



## Session 3: Fat and cooking

### Learning outcomes:

At the end of the session the group should:

- be aware of basic food safety guidelines
- have increased their practical cooking skills
- have experienced the process of raw foods to cooked foods
- be able to follow a task sequence
- have experienced tasting the foods they cooked.

### Activities and resources

Activity	Preparation	Resources
Poached egg versus fried egg	<ul style="list-style-type: none"> <li>• Know how to poach and fry an egg</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Cooking and serving utensils</li> </ul>
Preparation for cooking	<ul style="list-style-type: none"> <li>• Buy aprons and hats (if using), disposable ones are available</li> <li>• Print off or photocopy cooks rules in colour if possible</li> </ul> <p>It is best to laminate these so they can be used again. Matt laminate is recommended</p>	<ul style="list-style-type: none"> <li>• Aprons</li> <li>• Hats (optional)</li> <li>• Cook's rules (page 194-195)</li> </ul>
Cooking	<ul style="list-style-type: none"> <li>• Check risk assessment to help you choose group leaders</li> <li>• Print off or photocopy recipe (you may choose to laminate these)</li> </ul>	<ul style="list-style-type: none"> <li>• Recipe sheets (page 173-178)</li> <li>• Ingredients</li> <li>• Cooking and serving utensils</li> </ul>
Tasting	<ul style="list-style-type: none"> <li>• Identify preparation area and hand washing facilities</li> <li>• Check risk assessment for food allergies / preferences</li> </ul>	<ul style="list-style-type: none"> <li>• Plates or cups depending on what you buy to taste</li> </ul>

## Session 3: Fat and cooking

### Poached eggs versus fried eggs

The purpose of this part of the session is:

- be aware of healthier cooking

methods. Fried eggs:

Make sure the group is not too close to the pan. Fry an egg using any type of oil. When the egg is ready, put on a plate with kitchen paper underneath to show the amount of oil or fat that is absorbed.

Poached eggs:

Poach an egg using boiled water and a very small amount of vinegar

Show the process to the group and explain to them that you haven't used any oil or fat for the cooking.

### Tasting

The purpose of this part of the session is:

- To experience tasting healthier foods

Let the group taste the poached eggs and the fried eggs. Explain to the group that poaching an egg is a healthier method than frying.

### Preparation for cooking

The purpose of this part of the session is:

- be aware of basic food safety

guidelines. Today you will cook fruity bacon

or fish and chips.

Hand out and read through, explaining as you go the cook's rules (page 194-195). Ask everyone to wash their hands and put on their aprons and hats (if using).

## Cooking

The purpose of this part of the session is:

- to increase their practical cooking skills
- to experience the process of raw foods to cooked foods
- be able to follow a task sequence
- be aware of healthier cooking methods
- to experience tasting the foods they cooked.

Lay out the ingredients for the fruity bacon or fish and chips recipe on the table along with the equipment that is required.

You should have previously identified group leaders. Encourage them to perform the cooking tasks and those who may be less able can perform simple and safe activities such as:

- putting the ingredients into bowls
- mixing the ingredients.

(If following the fruity bacon recipe)

Question:

Show the fat around the bacon and ask the group if this is good or bad for us?

Answer:

Fat is bad for us. Show the group that by using a pair of scissors you can cut off the fat from the bacon.

Say to the group that we can cook bacon by frying or by grilling. Explain that we have already shown that frying is bad because we use fat. If we grill the bacon then we do not use fat. We can take the fat off the bacon and grill the bacon.

Show the group the process of grilling bacon.

Split the group into smaller teams with at least one group leader in each.

Hand out the recipe cards. Depending on your group you may decide to go through the recipe step by step as one big group or leave the small teams to work their way through the recipe. Make sure you keep checking in with each group to ensure they are on track and know what they are doing.

**Important notice:** Please follow the cooking rules to avoid problems with food safety. Everything used has to be clean and safe.

## Tasting

The purpose of this part of the session is:

- to experience the process of raw foods to cooked foods
- to experience tasting the foods they cooked.

Make sure that everyone has washed their hands, sit down and enjoy your fruity bacon or fish and chips!

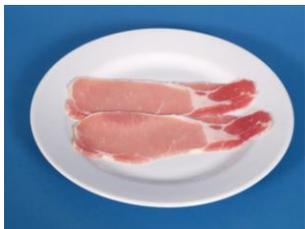
Ask the group:

- Do you like them?
- What unhealthy foods could you replace in your diet with this meal?
- Would you make them at home?
- Who could help you?

You might want to give the cook's rules, shopping list and recipe cards as handouts so that members of the group can take them home and make them again.

## Fruity bacon

### What I need:



1 rasher of bacon



1 banana



1 slice of pineapple

You can use fresh or tinned

(This is optional)



1 tomato



1 bread roll

## What do I do?



Turn the grill on



Cut the tomato in half



Cut the banana in long slices

Cut the pineapple to about the same size



Cut the fat off the bacon



Cut the roll in half



Toast the roll



Grill tomato, banana, pineapple and bacon for 5 minutes



Put the banana, pineapple, tomato and bacon in the roll.

Enjoy!

## Fish and chips

### What I need:



2 large baking potatoes



Juice and zest of 1 lemon



Small bunch of parsley



40g of fresh breadcrumbs



2 white fish fillets

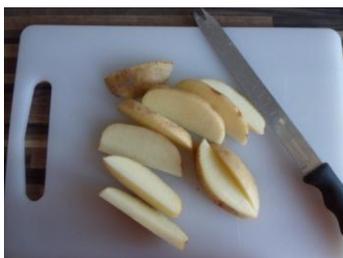


Rapeseed or olive oil for drizzling

## What do I do?



Pre heat oven to 210c



Slice potatoes into chips



Put chips onto a baking tray and drizzle with oil  
Place tray in the oven on the middle shelf for 40 minutes.  
Turn the chips over after 20 minutes



Prepare breadcrumbs by grating a stale loaf around 4 days old

Or you could buy breadcrumbs from the shop



Grate the zest (the yellow part of the peel) of the lemon

Cut lemon in half and squeeze out the juice



Chop up the parsley



Mix the breadcrumbs, lemon zest, lemon juice and parsley in a bowl

Add a little salt and plenty of pepper to taste



Take the chips out of the oven after 30 minutes and place the white fish on the baking tray beside the chips

Spoon the breadcrumb mixture over

the fish Place the tray back in the oven

for 10 minutes



Enjoy!!

You could serve with peas or a side salad