World of Work: Food Glorious Food!

These activities will give you a taste of the different jobs on offer in the food world, as well as giving you a chance to be a chef for the day and cook your own dish!

There are 5 activities in this pack that can be done in a day or split over a week, although activities 2, 3 and 4 would work well done together.

Activity 3 involves cooking your picturesque pizza and should be done with help from an adult.

**Activity 1: From food to plate: careers in food (30 mins)**

Read all about the different jobs that involve working with food.

**Activity 2: Get ready to cook cards (30 mins)**

Look through the collection of cards and follow all the steps to make sure you are ready to cook.

**Activity 3: Picturesque pizza recipe (30 mins)**

Follow the steps in the recipe to cook your ‘picturesque pizza’.

**Activity 4: Be a food critic: review your dish (30 mins)**

Taste your pizza and write down some adjectives describing how it tastes and looks.

**Activity 5: Draw your own food flag (30 mins)**

Talk with a family member about where one of the meals you eat at home comes from. Find the flag for the country and draw it.

Activities 2, 3 & 5 were produced by the British Nutrition Foundation and adapted by the 100 hours World of Work team at Islington Council. All resources can be downloaded in full from the Stem.org.uk website here: [https://www.stem.org.uk/resources/elibrary/resource/462648/picturesque-pizza](https://www.stem.org.uk/resources/elibrary/resource/462648/picturesque-pizza)
World of Work

From farm to plate – careers in food

Everyone has a favourite food that they enjoy eating, but have you ever thought about where it comes from? There are hundreds of different jobs that involve working with food in different ways, from growing it to cooking it! In this activity pack we will ask you to make your own picturesque pizza, but first let’s take a look at some of the different jobs that help get food on your plate.

Farmer

Farmers grow plants and raise animals to be used as food. Farms around the world grow different things suited to their environment, for example coconuts have to be grown in warm, tropical climates. Farmers have to be very hard working, and often get up very early in the morning to start work! They also have to be organised, planning the best time to plant and harvest crops.

Food Distributor/Delivery Driver

Once farmers have cleaned and packaged their produce, the transportation process begins. Some food will be delivered by drivers in lorries only a few miles to the market or shops. Other food might be flown or shipped in from across the world. Bananas for example can travel 5000 miles to get to you!

Chef

When food arrives at its location, it often needs to be prepared before eating. A chef would be in charge of selecting ingredients, making recipes and cooking the food. So if you like to help cook interesting dishes, this might be the job for you! Chefs often work in restaurants running the kitchen, but can also work creating meals you might find on the shelves in supermarkets or writing recipes for cook books.

Supermarket Employee

The last step before food reaches your plate is often the supermarket. Food might need to be stacked on shelves or put in fridges to keep it fresh. Some supermarkets have meat and fish counters where food is prepared specially. Supermarket employees need to have good customer service skills to help customers find what they need.
What do we need to do before we cook?

Tie back long hair
Roll up long sleeves

Take jewellery off
Put on an apron

Wash and dry hands
Picturesque pizza

**Ingredients**
2 x English muffins  
4 x 15ml spoons of a tomato sauce*  
1 x orange pepper, halved and deseeded  
2 x spring onions  
2 x 15ml spoons sweetcorn (canned)  
1 handful of basil leaves  
60g Cheddar cheese, grated

**Equipment**
Bread knife – for adult use only, chopping board, 15ml spoon, table knife, kitchen scissors, grater, baking tray, oven gloves, 4 x serving plates.

**Method**
1. Pre-heat the oven to 200C/gas mark 6.  
2. Cut the two muffins in half and rest them on the chopping board. These will be the pizza bases.  
3. Add a 15ml spoon of sauce to each pizza base. Spread it evenly over the base with the table knife.  
4. Use the scissors to cut the pepper into strips. Cut each strip into small pieces and arrange it over the four pizza bases.  
5. Snip the spring onions into small pieces and add to the bases.  
6. Add some sweetcorn to each.  
7. Tear the basil leaves and arrange on top.  
8. Sprinkle the cheese over the four pizzas.  
9. Place the pizzas on the baking tray. **Adult** - Use oven gloves to place the baking tray in the oven.  
10. **Adult** - Remove from the oven using the oven gloves and serve.

**Top tips**
- Try different vegetable toppings such as sliced mushrooms, chopped cherry tomatoes, sliced courgettes, canned tuna or cooked ham.  
- Try different bread such, as slices of baguette, thins, pitta or crumpets.  
- Serve with a colorful salad.

**Food skills**
- Cut.  
- Spread.  
- Snip.  
- Bake.

*Tomato sauce – check product labels and select one with the lowest fat, sugars and salt.
Be a food critic: review your dish

A food critic is someone who takes great pleasure in tasting a wide variety of food, and also loves to share their experience with the public by writing about it.

Taste your pizza and write down some adjectives describing how it tastes and looks in the box below.

Write down all the colours you can see on your plate.
Draw a food flag!

Talk with a family member about where one of the meals you eat at home comes from.

Perhaps it will be one of these meals:

- curry from India;
- stir fried vegetables from China;
- cottage pie from the UK;
- pierogi from Poland.

Find the flag for the country and draw it below.

My flag is from __________________________