



This calendar shows seasonal fruit produced in Britain. Some of these fruits are available all year round. Can you think of some reasons why?

	Fruit								
	apple	pear	blackberry	blackcurrant	cherry	plum	rhubarb	strawberry	raspberry
January	✓	✓					✓		
February	✓						✓		
March							✓		
April							✓		
May							✓		
June				✓			✓	✓	
July				✓	✓			✓	✓
August			✓					✓	✓
September	✓	✓	✓			✓		✓	✓
October	✓	✓	✓			✓			
November	✓	✓							
December	✓	✓							



This calendar shows seasonal vegetables* produced in Britain. Some of these vegetables are available all year round. Can you think of some reasons why?

*Tomatoes are really a fruit, but we use them in cooking like other vegetables.

Vegetables									
	carrot	broccoli	courgette	tomato	new potato	pumpkin	runner bean	cauliflower	leek
January								✓	✓
February								✓	✓
March								✓	✓
April					✓			✓	
May					✓				
June	✓		✓	✓	✓		✓		
July	✓		✓	✓	✓		✓		
August	✓	✓	✓	✓			✓		
September	✓	✓	✓	✓			✓		
October		✓		✓		✓	✓		
November						✓	✓		
December						✓			



This calendar shows seasonal meat and poultry produced in Britain. Some of these are available all year round. Can you think of some reasons why?

Meat and Poultry									
	spring lamb	beef	turkey	chicken	pork	goose	duck	venison	guinea fowl
January			✓	✓	✓	✓		✓	
February	✓		✓	✓	✓			✓	
March	✓			✓	✓				
April	✓			✓	✓				
May	✓			✓	✓				
June	✓			✓	✓				
July				✓	✓				
August		✓		✓	✓				
September		✓	✓	✓	✓	✓			✓
October		✓	✓	✓	✓	✓	✓		✓
November		✓	✓	✓	✓	✓	✓	✓	✓
December			✓	✓	✓	✓	✓	✓	



This calendar shows fresh fish and seafood caught or farmed in and around Britain. Many are available frozen or tinned from other parts of the world all year round. Can you think of some reasons why **fresh** fish and seafood are seasonal?

Fish and Seafood									
	cod	mussels	sardine	mackerel	crab	salmon	plaice	oysters	haddock
January	✓	✓	✓	✓				✓	✓
February		✓	✓	✓				✓	✓
March		✓				✓		✓	
April					✓	✓	✓		
May	✓				✓	✓	✓		✓
June	✓				✓	✓	✓		✓
July	✓				✓	✓	✓		✓
August	✓			✓	✓	✓	✓		✓
September	✓	✓	✓	✓	✓	✓	✓	✓	✓
October	✓	✓	✓	✓	✓	✓	✓	✓	✓
November	✓	✓	✓	✓	✓		✓	✓	✓
December	✓	✓	✓	✓	✓		✓	✓	✓



This calendar shows some unusual or special foods available in Britain. Some of these are produced abroad and exported to Britain. Some are very expensive because of the cost of importing them, the cost of producing them or their rarity.

Weird and Wonderful!									
	chestnuts	fresh sweetcorn	vacherin cheese	purple sprouting broccoli	brown sea trout	truffles	morel mushrooms	jerusalem artichoke	walnuts
January			✓			✓		✓	
February			✓			✓		✓	
March			✓	✓		✓	✓		
April					✓	✓	✓		
May					✓		✓		
June									
July									
August									
September	✓	✓				✓			
October	✓					✓			✓
November	✓					✓		✓	
December	✓		✓			✓		✓	



These tarts can either be filled with jam, or fresh soft fruit sprinkled with brown sugar and drizzled with honey.

Equipment

- a rolling pin
- a round pastry cutter
- a fairy cake tray
- a teaspoon
- a cooling rack

If you are using fresh fruit you will also need:

- a chopping board
- a vegetable knife

Ingredients

350g ready-made shortcrust pastry
plain flour

EITHER:

fruit jam

OR:

fresh, seasonal soft fruit
soft brown sugar
honey

Method

1. Preheat the oven to 180°C.
2. Sprinkle plenty of flour on the work surface and rolling pin. Roll the pastry out until it is roughly 5mm thick.
3. Use a round pastry cutter to cut out the pastry. Put them on the tray.

For the jam filling:

- Half-fill each tart with jam.

For the fruit filling:

- Chop the fruit into small pieces.
 - Completely fill each tart with the chopped fruit.
 - Sprinkle each tart with soft brown sugar.
4. Bake for 15-20 minutes. Cool them on the rack for 10 minutes.
 5. Drizzle the fresh fruit tarts with a little honey before serving.





These tarts can either be filled with jam, or fresh soft fruit sprinkled with brown sugar and drizzled with honey.

Equipment

- a rolling pin
- a round pastry cutter
- a fairy cake tray
- a teaspoon
- a cooling rack

If you are using fresh fruit you will also need:

- a chopping board
- a vegetable knife

Ingredients

350g ready-made shortcrust pastry
plain flour

EITHER:
fruit jam

OR:
fresh, seasonal soft fruit
soft brown sugar
honey

These more detailed instructions are provided to help you answer children's questions or demonstrate specific processes. The children may also refer to the Skills Cards.

Method

1. Preheat the oven to 180°C.
2. Sprinkle plenty of flour on the work surface and rolling pin. Roll the pastry out until it is roughly 5mm thick.
3. Use a round pastry cutter that is slightly larger than the diameter of the cups in the fairy cake tray. Cut out the pastry and line the cups of the tray.

For the jam filling:

- Put 1-2 teaspoons of jam into each tart. They should be about 1/2 full. Don't worry if they look a bit empty - the jam spreads out during cooking.

For the fruit filling:

- Use either soft, fresh fruit or very thinly sliced hard fruit. Chop into small pieces.
 - Completely fill each tart with the chopped fruit.
 - Sprinkle each tart with soft brown sugar.
4. Bake for 15-20 minutes, then remove the tarts and cool them on a wire rack for 10 minutes.
 5. Drizzle the fresh fruit tarts with a little honey before serving.



Makes 12 tarts

Children's preparation time: 15-20 mins

Cooking time: 15-20 mins

Notes:

Approx. cost: **£27** (8x ingredients for up to 32 children working in groups of four - each group will need the quantities above).

Cooking times may vary if your oven is very full.



How much do you know about cooking safely and hygienically? Following these guidelines (as well as any guidance from your teacher) will reduce the chances of having an accident, and help keep any nasty germs out of your food!

Prepare Yourself

If you have long hair, tie it back.

Roll up your sleeves.

Wash your hands with hot water and soap. ***If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!***

Wear a clean apron. ***If you need to go to the toilet, take off your apron first!***



Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. ***Use a clean cloth or disposable wipes.***

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need. Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you know how to use equipment safely. ***If you've not been shown how to use something, don't use it until you have! Ask an adult if you're not sure.***

Food Hygiene

Don't taste food unless an adult says it's OK. ***Some food is not safe to eat when it is raw; some food may be too hot to taste.***

Don't taste food by licking your fingers! ***If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!***

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly. ***Not sure if something is cooked properly? Ask an adult.***

Tidy Up

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.

Notes:

Beating, Whisking and Whipping



Use a fork to thoroughly mix the yolk and the white of the eggs together.



Whisking puts tiny air bubbles in liquids like eggs, cream or batter, making them thicker. Use a large bowl and a balloon whisk; stir it very quickly. Whisking is hard work!

Folding



Folding is a way of gently mixing together ingredients such as whipped cream and sugar. It helps stop the air bubbles bursting in a mixture that has been whisked. Use a large spoon or spatula to slowly and gently combine the ingredients.

Sieving and Sifting



Sieving catches the lumps in liquids like gravy or soup. Sifting powdered ingredients like icing sugar gets rid of any lumps and separates the tiny grains.

Rolling



Using flour on the rolling pin, surface and your hands can stop pastry or dough from sticking when you are rolling it. It's often easier to work with dough that has been chilled, because it is less sticky. Try to make sure your dough is rolled to the same thickness all over.

Slicing and Dicing



When you are slicing ingredients, make sure your fingers are well out of the way. Try to make the slices the same size.



Dicing means chopping an ingredient into cubes, like dice! It's easiest to cut long strips first, then chop them into cubes.

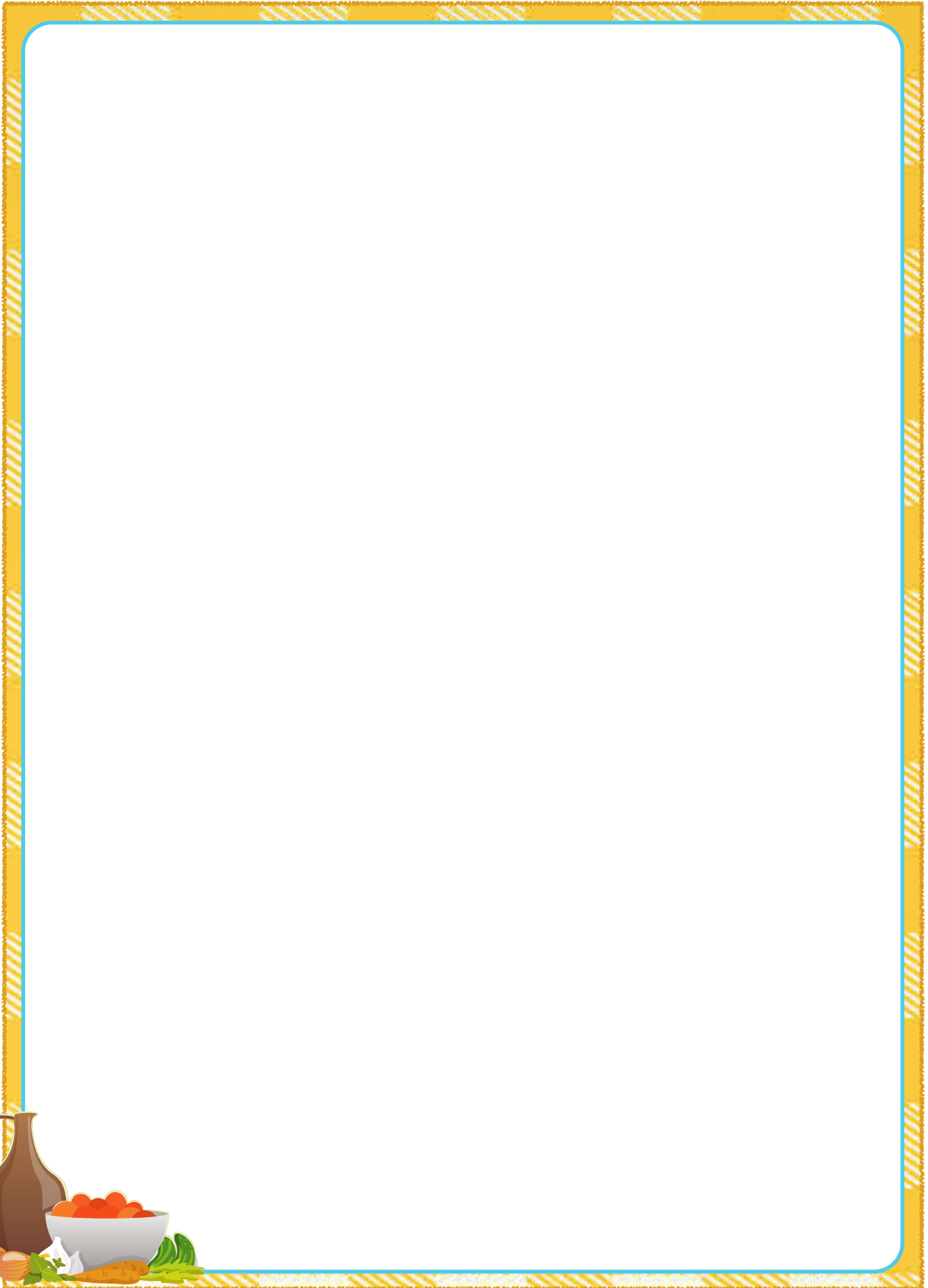
Grating



Lots of graters have different-sized holes. Use the larger holes to **coarsely** grate ingredients. Use the smaller holes to **finely** grate ingredients.

Seasonal Food: _____

Name: _____ Date: _____



Seasonal Food: _____

Name: _____ Date: _____

Lined writing area with 20 horizontal lines.

