

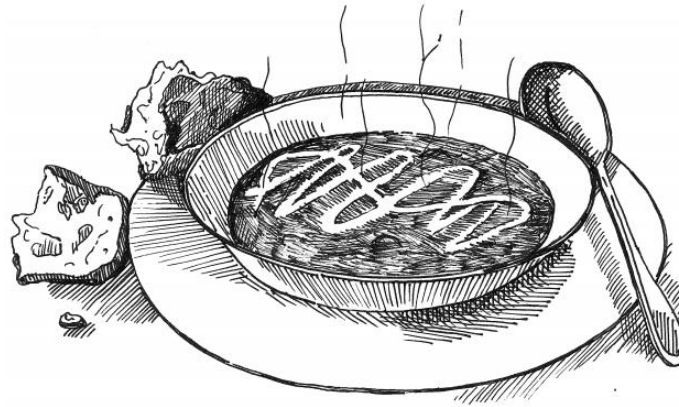
KS2 Cookery- Soups

Key Vocabulary

Hygiene	Practices that maintain health, especially through cleanliness.
Taste	Ingredients can compliment each other to give a pleasant or contrast together and create an unpleasant taste.
Health benefits	How food helps the body in growth and development.
Aesthetic	Concerned with how good something looks or the appreciation of it.
Audience	Who the project is intended for
Sensory evaluation	Evaluating food products in terms of the taste, smell, texture and appearance.
Preference test	Trying different foods and deciding which you like best

The Project

Introduction	Building on the learning of vegetables and using blenders when making smoothies, this project looks aims to bring the two together whilst adding the extra skill of heating and simmering the soup safely.
Purpose for Project	In groups, to make a soup, using herbs and vegetables grown at GVP, that can be served as part of the food fair



Design

Design a few simple recipes that include:

- Ingredients (what you need and how much)
- What herbs you will use
- Method (what to do including simmering and blending the soup)

Vegetable Soup

Ingredients

1 large onion, sliced
 2 leeks, sliced
 2 large carrots, peeled and cubed
 250g potatoes, peeled and cubed
 1 tbsp olive oil
 1 tin (400g) chopped tomatoes
 Vegetable stock dissolved in 500ml hot water
 150ml crème fraîche



Designing a recipe

Method

1. Wash and peel all vegetables and cut into small chunks.
2. Fry the onions and leek in oil until starting to soften.
3. Put the rest of the vegetables into the saucepan and add the chopped tomatoes and the stock water.
4. Bring to the boil and simmer until the vegetables are tender.
5. Ladle into a blender and whizz until smooth.
6. Serve and drizzle the crème fraîche.

Finishing touches

As part of your design consider what added design you will include on top of the soup, for example sprinkling croutons, chives or a crème fraîche design.



Research

Previous Research	Use your salad research to revise the health properties of vegetables and websites to research simple recipes
Key Herbs Used in Soups	Parsley- Nice as a garnish Chives- Gives a onion taste Thyme- Are effective, especially In winter soups Basil and Bay leaf- Work well together and give a greater texture to the soup
Key Research Questions	What are effective combinations of ingredients? What would not work well? What common ingredients are in most soups? What different health properties do different vegetables have have? How much does aesthetic contribute to how appetizing the soup is? Is it better to be chunky or blended?

Make

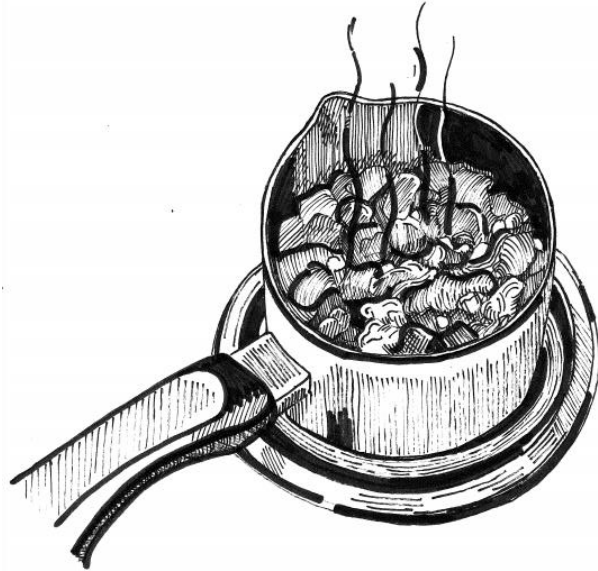
Preparing the soup

Use previous learn on how to wash, prepare, peel and cut vegetables.
Boil the kettle and add a stock cube and the boiled water to a measuring jug
Whilst doing this cook your vegetables in a pan using butter.

Simmering the soup

When **simmering**, a small bubble or two should break through the surface of the soup every second or two. If more bubbles rise to the surface, lower the heat, or move the pot to one side of the burner.

The hob of the handle should be pointed towards you and not over any heat, you should not leave the hob at any time.



Drizzling Crème Fraiche

Dip the spoon into the crème fraiche and slowly and carefully drizzle the crème fraiche onto the soup in a circular swirls.




Alternatively using your thumb and forefinger, sprinkle chives, basil or another herb on top of the soup with croutons



Evaluate

Creating a Taste Test

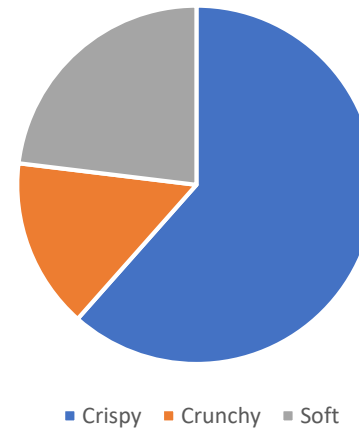
To give a greater accuracy and effective evaluation use a taste test that several children can complete that include a range of criteria. They must be simple so children can complete them quickly.

Child No.	Appearance	Smell	Flavour/Taste	Texture	Dislike 	Neither 	Like 
1							
2							
3							
4							
Word bank	Colourful Dark/pale Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

Display the results

To give a visual representation use a pie chart to help determine how much children like your soup as well as bar graphs to outline what was the common opinion on appearance, smell etc.

Opinion of My Soup



Texture of My Soup

