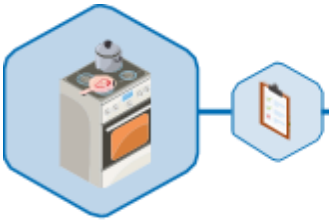
LESSON PLAN: TO FORK

Preparing and Cooking Red Meat



Preparing and Cooking Red Meat

Lesson overview

Building on pupils' understanding of the red meat food chain and the nutritional benefits of red meat, this lesson explores the characteristics of meat and how these influence preparation and cooking.

Pupils can investigate different cuts of meat on the makeitscotch.com website, food preparation techniques and cookery processes, as well as the importance of supporting local suppliers and reducing food waste through the effective use of leftovers.

The lesson can also introduce the science behind cooking, including the Maillard reaction, which contributes to the browning, flavour and aroma of cooked foods. An optional experiment allows pupils to explore this reaction in more detail.

Did you know

Around 50,000 jobs are supported by the Scottish red meat industry – often in areas with fewer work opportunities.

Research

Explore the composition and characteristics of red meat and how these can affect cooking. Pupils investigate different cuts of meat, food preparation techniques and the science of cooking, including the Maillard reaction.

Clarify

Using the lesson tasks and worksheets, pupils match different meat cuts to suitable cooking methods and explore why particular methods are appropriate for different cuts. Pupils also consider the importance of supporting local producers and reducing food waste through the effective use of leftovers.

Consolidate

The best way to consolidate knowledge of preparing and cooking red meat is through practical cookery. Pupils can prepare one of the recommended recipes, applying their understanding of meat characteristics, preparation techniques and cooking methods.
.

Curriculum for Excellence Experiences and Outcomes covered in this lesson:

Level: Third
Subject Area: HWB
Curriculum Organiser: Food and Textile Technologies
Experiences & Outcomes: TCH 3-04a
Description: I am gaining confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food.

Level: Third
Subject Area: Science
Curriculum Organiser: Chemical Changes
Experiences & Outcomes: SCN 3-19a
Description: Through experimentation, I can identify indicators of chemical reactions having occurred. I can describe ways of controlling the rate of reactions and can relate my findings to the world around me.

Level: Fourth



Subject Area: HWB
Curriculum Organiser: The Journey of Food
Experiences & Outcomes: HWB 4-37a
Description: By investigating the different influences on the consumer, I can discuss how the consumer can be influenced by external sources.

Level: Fourth
Subject Area: HWB
Curriculum Organiser: Food and Textile Technologies
Experiences & Outcomes: TCH 4-04a
Description: I can explore the properties and functionality of ingredients, textiles and equipment to establish their suitability for a task at home or in the world of work.

Presentation

This powerpoint will cover the following key topics

- Meat characteristics
- Different cuts of meat
- Food preparation techniques
- Cookery processes
- Supporting local suppliers
- The importance of leftovers

Click here to download the presentation as a PowerPoint.
Click here to download the presentation as a PDF.

Individual Task

Know your cuts worksheet

Many of us stick to the same meals using the same cuts of meat most of the time. Use the lesson game and worksheet to learn more about different meat cuts and cooking methods.
There are also recipe scenarios to test your knowledge of dietary guidelines from previous lessons – see if you can adapt the recipes to meet current targets for health.

Click here to download the Cooking & Recipe Scenarios Worksheet.
Click here to download the Cooking & Recipe Scenarios Worksheet Answers.

Group Task 1: The Science of Cooking with Meat – The Maillard Reaction

Cooking with meat uses science too! Use this worksheet to learn about the Maillard Reaction which occurs when cooking meat. Work together as a group in performing a mini experiment and answer the questions which follow. **Please note this involves high temperatures and will require supervision.**

Click here to download the Science of Cooking with Meat Worksheet.



Click here to download the Science of Cooking with Meat Worksheet Answers.

Group Task 2 – Let's Get Cooking

You've almost completed the Red Meat Food System journey, but you've still not cooked or tasted the product yet! Now is your chance.

Using the recipes found in the 'Videos and links' section of this lesson, choose your favourite and make sure you've got all the ingredients. Remember food hygiene rules, get your apron on, and get cooking!

Videos and links

Below you will find a selection of complementary videos and useful links which will aid further in-depth learning.

Videos

- **Introduction to cuts of meat with Daniela Forbes**
- **Recipe: Marinated Scotch Beef Flank Steak**
- **Knife skills with Daniela Forbes**
- **Recipe: Scotch Lamb Satay**
- **Recipe: Scotch Beef Fajitas**
- **Recipe: Scotch Beef Cottage Pie**
- **Recipe: Scotch Lamb Stovies with Celeriac Mash**
- **Recipe: Scotch Lamb Dhansak**
- **Recipe: Prime Scottish Pork & Apple Casserole**
- **Recipe: Prime Scottish Pork Tikka Kebabs**

