favourite was the apple. I really like apple – I’m happy that it’s a Greek fruit!” Teddy S



Year 2 – Comparing Greek yoghurt with other yoghurts...



Name: Min Date: 18.5.22

Natural yogurt taste test of existing products - scoring 1-5 (1 = not so good, 5 = very good)

Yogurt	Texture	Colour	Taste	Smell
Natural yogurt	10	20	0X	10
Fromage frais	10	10	0X	10
Vegan yogurt	0	0	0X	0
Greek yogurt	05✓	05✓	05✓	05✓

Greek yogurt to make my fruit yoghurt with.



Greek yoghurt was put to a taste test in Year 2 and proved a popular choice to make a fruit yoghurt dessert!



Year 3 – Designing and making Middle Eastern Pita Bread Snacks



Pita originated from the **Middle East**. It is the oldest type of bread, around for about 4,000 years! The name “pita” simply means “flatbread”.



Health and safety:



Wash your hands before you prep and create your pitta bread.

Stay in your seats and put up your hand if you need help.

Cutting techniques



Cutting using the bridge technique



Cutting using the claw technique

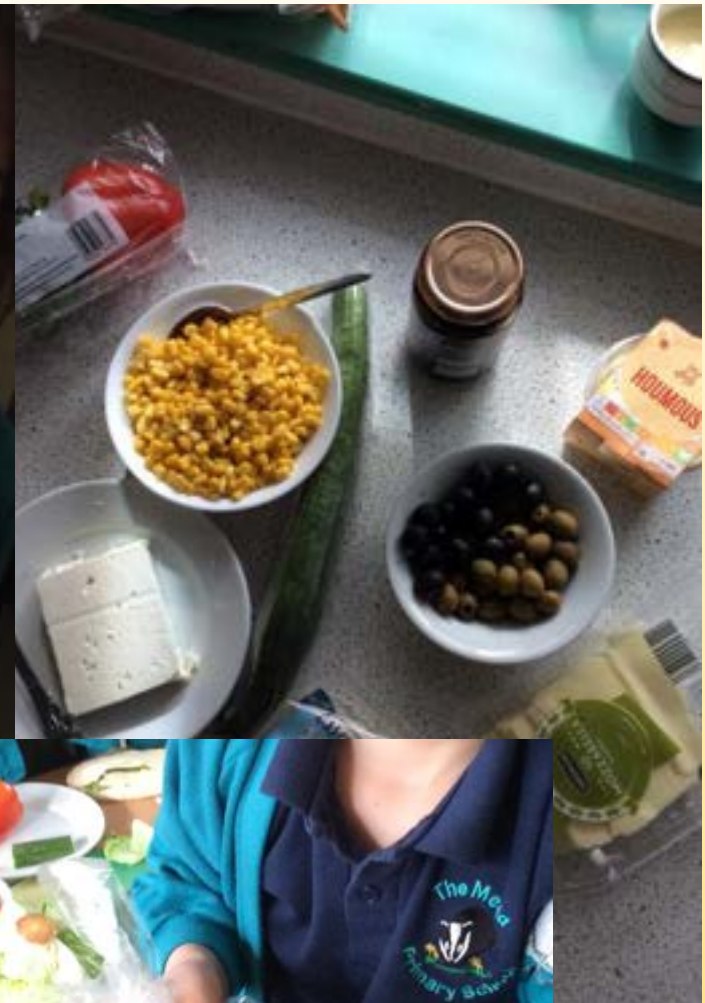


The knives are very sharp!

Year 3 were tasked with designing a tasty vegetarian filled pita snack that could be sold and eaten in Trowbridge!

Which ingredients will you choose?
Are they grown, reared or processed?
Don't forget to consider your design criteria.

- > Pitta bread
- > Olives (green and black)
- > Pepper
- > Cucumber
- > Sweetcorn
- > Tomatoes
- > Iceberg lettuce
- > Pesto (green and red)
- > Pickle
- > Tomato ketchup
- > Butter
- > Feta
- > Mozzarella
- > Cheddar



"The pita bread was like a little pocket. We chopped up the ingredients and we got to choose the sauces! My mum sometimes makes it, she's from Morocco and England. We eat lots of couscous too at home."

Caitlin

"I opened the pita bread and then I put some pesto in there and then I put cheese and a bit of mayo and a bit of ham. I've had pita bread before with our Chinese take-aways. We cook it sometimes too! I went to Italy and it had a pizza area. We ate three pizzas! They were way better than here. Did you know they eat spaghetti *al dente* which means less well done." William

"I grabbed the pita bread and grabbed the bottle of sauce and squirted it in but it came out of the bottom of the bread! I liked making it, it was fun!"

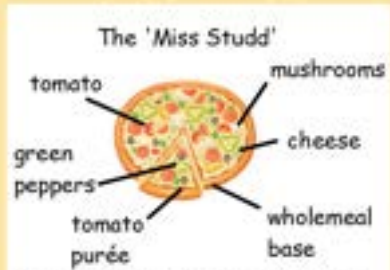
Alfie

"I love eating food from different places because it lets you explore more tastes and textures. I think a bit of chorizo would have made it chewier. I love chewy food like Chicken Korma." William

Year 4 – Designing and making a healthy Italian Pizza

DT - designing a healthy pizza

Tuesday 15th February



My pizza is made with a wholemeal base. This is an example of a carbohydrate. I will use cheese, a dairy product which is a source of calcium.

1. Give your pizza a name
2. Draw and label your pizza
3. Explain how your pizza is healthy

My pizza is healthy because...

Spellings:
carbohydrate
protein
dairy
vegetable
vitamin
calcium

Problem: pizza is delicious but it isn't always healthy.
How can we design a pizza that is delicious AND healthy?

Think
Pair
Share



Did you know...?

Some historians believe that margherita pizza (tomato, mozzarella cheese and basil) was named after Queen Margherita of Italy.

Others believe that margherita pizza is so-called because the pizza's design sometimes looks like a flower. Margherita is Italian for daisy!



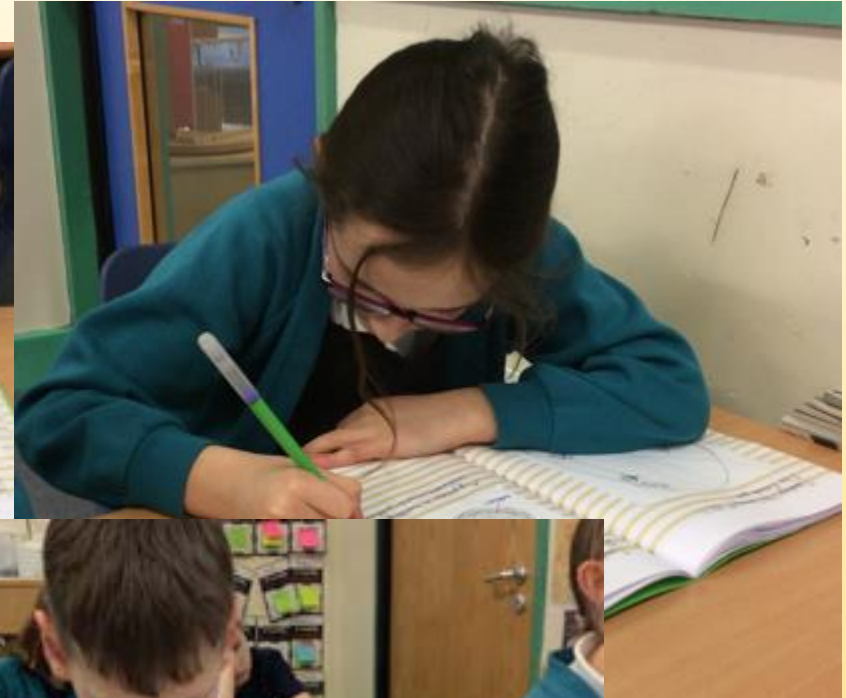
The Eatwell Plate



You do not have to include every foodgroup in every meal, but you can!

Year 4 – Hard at work designing our pizzas

***“Mine
tasted really
good
because I
put all the
things I like
on it!”
Ruby***





Year 4 – Creating the pizzas!

Miss Studd “There are two theories about why margarita pizzas are so-called! Margarita is the Italian word for daisy, so some historians believe that they named the pizzas after the flower, because the mozzarella often looked like petals! Others believe that the pizza was named after their queen, Margarita.”

Freddie

"There's a Margarita pizza. Pizza originated in Italy and I think the reason there's a Margarita Pizza is because there was a Queen called Queen Margarita who lived a long time ago. She was a significant Queen!

I went to Tenerife. They focused a lot on their dessert menu, so if you like eating dessert go there! We did a competition and I managed to eat 8 desserts!"

Mia

"I think it's good to eat food from other countries because if you eat the same food every day all the time you're not trying new things. I've been to Sardinia and they have lots of pizza restaurants there and to be honest their pizzas are better than here!"

Hollie

"Queen Margarita loved Italian food so they named a pizza after her! When we made our pizzas, we got a piece of pita bread, either wholemeal or white. We spread pure with a knife and we added cheese and all the rest of our toppings. There were mushrooms and sweetcorn and ham.

I've been to Bulgaria and Spain. I had the best pizza of my life there! In Bulgaria they mix unusual things together. They mixed peppers and sweetcorn, and macaroni cheese with mushrooms, mashed potato with tomatoes and chicken with olives. It can make you scared to eat new foods but it's a good thing to do because it gives you new things in your life. You always need new things in your life. It makes it more exciting!"

Year 5 – Indian Naan Bread Making



Brody **"We needed to put milk, salt and sugar in and some oil. We mixed it up with a spoon."**

Jess **"We made Naan bread as a link to RE."**

Brody **"We were learning about Hinduism. It about beliefs in Karma and Brahman, the main god. We saw the River Ganges in India. The river connects two countries."**





Brody "We had to press it with our knuckles to make it flat and spread it out. Here we are making it flat and folding it, then making it flat and fold it. Eventually you keep it folded and press it down."



Jess “You mustn’t spread it out too thin. You put it on the pan. You put the toppings on. I put garlic and some basil leaves. This is food that people often have in India.”





Brody "I love making food from other countries. My dad rarely cooks food from England. He cooks Indian, it's home made. He cooks the whole Indian, chicken korma and naan bread and samosas."

Jess "It's important to eat food from other countries because sometimes their food can relate to their culture. If you try it and you meet an Indian person it would be something that could get you talking."



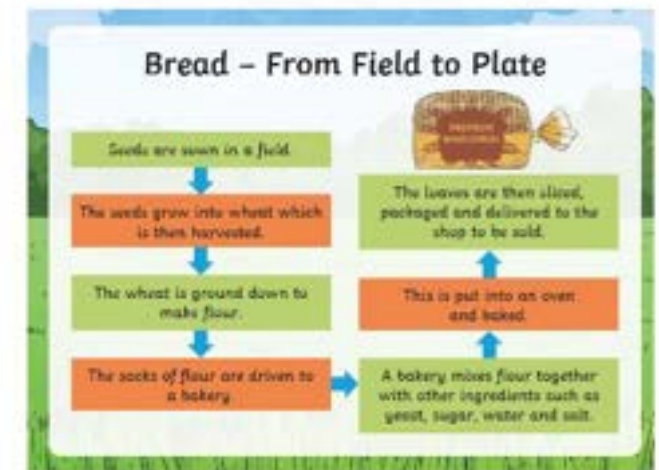
Year 6 – South African Street Market Bread Bunny Chow



As part of our work on Africa, Year 6 found out about Bunny Chow! We then baked and made our own versions of this delicious street food.



We will be making bread rolls to fill, as they would be in a South African street market.





"It was fun to make. It was fun making it as a team, the group sizes were good. We all had a go!" Seb





“Everybody got a turn and we all shared ingredients with our group.” Tia





“Everybody took a turn to stir, to mix the dough and to knead it.” Tia

“We had to get air in it, so when you cooked it, it would rise!” Tia



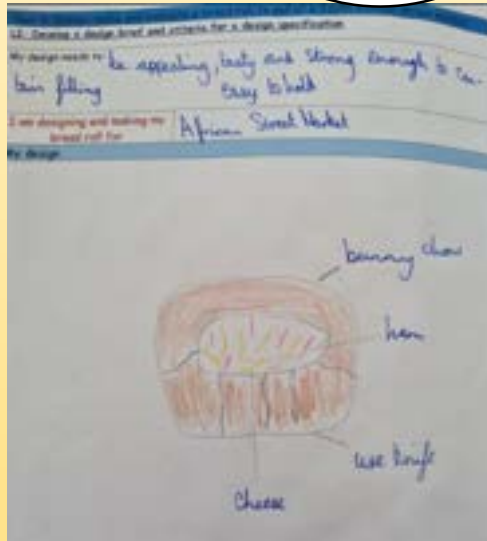


"We cut the inside of the bunny chow out so we could put our ingredients in! When we cut the top off we used it as a lid." Jacob





"The recipe was from South Africa. We did it as part of our MAAFA topic about the African slave trade." Theo



"It's nice to try new things. It's good to try food from other cultures because otherwise you just eat the same things." Theo



"This is a tradition. They have it every year in South Africa. I think it's been around for a long time. They had it in the time of the slave trade." Tia



"It was good because you get different flavours to the normal ones. I like all sorts of different dishes. I lived in Malta. They have a dish with tomato paste and olives and tuna in hard bread. It's called ftira. It makes a sweet flavour in your mouth." Seb

"I find it interesting to find out what other people like, how their food is made and how it's different." Tia

"I think it's nice tasting food from other countries because you get to taste other food and then you can make it here." Jacob

We asked our community to share recipes they have enjoyed from around the world. Here is a small selection...

'Eintopf - Linsensuppe' ('One Pot' - Lentil Soup)

(this is quite 'chunky' and often made the day before to reheat the following day as it is believed to enhance the flavour)



Ingredients:

- 150g dry brown lentils
- A little oil
- 1 medium sized leek, sliced in 2cm pieces
- 1 pack of smoked lardons
- 3 Mettwurst sausages (spiced cured german sausages), sliced into 2cm pieces
- 3 large potatoes, peeled and diced
- 2 large or 3 medium carrots, peeled and diced
- Stock (enough to cover the ingredients once in the pot)
- Salt and pepper to taste

Instructions:

- Cover the lentils with water in a pot and bring to the boil, simmer for 5 minutes, remove from the heat and strain
- In a large pan heat the oil and add the lardons and sausage, gently fry over a medium heat for 10 minutes
- Add the leek and fry for a further 5 minutes
- Add the potatoes, carrots and lentils, cover with the stock and allow to simmer (this could be done in a slow cooker as well)
- Add salt and pepper to taste

'Reibekuchen' (Potato Pancakes)

Ingredients:

- 12 large potatoes, peeled and grated
- 3 onions, finely chopped or grated
- 8 Tbsp plain flour
- 2 eggs
- Salt & pepper
- Vegetable oil for frying



Instructions:

1. Thoroughly wring out the liquid in the grated potatoes by placing them in a colander and squeezing them with your hands or by placing them in a clean dish towel and wringing out the liquid.
2. Place the drained grated potatoes in a medium-sized bowl with the chopped/grated onions, eggs, flour and salt and use a wooden spoon to work it into a tacky mixture. Add a little more flour if needed. (Do not let the mixture sit for long before using it, use it immediately.)
3. Heat a few tablespoons of oil in a non-stick pan over medium-high heat and place a large spoonful of the mixture (depending on size preference) in the hot pan and flatten into pancakes with the back of the spoon. Fry on both sides for 3-5 minutes until the potato pancakes are golden. Place them briefly on paper towels.
4. Serve immediately while hot with applesauce.



German Lentil soup and Potato Pancakes recommended by Mrs Munns

SPANISH RECIPES

You will need

3 large potatoes

6 eggs

1 onion

Olive oil (cover the base of the pan)

Salt

Method

1. Peel the potatoes, then carefully cut them into irregular small pieces. Dry the potato slices with a clean tea towel.
2. Peel and finely slice the onion. Drizzle 4 tablespoons of oil into a small frying pan over a medium heat, then add the onion and potatoes.
3. Turn the heat down to low and cook for 25 to 30 minutes, or until the onions are turning golden and the potato slices are cooked through.
4. Crack the eggs into a mixing bowl, season with a tiny pinch of sea salt and black pepper, then whisk together with a fork.



For a better taste, try smashing a little bit the potatoes when cooked (just right after step number 3). It will look like that:



SPANISH RECIPES

5. When the onions and potatoes are cooked, remove the pan from the heat, remove excess oil and carefully tip them into the eggs. Transfer the mixture back into the frying pan and place it over a low heat. Cook for around 20 minutes, or until there's almost no runny egg on top.
6. Use a fish slice to slightly lift and loosen the sides of the tortilla. Carefully flip the pan over a dinner plate and tip out the tortilla, then slide it back into the pan and cook for another 5 minutes, or until golden and cooked through.
7. Turn out the tortilla onto a serving board, then cut into 6 wedges and serve hot or cold.
8. Enjoy!



Spanish Omelette
recommended by Mrs
Herrin

“Spanish Omelette - I ate this almost every day for the two years I lived in Madrid!” Mrs Herrin

Galette, or more properly Breton galette (Galette Bretonne), is a type of large, thin pancake mostly associated with the region of Brittany, where it replaced at times bread as basic food, but which today is eaten across the whole of France.



Ham And Cheese Galette
With Smoked Ham & Emmental Cheese

INGREDIENTS

Ham And Cheese Galette

- 1 cup (250gr) buckwheat flour
- 1 egg
- 2 cup (500ml) water
- 2 tsp olive oil
- 1 tsp salt
- 2 slices of ham
- grated Emmental or cheddar, gouda, havarti, gruyere

Ham and Cheese Galette recommended by Miss David



Miss David is half French and spent part of her childhood in France! Here is one of her favourite French recipes!

"I used to LIVE on ham and cheese galette!" Miss David

INSTRUCTIONS

Mixing The Galette

1. Separate the egg yolk from the white.
2. In a large mixing bowl add the egg yolk to the buckwheat flour, oil and salt.
3. Start adding enough water to mix to a firm batter, when the batter is smooth with no lumps incorporate the rest of the water.
4. In a small bowl whisk the egg white until it is peaking.
5. Gently fold into the batter and leave to rest for at least an hour.

Cooking & Assembling

1. When you are ready to cook your galettes, pre-heat a large non-stick frying pan (preferably a crepe pan) until it is very hot but not smoking, and pour a 120ml-ladle full of mixture into your pan. Tip the mixture around until it covers the pan evenly.
2. When the edges are starting to lift up from the pan, flip the galette over.
3. Lay a wide strip of smoked ham (about 7cm wide) down the middle and then sprinkle with Emmental cheese.
4. When the sides are just browning fold the two edges over the ham and cheese and continue to cook for another minute or two.
5. Turn over and cook for another minute or so until the cheese is all melted.
6. Transfer to a pre-warmed oven dish and keep in the oven at a low temperature (around 120°C/250°F) while you cook the other galettes.
7. When all the galettes have been prepared, enjoy!

Ftira recommended by Seb



"I lived in Malta. They have a dish with tomato paste and olives and tuna in hard bread. It's called **ftira**. It makes a sweet flavour in your mouth." Seb, Year 6

[Recipe courtesy of Zaaralina.com](https://www.zaaralina.com/recipe/ftira)

INGREDIENTS

- 2 cans **tuna** preferably in extra-virgin olive oil
- 1 small can **cannellini beans**
- 2 tsp **capers** chopped
- 3 tsp **olives** chopped
- 1 small **red onion** chopped
- 1 **Maltese peppered cheeselet** chopped (a good substitute for this would be peppered feta)
- handful **mint leaves** finely chopped
- handful **basil leaves** finely chopped
- 4 small **ftiras** any other type of crunchy bread
- 1 small can **kunserva** or tomato paste
- **extra virgin olive oil**
- **salt** to taste

INSTRUCTIONS

1. In a bowl, mix all the filling ingredients (tuna, cannellini beans, capers, olives, red onion, cheese, mint and basil) together and set aside.
2. Cut the ftira and spread a generous layer of kunserva on both sides.
3. Drizzle with olive oil and season with some salt.
4. Add the filling.
5. Enjoy 😊

Cretan Cheese Pies!

“I thought I'd send you one for a version of cheese pies from Crete, Greece. I mostly associate them with Easter, but in Crete they are made on other special occasions too. We often make them at home here, regardless. (Alex helps too!) Many thanks for this invitation and for involving us!”
Anna S (Alex's mum)

Ingredients:

- 500g feta cheese, finely crumbled
- 500g cottage cheese
- A packet of fresh mint (a bunch), finely chopped (avoid the stalks, only use the chopped leaves)
- A little flour (wheat or GF)
- 3 packs of ready-rolled puff pastry (wheat or GF)
- 2 eggs, beaten
- approx. 50-100g of sesame seeds

Implements:

- A big mixing bowl
- A wooden spoon
- A desk-sized surface
- A rolling pin
- Small bowl (12-15 cm in diameter)
- A fork, a tablespoon, a blunt knife
- Oven paper and 2 oven trays (or, better still, racks)
- A brush
- An oven, preheated to 180° C

Cretan Cheese Pies recommended by Anna S

Cretan (Greek) Cheese Pies



Background:

Cheese pies are a traditional snack in the cuisine of Crete, Greece. Cretan cheese pies are a variation on other types of cheese pies from elsewhere in Greece. They used to be made from scratch for special occasions, principally during the week leading up to Easter, but also for weddings, baptisms or other feasts. Nowadays, while Cretans still eat them on special occasions and while some people still make these from scratch, frozen versions of cheese pies are widely available in supermarkets in Crete, ready to be baked or pan fried with olive oil.

The original recipe involves making one's own dough, spreading it into a very thin sheet with a special rolling pin (which looks like a long stick) and using a special local cheese named mizithra (μυζήθρα). Normally, these pies are fried if made with this kind of dough, or oven baked, especially if puff pastry is used. However, this recipe is adapted to be made with the means and ingredients available here, while keeping the result as close to the original taste as possible. The making of these cheese pies is also great to get your little one(s) involved – we often do this together!

Makes 25, takes ca. 1 hour (less time if 2 or more people work together)

Process:

In the big mixing bowl, add the mint, feta and cottage cheese. Mix thoroughly with the wooden spoon and set aside. Dust your working surface with flour. For each of the pastry packs, open the pack, unroll the dough onto the dusted surface, then use the rolling pin to spread/thin the dough a little bit more (but not so thin that it tears). Put the small bowl upside down on the spread dough and cut around it with the knife, so that you get a circular patty. Set this aside and repeat until the dough runs out. If you have a little bit of dough left which is not enough for another patty, open the next packet and so on, until you have no more dough. Make sure to not rest one patty directly on top of the other, otherwise they will stick together.

Next, take the tablespoon and scoop normal (slightly heaped, not massive) spoonfuls. Put each spoonful onto one half of each patty. Then carefully fold each filled patty and press along the seam, so that you get a D shape. If you have difficulty getting the seam to stick, and to avoid the cheese leaking while in the oven, you might want to use a little bit of egg as glue. After you have closed each patty, take the fork and a) press along the seam, to create vertical lines/a 'fringe' and seal the seam, b) stab the upper surface of the cheese pie three times (this is so that the holes let the air out during baking, otherwise the pie will burst).

Once all the pies are ready to be baked, arrange them on the oven paper onto the oven trays/racks. Use the brush to 'paint' all the cheese pies with the egg, making sure you cover all upper surfaces, including the 'fringes' that you made with the fork (otherwise these will singe). Finally, sprinkle each cheese pie with a pinch of sesame seeds. Bake the pies for ca. 20 minutes, or until golden brown on top. When you take them out of the oven, let them cool a bit before eating them (you can cut them in half to speed this up). They also keep well in the fridge (in a box) and if you reheat them in the microwave for 30 seconds – 1 minute, they will taste as they did when first baked.

Kalí orexí (Καλή όρεξη, bon appetit in Greek)!

Variation #1:

If you have a gluten/coeliac allergy, you can substitute the wheat pastry for gluten-free pastry (available in most supermarkets).

Variation #2:

If you make your own dough and pan fry these cheese pies with olive oil and/or don't add mint, a traditional way of eating them is drizzled with honey.



“My mum is from Morocco and we eat lots of great food. My favourite is tagine! It’s got chicken, potatoes and onions in!” Caitlin



Ingredients

- 2 tbsp olive oil
- 8 skinless boneless chicken thighs, halved if large
- 1 onion, chopped
- 2 tsp grated fresh root ginger
- pinch saffron or turmeric
- 1 tbsp honey
- 400g carrot, cut into sticks
- small bunch parsley, roughly chopped
- lemon wedges, to serve

Method

STEP 1

Heat the oil in a large, wide pan with a lid, add the chicken, then fry quickly until lightly coloured. Add the onion and ginger, then fry for a further 2 mins.

STEP 2

Add 150ml water, the saffron, honey and carrots, season, then stir well. Bring to the boil, cover tightly, then simmer for 30 mins until the chicken is tender. Uncover and increase the heat for about 5 mins to reduce the sauce a little. Sprinkle with parsley and serve with lemon wedges for squeezing over.

[BBC Good Food Easy Chicken Tagine](#)

What a delicious project this was!
We'll leave you with Hollie's apt words:

*“It’s a good thing to do (to eat food from around the world)
because it gives you new things in your life.
You always need new things in your life. It makes it more exciting!”*