

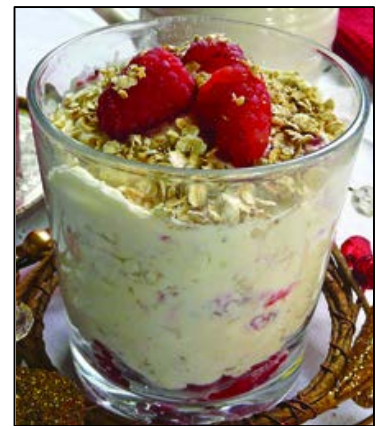
# Crafty Cranachan

## Aim

This workshop will help pupils understand how to be healthy and eat healthily. It will also introduce the complexities of food choice behaviour as well as demonstrate that foods can be “reformulated” in a way that is beneficial to health.

Most of the questions in this workshop are there to stimulate discussion; pupils will have their own ideas about some of the topics.

On this sheet are some ideas that may come up as well as some suggestions to promote further discussion.



## How can we be healthy?

Balanced diet	Friends
Exercise	Be Happy
Sleep	

## What is food? Why do we eat?

A source of:

Protein – for growth	Fibre – healthy gut
Carbohydrate –energy	Social/cultural reasons
Fat – for energy	

## What is a healthy diet?

A balance of the different food types that make up our diet.

**At the end of this worksheet is an image of the eatwell plate, which could be copied and distributed through the classroom.**

Concentrating on milk & dairy products, it can be seen that they make up one of the smaller sections of the eatwell plate, but they are an important source of

- Protein
- Calcium
- Vitamins

Dairy products are important, but the fat content of eg cream & yogurts should be mentioned.

A discussion of milk & dairy leads to an activity based around food choice.

Yogurts are a good example of a food that has a large variety to choose from. Pupils are asked to choose from 10 different yogurts numbered 1 -10, and are asked to remember the number of the yogurt they would choose.

If time allows it is good to have all the yogurts available so that the pupils can inspect the tubs; they may notice and investigate the fruit/sugar/fat content.

A show of hands for the different yogurts works well, and if the data can be quickly entered into a spreadsheet/chart so that the pupils can instantly see the results, that works really well for visual impact.

A suitable selection of yogurts



A discussion about why a particular yogurt was so popular is usually quite lively. Reasons pupils may give could include:

Taste

Advertising

Familiarity with food

Health

Gimmick eg Muller corners

Friends influence

Parents' buying habits

Perception – is it cool?

## Sales Pitch

If there are several definite groups who chose the same/similar yogurts, and if time allows; a sales pitch group activity could be performed. Pupils who chose the same/similar yogurt would be asked to come up with a convincing argument as to why their choice is the best.

Pupils would have to think about

Nutritional value

Attractive packaging?

Price

Who is it marketed for?

Taste

## Why might you want to eat local (Scottish) food?

Support local businesses

Fresh

Less environmental impact

Cost

Seasonal

## What are examples of traditional Scottish foods/recipes?

Haggis

Beef

Stovies

Shortbread

Cullen Skink

Cranachan

## How could we make a traditional recipe healthier?

Use lean meat	Add beneficial ingredients
Reduce salt	Reformulation
Reduce fat	
Reduce sugar	

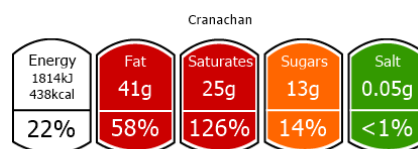
Following on from the discussion of dairy, Scottish foods and the ways in which the nutrition of foods can be improved; there is now the opportunity for the pupils to make a recipe healthier using the Cranachan recipe from our "Stovies Reloaded" recipe book as an example.



## To make a healthier Cranachan

### Traditional Recipe

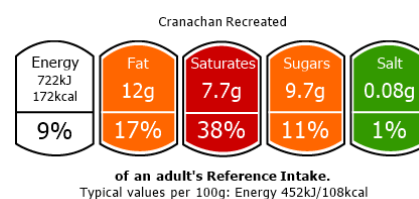
- 3 Tablespoons oatmeal or rolled oats
- 300 g fresh Raspberries
- 300 ml double cream
- 2 tablespoons malt whisky
- 2 tablespoons honey



**of an adult's Reference Intake.**  
Typical values per 100g: Energy 1101kJ/266kcal

### Healthier Recipe:

- 14 rasps + 3 to decorate
- 3 spoonfuls of oats
- 3 spoonfuls of half-fat Creme Fraiche
- 2 spoonfuls of fat-free Greek yoghurt
- 1 spoonful of honey



The traffic light symbols are presented here and may be used to start a discussion concerning how we know which foods are healthier than others.

### Method:

Ensure everyone washes their hands before handling food.

1. Mix all ingredients, making sure to mash the raspberries
2. Pour into serving bowl
3. Decorate with 3 whole raspberries
4. Eat!

### Practicalities

When it comes to making the Cranachan, the method has been designed so that the ingredients do not have to be weighed by the pupils; dessert spoons are used instead.

It is convenient for every pupil to have two bowls; one for mixing all the ingredients and another smaller bowl for serving and eating.

It is worth preparing a work "station" for every 5 to 7 pupils, ie tubs, spoons, ingredients at each station. For the ingredients this requires having large tubs of yogurt, crème fraiche, oats and raspberries for the number of pupils + 1 (for spillages/over-enthusiastic measuring!). For the honey it is useful to have small bottles of squeezey honey to allow easier/less sticky measuring.

It may be appropriate for a member of staff to have the Food Safety and Hygiene certificate: <http://www.virtual-college.co.uk/products/food-hygiene-catering.aspx>

You can also find the links that this workshop has to the Curriculum for Excellence on the "Crafty Cranachan" page of the Community and Schools Rowett Website.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

