

**Real life examples**

- There are a huge variety of soups from all over the world including: healthy, vegetarian, vegan, broths etc. Many countries have their own traditional soup e.g. Minestrone from Italy , Goulash from Hungary
- Soups can be part of a celebration or religious festival e.g. pumpkin soup for Halloween or Thanksgiving, Matzah ball soup for the Jewish festival of Passover
- Soups can also be seasonal. Eating seasonally has many benefits:
  - **Richer flavour** – Produce that is picked when it's fully ripened tastes better.
  - **Better nutrition** – When produce is picked before it's ripe, the nutrients do not fully develop in the flesh of the fruit.
  - **Cost efficient** – Buying produce seasonally saves money



Chicken Soup with Spring Veggies



Autumn Carrot and Sweet Potato Soup



Winter vegetable soup

**Steps to Success**

**Designing:**

- What soups do you like? What soups do your class like?
- What ingredients will make your soup healthy?
- Have you used the eat well plate to ensure your soup is healthy?
- Is your soup seasonal?
- Have you created a recipe?
- Have you created a method to show how you will make it?
- What equipment will you need to make your soup?

**Making:**

- Are you following the hygiene rules? Are you following your method?
- Are using the correct equipment? Are you using the correct technique?



Cutting using the bridge technique



Cutting using the claw technique



**Evaluating:**

- Do you like the soup? How would you describe your soup using sensory words?
- What do you like the most about your soup? What could you do to improve it?
- Do other people like your soup?

**Vocabulary:**

blender	an appliance used to chop, mix, blend, and liquefy
cook	to heat food to change its taste and texture
hygiene	the practice of keeping clean to stay healthy and prevent disease.
ingredients	foods or substances that are combined to make a dish
nutrients and vitamins	organic compounds found naturally in plants or animals that are needed for growth and activity of the body
peeling	to pull, tear, or cut off the outside
simmer	to heat at constant temperature just below boiling point
seasonal produce	foods that are available at a certain time, when the item is harvested and when the food tastes its best
sensory evaluation	testing of foods where senses are used to evaluate it such as appearance, smell, taste, texture
slicing	to use a knife to cut into or across
texture	how something feels or looks

**Golden Threads**

User	who the product is for
Purpose	the job your product is supposed to do
Functionality	to do the job (purpose) it is meant to do
Design Decisions	making choices about your design
Innovation	using your own ideas or methods
Authentic	making a real life product