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The
Super Yummy
Kitchen

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The Super Yummy Kitchen
Family Food Series

GROWN UP
GUIDE #4

THE PLACE WHERE FUN,
FOOD AND EDUCATION MEET

A helping hand for parents, carers
and teachers to use with children,
alongside the cook-a-long videos,
recipes and activities of the week in
The Super Yummy Kitchen

Grown Up Guide to #4 of Family Food

Can Can Fish Pie

Curriculum Links:

Science

Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.

Geography

Sustainability and how human food is sourced.

Introduction

Getting children to eat fish can sometimes be a struggle. In this fish pie recipe we've used tinned tuna, a flavour children know and enjoy but also an easy, cheap store cupboard staple.

Over-fishing is a huge problem in our oceans. It's more important than ever to buy sustainably sourced fish and to reduce our plastic consumption to protect our oceans.

The aim of this activity is to get children interested about life under the sea. Linking into key science curriculum around food chains and the movement of energy through plants and animals.

Recipe Tips

We've used 3 different types of vegetables in our recipe: mushrooms, sweetcorn & peas. You can use anything you have at home. Spinach, broccoli, leeks and carrots would work great!

As all the ingredients are soft, the addition of cornflakes gives a nice crunchy texture. If you don't have any substitute for breadcrumbs or stuffing mix.

The Activity

The activity has been design to help children begin to understand about food chains.

Possible food chains could be:

Seaweed → Crabs → Seals

Plankton → Parrot Fish → Shark

To make this activity harder add another animal to the chain, for example:

Algae → Sea Snails → Squid → Elephant Seal

Nutrition Nugget

A healthy balanced diet should contain at least 2 portions of fish per week, 1 coming from oily fish (mackerel, sardines, salmon, trout). Having fish in the diet has been shown to reduce the chances of suffering from diseases such as cancer, diabetes and heart disease.

Fish contains Iodine, a nutrient most people in the UK do not get enough off. It is important for the production of hormones.

Choose fish with the MSc stamp on the packaging!



It shows that your fish has been caught sustainably.

Can Can Fish Pie

Ingredients

For the filling

500ml milk
50g butter
1 onion, finely chopped
50g plain flour
1 tsp mustard
1 veg stock cube, crumbled
150g frozen peas
150g sweetcorn (tinned or frozen)
150g mushrooms, chopped
3 cans of tuna, drained (in spring water is best)
4 eggs, hard boiled, free range if you can
45g cornflakes

For the mashed potato

5 medium potatoes, peeled, boiled & mashed
75g hard cheese, grated

Optional

2 egg yolks
Chives or parsley



Method

Preheat the oven to 200°C

Serves 4-6

- Mash the cooked potatoes with a splash of milk, 10g of butter and the grated cheese (saving a pinch for the end). You can add 2 egg yolks here if you've got some - it's delicious! Set this aside.
- Put the remaining butter in a heavy pan and place over a medium heat with the onion, cooking until it goes see through.
- Add the flour and cook for 1 minute - stirring and watching all the time.
- Add in 400ml of milk, stirring constantly with big circles, little circles, big circles...and so on!
- Do this for 3 minutes, until it resembles a thick custard. Remove from the heat to add the mustard, stock cube, peas, sweetcorn and mushrooms.
- Arrange the tuna and eggs in a shallow ovenproof dish then spoon over the sauce mixture.
- Top with the potato mixture, then the cornflakes, and finally the grated cheese.
- Put dish on a tray in the oven for 20 - 30 minutes until bubbly and golden.
- Serve with carrots, broccoli or more peas- or cover, cool and freeze for another day!

Recipe

Activity

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The Super Yummy Kitchen

Food Chains: Under the sea

Today's curriculum links: SCIENCE & GEOGRAPHY

Snails aren't vegetarians! They sometimes eat other snails, slugs & earthworms!

Fish are a good source of protein, healthy fats and energy. Food chains show how living things get energy and nutrients from other species!

Let's take a look!

As humans we eat lots of different types of fish, like tuna, salmon and cod. Fish have their own food chains, here is what one could look like:

Seals are not the only animals that eat fish. Can you think of another food chain from under the sea? It could start with a type of seaweed, which is eaten by a special type of fish!

Producers make their own food using energy from the sun. These are things like plants and seeds.

Primary consumers eat producers, and are usually very small creatures.

Secondary consumers eat primary consumers and are usually small to medium in size.

KS1 & KS2