

meat and education news

01 Design and Technology Week 23rd - 27th June



Join us this year by celebrating pupils' achievements in Food Technology



Louise T Davies, Deputy Chief Executive of the D&T Association, offers some ideas for food-based activities.

With everyone talking about how to get more practical cookery in the curriculum for our pupils, and compulsory cooking at KS3 for all schools by 2011, there has never been a better time for your schools to have a big splash for food during D&T Week.

Why don't you:

- Put up a photo exhibition to show off your pupils' practical skills and ambitious recipes. Invite parents and colleagues.
- Plan some special food activities, perhaps with recipes around the world or a visiting chef.
- Take part in a cooking or health challenge, such as Active Kids Get Cooking or a school competition judged by a local chef or school cook.
- Plan a project that involves the whole school, such as a Healthy Eating day.
- Join forces – get primary and secondary colleagues working together and offer your food room for the primary school or a local boys school without their own facilities to come and do some cooking.
- Get out for a day – visiting a local restaurant, farms, farmers' markets and county shows for inspiration.

Where can you get help and resources?

Chefs to visit your school

Use your own local contacts or a national scheme such as - Chefs Adopt a School through the Academy of Culinary Arts with a 'hands-on' approach, focusing on developing an

essential understanding of 'taste' and teaching children about the pleasures of eating, the provenance of ingredients and the processes by which raw materials are transformed into food. www.academyofculinaryarts.org.uk/chefs-adopt-a-school

Go for a themed day

Thinking Food and Fit Food are two projects aimed at whole school days focused with your colleagues from PSHE or Science. They provide some excellent teachers' notes and worksheets. www.foodinschools.org/curriculum

Pupils love competitions and awards

Get your pupils working on an Active Kids Get Cooking Food Awards www.activekidsgetcooking.org.uk

This free and simple-to-use awards scheme presents personalised certificates to all pupils who take part. Here are some of the examples of the graded challenges.

Bronze: Local Food

Plan, prepare and cook a recipe that reflects a local or regional area from around the UK. Consider ways in which healthier cooking practices could be used.

Silver: Perfect picnic

Design and make a fruit-based sweet dish or a vegetable based savoury dish which could be eaten as part of a picnic.

Gold: Foods of the world

Plan and prepare a range of recipes that use authentic ingredients from a country or region of your choice, e.g. Europe, Asia, Africa. Cook one recipe, emphasising its traditional aspect.

Link up with the Year of Food and Farming

This exciting campaign helps children and young people find out more about the countryside and where their food comes from through memorable, first-hand learning experiences based around three core areas: visits, growing experiences, and cooking food.

Take part and give your pupils the opportunity to:

- Find out how food is grown and produced
- Explore why food, and how we produce it, matters
- Make informed choices about food and healthy nutrition
- Discover what happens on a real-life farm

www.yearoffoodandfarming.org.uk

The website has events, activities and resources to support teaching. It will also help schools to make connections with local farms hosting school visits.

02 “The perfect job in difficult times”

Ian Burdass offers a glimpse into the working life of a sheep farmer



“Our family has farmed on the East Yorkshire Wold north of Driffield for over 100 years and our methods have stayed pretty much the same throughout that time. We now farm 3000 acres of arable crops and sheep. The sheep, a flock of 1000 breeding ewes with 200 replacement females each year, run on 300 acres of land. This consists of 125 acres of one year leys, 100 acres of permanent grass and 75 acres of winter forage, kale, swedes and stubble turnips.



For the last seven years I've cross-bred Texel and Suffolk breeds to produce a large lean carcasse which is tender and full of flavour. The closed flock was set-up about 10 years ago. This

entails keeping our females to breed from the following year, which allows us to trace from start to finish where our lamb has come from, a concept which has become very popular of late. The farm is now run by just myself and a shepherd, and my wife and a butcher run the retail side.

The East Yorkshire Wolds is rolling countryside with a characteristic chequered hedgerow pattern. The hedges were planted as stock fencing as long as 300 years ago. The area is rich in wildlife and as part of the job I feel as I live with nature. Foxes, badgers, deer are seen daily – birds from buzzards to goldcrest are not rare.

Sheep farming fits into the countryside very well. It requires low inputs and offers a change of land use/habitat to the large-scale cropping.

The working year is hectic. At our busiest we are looking after over 3000 head of ewes and lambs. Lambs are born from January to May and we work 18 hours more often than not. Don't ask what day it is – we never know – time becomes meaningless! The summer and autumn are taken-up with clipping and then just general health care, silage-making, fencing etc.

I have the perfect job – just so long as you never want to get away from it! Bad weather can make it very hard – when you always want the very best for your animals, it's not always possible to achieve. Trying to sleep some nights when things aren't great outside isn't easy either.

We sell nearly all of our lamb locally, within a radius of 40 miles to restaurants and private trade alike. Shows, markets and catering work are also undertaken. Most of our animals are never transported until they leave for the abattoir. We walk them from field to field and even the last journey is only 5 miles. The retail radius is not more than 50 miles. All inputs come from suppliers in a 10 mile radius where possible. Both staff have families that live in local villages and all produce is eaten locally.

Like many other forms of farming, sheep farming has become a very difficult business. The average sheep farmer last year 'lost' £2 - £35 per ewe and with current soaring food prices, many farmers can't afford to work for so little reward. You can't live on fresh air alone, but in this beautiful countryside it's worth a try!”

03 Pig and Pork Tales

2 New posters introducing pig farming

Originally produced for BPEX (the AHDB sector company for pork in England), the six exhibition display panels are now available as two giant A1 size classroom posters. The Pig Tales poster looks at animal welfare issues associated with rearing, feeding and housing pigs. Pork Tales focuses on the nutritional benefits and versatility of lean pork. It also contains a quiz and a simple recipe using lean pork chipolata sausages.

The two posters can be used to support work connected with the Year of Food and Farming, especially at lower KS 3. Secondary teachers linked with colleagues in primary schools, either informally or through the Food in Schools programme, will also find them useful resources.



To order your FREE copies of these posters, please phone Meat and Education on: 01908 844247 or email lesley.jolley@ahdbms.org.uk

04 James Martin leads the search to find talented Young Chefs



Through the Quality Standard beef mince Young Chef Challenge 2008

The ultimate cookery competition - The Quality Standard beef mince Young Chef Challenge is back for a bigger and better third year, so don't miss out on your chance to get involved. The free-to-enter competition launched by EBLEX Ltd (the AHDB sector company for beef and lamb in England) is open to all secondary schools in England. The challenge is well suited to the new Food Technology curriculum and is designed to engage, educate and inspire students to get hands-on cooking experience and appreciate the importance of good nutrition and quality ingredients.



There are great prizes on offer for the regional winners, including £200 worth of school kitchen equipment vouchers, professional chef whites and signed James Martin cookbooks. And for the first year ever James Martin will handpick a National winner for the grand prize – which includes the opportunity to experience being a chef in the kitchen of a well-known restaurant.

For further details, see www.meatandeducation.com.
Email: QSMyoungchef@goodrelations.co.uk
Young Chef Challenge Hotline: 020 7861 3042.

Schools/students must make sure they are registered for the competition by 4th July 2008.

If your pupils are aged between 11 -16 and are looking to take Food & Technology/Catering GCSE, or are simply passionate about cooking, EBLEX wants to hear from you now!

05 Digi Bites Update

Food education videos online and on DVD from Meat and Education

Building on the first suite of online videos which looked at the nutritional benefits of meat in the context of a healthy, balanced diet, Digi Bites 2 focuses on the industrial production of food.



Now available for teachers to order FREE is a short DVD resource exploring how beef burgers for a leading fast food chain are manufactured in a state-of-the-art plant capable of producing 700 tonnes of hamburgers per week. This equates to over 15 million regular burgers or 6 million quarter pounders per week! This DVD is an updated version of Meat Video Magazine 3: Systems and Control, and looks at the application of technology in modern food production.

Currently online is a set of short video clips taken from Meat Video Magazine 2: Production Systems, showing the manufacturing process for a Cumberland Pie convenience product. The six FREE Digi Bites investigate computer control systems, assembly lines and associated safety and quality issues.



Soon to be uploaded are new Digi Bites showing how similar dishes to the products shown in the industrial case studies are prepared in a domestic kitchen. These comparisons help students to appreciate the functions and benefits of some of the large-scale equipment employed in the food industry.



Finally, Digi Bites 3 is in development and will support the Licence to Cook programme through looking at the different practical skills and knowledge required to prepare meat dishes in domestic, catering and restaurant environments.

To order your FREE copy of this DVD, please phone Meat and Education on: 01908 844247 or email: lesley.jolley@ahdbms.org.uk

Digi Bites are available on: www.meatandeducation.com

06 Update On Cool2Cook

New English only version available

Cool2Cook is a recipe book published by Hybu Cig Cymru (HCC/Meat Promotion Wales) encouraging children to cook fun and tasty recipes. In the last edition of our Newsletter we featured HCC's new bi-lingual recipe book. Due to numerous requests received from outside of Wales, an English only version of the recipe book has been printed. The 24 page book includes Getting Ready to Cook – basic health and safety issues and a page on the latest balanced diet guidelines.

As well as using Welsh lamb and beef, the recipes introduce children to a range of fruit and vegetables, as well as plenty of carbohydrates. Cool2Cook contains recipes such as: Teasy Spider Burgers served with yogurt and apricot dip, Welsh Beef Oriental Style, Welsh Lamb Tikka Wraps and a delicious Berry Smoothie!

It's hoped the book will be used at home as well as being a useful classroom resource and it's also ideal for cooking clubs.

In May, HCC took the Cool2Cook campaign to the Urdd Eisteddfod at Conwy. This is the largest Youth Festival in Europe. Over 3000 copies of the book were given to children who attended the stand to view the cooking demonstrations. Many children took part in the demonstrations by making bolognaise mini pizzas and mini burgers.

Elwen Roberts of HCC said: "We had very positive feedback

from parents, children and teachers who attended the stand. Children were very eager to try out the dishes as they thought they looked very appealing and fun to make. The spider burger proved to be a great hit! One parent contacted me to say,

'thanks for my dinner last night, first time my 12 year old son has wanted to cook, thanks for inspiring him!' This is exactly what we were aiming for – to get children to cook balanced dishes rather than parents cooking for children."

A set of books (25 in a set) can be ordered free of charge from Hybu Cig Cymru.

Elwen can be contacted by email: eroberts@hccmpw.org.uk
www.hccmpw.org.uk www.cool2cook.co.uk
or telephone HCC: 01970 625050.



07 New Beef & Lamb Recipe Book

From Livestock and Meat Commission for Northern Ireland

New LMC Beef & Lamb Recipe Book to be Launched in Academic Year 2008/2009

LMC has produced a new resource for use in Home Economics classes in Northern Ireland. Packed full of mouth-watering beef and lamb recipes, it contains information on meat safety and hygiene, labelling, Northern Ireland Farm Quality Assurance, cooking preparation and tips and nutrition. These booklets can only be obtained by booking a school cookery demonstration through LMC in Northern Ireland.

Additional recipes can be found on www.lovebeefandlamb.com

LMC Teachers Conference

LMC will be running a conference for Home Economics Teachers/Health Education Co-Ordinators in Northern Ireland in November 2008. More information will be sent to teachers in October and details will appear on LMC's website www.lmcni.com



Nutri News Newsletter

For the first time, the definitive guide to beef and lamb nutrition written specially for health professionals and delivered free-of-charge.

The first issue includes:

- Omega-3-fatty acids in beef and lamb
- Weaning guidelines
- Red meat in the lunchbox
- Web resources for health professionals
- School meals

To get your electronic copy free-of-charge, just send your email address to: nutrition@lmcni.com
(just type "Nutri News copy request" in the subject line)

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