



HCCA Healthy Chinese
Cuisine Ambassadors

Supported by Lee Kum Kee



Healthy Chinese Cuisine Ambassadors



Lesson Plan

Key Stage	KS 3 or KS 4
Subject	Design and Technology - Food Technology Cross-Curriculum Learning - Citizenship, History and Geography
Recipe	Ma Po Tofu (or Pockmarked Grandmother's Beancurd) 麻婆豆腐(Traditional Chinese Character) 麻婆豆腐(Simplified Chinese Character) (Hanyu Pinyin: Mápó dòufu)
Recipe provided by	Lee Kum Kee www.LKK.com
Level	Easy
Cooking Style	Stir - fry



Serves 2

Ingredients

350g Tofu, cut in small cubes
120g Minced pork (or beef/ chicken)
1Tbsp Lee Kum Kee Premium Oyster Sauce
Spring onion (for garnishing)

Sauce Mix

2 Tbsp Lee Kum Kee Chilli Bean Sauce
2 Tbsp Water

Method

1. Marinade the minced pork with Oyster Sauce. Set aside
2. Use 1 Tbsp oil to stir-fry the minced pork for 2 minutes, add in the sauce mix and tofu cook until sauce thickened before serve. Cut the spring onion for garnishing.



A. Activity Plan

Learning outcomes:

- ✚ How to make a traditional Chinese cuisine
- ✚ Use various ingredients like tofu which is common in Asian cuisines.
- ✚ Use various seasoning source e.g. chilli bean sauce and oyster sauce.
- ✚ Learn cooking techniques – stir-fry, marinade, thickening sauce etc.
- ✚ Learn to use a wok
- ✚ Increase cultural understanding through learning about Chinese cuisines, utensils like wok and eating culture

Activities:

Time	Content	Notes
Introduction	<p>Show the map of China (refer to section G) and let students understand more about the location of Sichuan.</p> <p>For the origin of the cuisine, teacher can ask students to read the story behind the cuisine (see section F). If time is limited, ask them to read before or after the lesson.</p>	<p>Power Point presentation</p> <p>Refer to section F & section G</p>
Development	<p>1. When prepare the ingredients, teacher teaches students how to handle tofu (ingredient with soft texture). Show the pictures of different kind of tofu.</p> <p>2. Promote healthy ingredients like tofu which is high in protein and low in fat.</p> <p>3. Introduce other popular Chinese ingredients.</p> <p>3. Introduce the skills and importance of marinating technique. Ask students to use Chinese sauce to marinade the minced pork/beef/chicken.</p> <p>4. Let the students know that the technique of stir-frying is popular in Chinese cooking. The important technique is to keep stirring the ingredients in the wok and keep the heat constantly.</p> <p>5. Introduce the cooking utensil like wok which is commonly used in cooking Chinese cuisine. For some schools without woks, frying pans can be used.</p> <p>6. Let the students know that Ma Po Tofu can usually be served with rice and rice is the main food for Chinese people.</p>	<p>Power Point presentation</p> <p>Refer to section B1</p> <p>Refer to section B2/B3</p> <p>Refer to section D1</p> <p>Refer to section D2</p> <p>Refer to section E</p>



Conclusion	<p>1. After cooking, ask students to reflect on what they have learned from the lesson by filling the "Activity sheets 1 & 2".</p> <p>2. Remind students that food with high protein and low fat is healthy. Ask them to go to the website links to get more information about healthy eating.</p>	<p>Refer to Activity sheets 1 & 2</p> <p>Refer to Activity sheet 1 and useful websites</p>
Further learning	<p>If students are interested in Asian cuisines, ask them to explore other cuisines by searching on the internet. They can also explore the relationship between the geographical locations and their local cuisines e.g. Why Sichuan food is always spicy? It will widen the understanding of cross curriculum knowledge like geography, cultural difference etc.</p> <p><i>Recommended website:</i> <i>www.britishchinesefoodculture.org.uk</i></p>	<p>PowerPoint presentation</p>

Useful websites:

NHS <http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

The British Nutrition Foundation <http://www.nutrition.org.uk/>

Food a fact of life <http://www.foodafactoflife.org.uk/>



B. Popular ingredients in Chinese dishes

1. Tofu

Tofu is also called bean curd and is high in protein, low in fat, and very versatile. You can eat it raw or cooked, but it's bland by itself and tastes best if it's allowed to absorb other flavours. There are several varieties of raw tofu, each with different moisture contents. Silken and soft tofu is relatively moist, and best suited for making shakes, dips, and dressings. Regular tofu has some of the moisture drained away, and it's best for scrambling or using like cheese in casseroles. Firm, extra-firm, and pressed tofu is even drier, so they absorb other flavours better and hold their shape in stir-fries and on the grill. Tofu is also available smoked, pickled, flavoured, baked, and deep-fat fried.

Different kinds of tofu:



firm tofu



soft tofu



extra firm tofu



silken tofu



pressed tofu



deep-fried tofu

2. Spring Onion



These are onions that have small bulbs and long green stalks. They can be eaten raw or as garnish, but you can also grill or stir-fry them. It is very popular in Chinese cuisine.

3. Fermented Bean-curd



Ivory in colour it comes in two flavours, plain and chilli hot. Used to flavour vegetables or as a side dish with rice. The white version is often served with rice or used to flavour soups and vegetable dishes, while the red often accompanies meats.



C. Chinese Sauces



Oyster sauce

Oyster sauce is made with oyster extracts from oysters. Lee Kum Kee Premium Oyster Sauce originated since 1888 made with oyster extracts from the finest oysters. Use it as an all-purpose seasoning sauce to uplift the umami taste of meat and vegetables. Traditionally used as a marinade, it is a seasoning for stir-fries, as a condiment for many Chinese dishes.



Chilli Bean Sauce

Chilli Bean Sauce, also known as "La doubanjiang", is a Sichuan style ingredient paste with a pungent blend of salted chilli peppers, soy bean and broad bean pastes. Lee Kum Kee Chilli Bean Sauce can be used for Sichuan style stir-fries or as a dip. It gives spicy flavour to many dishes.

D. Preparation and Cooking techniques

1. Thicken a sauce

Corn starch (or potato starch) is the most common thickening agent in most of Chinese recipes. Dissolve corn starch (or potato starch) first in the same amount of cold water before adding it into the sauce. Avoid leaving a rubbery lump on the bottom of the wok, mix the paste very thoroughly into the sauce at the temperature well below boiling point.

2. Stir-frying

Stir-frying is a technique that when properly executed, foods can be cooked in minutes in very little oil so they retain their natural flavours and textures. Stir frying is a popular Chinese cooking technique for preparing food in a wok: chao. The chao technique is similar to the Western technique of sautéing. A small amount of cooking oil is poured down the side of the wok, followed by dry seasoning e.g. ginger and garlic, then at the first moment the seasoning can be smelled, meats are added and agitated.

Sautéing is a method of cooking food, that uses a small amount of fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking.





E. Cooking tools

Wok



A most useful and versatile piece of equipment, the wok may be used for stir frying, blanching, deep-frying and steaming foods.

A wok is a versatile round-bottomed cooking vessel originating in China. It is used especially in East and South-East Asia.

The most common materials used in making woks today are carbon steel and cast iron. Although the latter was the most common type used in the past, cooks today tend to be divided on which woks are superior, i.e. carbon steel or cast iron.

F. Story behind the dishes - MA PO TOFU (麻婆豆腐)

Buddhism in China has played an important role in shaping Chinese history and cuisine, most notably making the vegetarian diet of feature for those who believed in Buddhist principles. Buddhist missionaries first arrived in Han China around 206 BCE and 220 CE, most likely via the famous Silk Road or through a marine trading route. Popular accounts tell that Emperor Ming 58-75 CE introduced Buddhism into China but it is clear that translation of Buddhist texts actually date back much earlier. Buddhists in China had a varied time over the next few centuries, although the religion did find patronage amongst intellectuals and elites as it spread.

Although there are different schools of thought on vegetarianism within Buddhism, this is most notable in the Mahayana School that prohibits eating flesh of any sort. Within Buddhism more generally a distinction is made between eating meat and killing meat on the behalf of monks who wish to eat it. In China, Korea and Vietnam practices of vegetarianism are followed much more seriously than other Buddhist areas, this at times goes as far as not eating fetid vegetables such as garlic and shallots due to their strong taste. Emperor Liang of the Wu Dynasty is seen as a catalyst of Buddhist vegetarianism in China, with patronage from Emperor's it allowed Buddhism to spread as the State supported monasteries.

In many ways Buddhism in China worked in harmony with the existing philosophies of Daoism and Confucianism, with the later two influencing Buddhism in the Chinese context. Mencius, a famous Confucian scholar is quoted as saying that a superior man may find himself affected by the brutality of eating animals and fish.

The rise of vegetarian diets led many to seek alternative sources of food. During the Han Dynasty tofu was invented as a good derived purely from vegetables but with a meaty texture.



G. Map of China



Eight main Chinese cuisines

- Guangdong Cuisine (Cantonese Cuisine)
- Sichuan Cuisine
- Shandong Cuisine
- Fujian Cuisine
- Jiangsu Cuisine
- Zhejiang Cuisine
- Hunan Cuisine
- Anhui Cuisine



Activity sheet 1

How do you think the DISH NAME is going to taste like?

10 meaning "extremely" and 1 meaning "not at all", grade your dish before tasting it.

SPICY	1	2	3	4	5	6	7	8	9	10
SWEET	1	2	3	4	5	6	7	8	9	10
SOUR	1	2	3	4	5	6	7	8	9	10
SALTY	1	2	3	4	5	6	7	8	9	10
BITTER	1	2	3	4	5	6	7	8	9	10

Did you guess? How does your DISH NAME taste like?

10 meaning "extremely" and 1 meaning "not at all", grade your dish before tasting it.

SPICY	1	2	3	4	5	6	7	8	9	10
SWEET	1	2	3	4	5	6	7	8	9	10
SOUR	1	2	3	4	5	6	7	8	9	10
SALTY	1	2	3	4	5	6	7	8	9	10
BITTER	1	2	3	4	5	6	7	8	9	10



Activity sheet 2 Comments from tasters

Name: _____ Date: _____

Name of your dish: _____

Taster	Flavour	Aroma	Texture	Appearance	Overall
e.g. Mary Samson	Spicy	Smell chilly	Tofu is very soft	Look colourful	Very tasty and good combination of light taste of tofu and strong taste of chilli sauce
1					
2					
3					

How could you improve your product?

How could you improve your performance and skills?

What could you serve it with to make a balanced meal? In order to get information about healthy eating, you can go to the following websites:

NHS <http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

The British Nutrition Foundation <http://www.nutrition.org.uk/>



Activity sheet 3 My Cooking Dairy



Name: _____ Date: _____

Name of your dish: _____

What I have learned in the lesson?

Have I discovered something new and what are they?

What do I want to explore more (ingredients, skills, background of the cuisine etc.)?

Self-evaluation

	How many stars?	Comment
Flavour		
Aroma		
Texture		
Appearance		
Overall		



Activity sheet 4

QUIZ

How is your memory? How much do you remember of this class?

Team up and try to answer correctly the following questions!

Questions

- 1) How many main cuisines are there in China?
- 2) Can you name three regional cuisines?
- 3) Which sauces have you used for the recipe?
- 4) Name two cooking techniques used in this recipe.
- 5) Can you name the 6 different kinds of tofu?
- 6) What are the nutritional elements of tofu? Hint: what is tofu high and low at?
- 7) What are the most used materials for making woks?
- 8) Name three popular ingredients in Chinese cooking present in this recipe.
- 9) Where does the name Mapo Tofu come from?
- 10) What does the Mahayana School of Buddhism prohibit eating?
(*Extra point*) Can you name 3 religions present in China?

Each question can be in a different power point slide. The teacher gives max. 2 min time for each question. At the end, the students give back their answer sheets to the teacher for quick correction, the teacher announces the winner.