



Properties and functionality of ingredients

Suggested Participants - s3/4 pupils

Beef is a key product produced in Scotland and exported around the world. The beef we produce in Scotland is top quality and our grass fed system plays a key role in producing a high quality product. This pack focuses on how beef is produced and the functionality of the range of beef products.

What this pack contains:

- All the resources to undertake the 'Properties and functionality of ingredients' activity with your s3/4 class.
- Learning Intentions, Success Criteria and Suggested Experiences & Outcomes.
- Learning for Sustainability links.
- Lesson plan.
- Suggested additional activities

Learning Outcomes

- We are learning how beef is produced in Scotland.
- We are learning about meat cuts and how they are cooked.
- We are learning about the nutrition of beef and its role in a healthy diet.

Success Criteria

- I can make links between food production systems and ingredients.
- I can explore the variety of products from cattle.
- I can discuss the role of meat in the diet.

Experiences and Outcomes

- **TCH 3-04a** I am gaining confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food.
- **TCH 4-04a** 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.
- **HWB 4-31a** I can apply my knowledge and understanding of nutrition, current healthy eating advice and the needs of different groups in the community when planning, choosing, cooking and evaluating dishes.

Learning for Sustainability

- **Goal 4** Quality education: achieve literacy and numeracy.

DYW

- **Developing the Young Workforce** - Entitlement opportunities to engage in profiling that supports learning and the development of skills for work and future career choices.



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Lesson Plan

Introduction

- Share/discuss the learning intentions and success criteria.
- You can find out more about beef farming by [hearing direct from a beef farmer](#) with this set of online videos.
- You can find information on [beef breeds](#), [meat nutrition](#) and our '[Thoughtful eating](#)' poster to use as a prompt for further discussion.

Suggested discussion points

- What do cattle in Scotland eat?
- How does this compare to other countries?
- How is high quality Scottish beef labelled?
- What nutrients do we get from meat?
- What cuts of meat do cattle provide and what are they used for?

Learning

- **Food and textile technology outcomes:** The ability to understand the different cuts of beef and their uses.
- **Health and wellbeing outcomes:** The ability to use investigative skills to gain more information about jobs / careers. The ability to identify the role of beef in the diet for consumers with different needs and requirements.

Additional tasks

- Find out more about some other careers in the sector with our '[There's a job for everyone](#)' resource.
- Have a go at cooking with beef using [a simple recipe](#) from this recipe selection.
- [Explore the journey Scottish red meat](#) makes from farm to fork and the role that red meat plays as part of a healthy, balanced diet and in the economy and environment.

More information

- You can find a wide variety of information on beef and its production in our '[Beef Resources Wakelet](#)'.

Social media

Please tag [@TheRHET \(Twitter\)](#) or [@TheRoyalHighlandEducationTrust \(Facebook\)](#) in your lesson photos/comments.