



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	Stir-fried Noodles with Garden Vegetables (Vegetarian)
Recipe provided by	Lee Kum Kee www.lkk.com
Level	Intermediate
Cooking Style	Stir - fry



Ingredients:

- 150g egg noodles, dried
- 1Tbsp vegetable oil
- 5 g finely chopped fresh ginger
- 5g finely chopped garlic
- 1 medium carrot, cut into fine matchsticks
- 20g yellow and red pepper, deseeded and thinly sliced
- 20g mangetout
- 1 spring onion, finely chopped
- 30g beansprouts

Sauce Mix

- 3Tbsp Lee Kum Kee Premium Oyster Sauce
- 1Tbsp Lee Kum Kee Premium Light Soy Sauce
- 1Tbsp Lee Kum Kee Chiu Chow Chilli Oil or Chilli Bean Sauce (Optional)

Methods

1. Cook the noodles according to the instructions on the pack. Drain and set aside.
2. Heat the oil in a wok or large frying pan, then stir-fry the ginger and garlic for 1 min before adding all the vegetables and stir-fry over high heat for 2-3 minutes.
3. Add in the noodles and sauce mix until heated through before serving.



A. Activity Plan

Learning outcomes:

- ✚ How to make a traditional Chinese cuisine
- ✚ Use various ingredients like beansprouts, spring onion, ginger and noodles which are common in Asian cuisines.
- ✚ Use various seasoning source e.g. Chiu Chou chilli oil, soy sauce and oyster sauce.
- ✚ Learn cooking techniques - stir-fry
- ✚ Learn to use a wok
- ✚ Learn how to cook noodles
- ✚ Increase cultural understanding through learning about Chinese cuisines, utensils like wok and eating culture

Activities:

Time	Content	Notes
Introduction	<p>1. Explain the importance of having vegetables in all meals, not necessarily just in vegetarian cuisine (refer to section G).</p> <p>2. For more information about Chinese noodles, 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>PowerPoint presentation Refer to section G</p> <p>Refer to section F</p>
Development	<p>1. Let the students understand the ingredients e.g. ginger, garlic, mangetout and bean-sprouts which are popular in making stir-fried noodles.</p> <p>2. Introduce noodles and explain the difference between fresh and dried noodles.</p> <p>3. Introduce oyster sauce, soy sauce, chilli bean sauce and Chiu Chou chilli oil.</p> <p>4. Teach how to mix sauces with ingredients.</p> <p>5. 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>6. Teach how to cook different types of noodles (stirring and stir-frying)</p> <p>7. Introduce the wok, commonly used in cooking Chinese cuisine. For some schools without woks, frying pans can be used.</p>	<p>PowerPoint presentation Refer to section B</p> <p>Refer to section B</p> <p>Refer to section C</p> <p>Refer to section D</p> <p>Refer to section D</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 sheet 1.</p> <p>2. Remind students that food with a variety of vegetables and greens is an important source of nutritional factors, while being tasty. Ask them to go to the website links to get more information and research about vegetables and finish activity sheet 2.</p>	<p>Refer to Activity sheets 1</p> <p>Refer to Activity sheet 2 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 research on the use of noodles and similar ingredients (Italian pasta, Japanese ramen, Thai noodles and so on) will widen the understanding of cross curriculum knowledge like geography, cultural difference etc.</p>	<p>PowerPoint presentation</p>

Useful websites:

British Chinese Food Culture: <http://www.britishchinesefoodculture.org.uk/>

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

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

BBC Good Food: <http://www.bbcgoodfood.com/recipes/category/healthy>

Heart Foundation: <http://www.heartfoundation.org.au/healthy-eating/>

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

European Food Information Council: <http://www.eufic.org/page/en/health-and-lifestyle/healthy-eating/>



B. Popular vegetables in Chinese dishes



1. *Ginger*

Fresh root ginger is an indispensable ingredient in Chinese cookery; its pungent, spicy and fresh taste adds a subtle flavour.



2. *Beansprouts*

Sprouts of the green mung bean. They are crisp and nutty, and they're the best sprouts for stir-frying, though they can also be served raw. To keep them fresh, rinse them and immerse them in cold water, then store them in the refrigerator. They are very perishable, so try to use them within a day or two.



3. *Garlic*

An essential part of Chinese cookery for thousands of years, used in numerous ways: whole, chopped, diced, crushed or pickled.



4. *Spring Onion*

These are onions that have small bulbs and long green stalks. They are usually eaten raw, but you can also grill or sauté them.



5. *Mangetout*

A green vegetable with a tender, crunchy texture and fresh, sweet flavour. It is a member of the pea family, and has much thicker and sweeter pods than the snow pea.

6. *Fresh noodles vs dried noodles*



Noodles are made of dough, combining water and flour, and sometimes eggs. They can both be handmade on the spot and bought dried in a package, but the two versions aren't quite the same thing for a number of reasons. Usually, the version containing egg is the fresh one, because eggs help thicken the dough, although you can find egg-layered dried noodles sold in packs.

Fresh noodles retain liquid (water/soup), so they cook faster (as little as 1 minute, if they are very thin) and must be added last minute to the recipe. Dried noodles can be bought in many sizes and shapes, and they take longer to cook and absorb less liquid.





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.



Soy Sauce

Soy Sauce is an essential ingredient in Chinese cooking. It is made from a mixture of Soya beans, flour and water. Light Soy Sauce is saltier and lighter in colour, while dark soy sauce has been aged and has a darker colour. Dark soy sauce is thicker and more suitable in stews.



Chiu Chow Chili Oil

Lee Kum Kee's Chiu Chow Chili Oil is a regional chili sauce that originates from Chiu Chow, China. It is prepared from the preserved chillies and garlic blended with soy bean oil into spicy sauce. This sauce is perfect for dipping, cooking, stir-frying, dim sum, noodles and even salad dressings. This oil should not be used too liberally as it is very hot.



Chilli Bean Sauce

Lee Kum Kee's Chilli Bean Sauce, also known as "Toban Djan", is a Sichuan style ingredient paste with a pungent blend of salted chilli peppers, soybean and broad bean pastes. The Chilli Bean Sauce can be used for Sichuan style stir-fries or as a dip. The sauce makes very for a very spicy dish.



D. Preparation and Cooking techniques

Stir-frying



Stir-frying is a technique that, when properly executed, allows foods to be cooked in minutes with very little oil, so that they retain their natural flavours and textures. In Chinese cuisine, this technique is usually executed with a wok, and it is called: chao 炒.

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 (for example, ginger and garlic); then, as soon as the seasoning can be smelled, meat, tofu and other ingredients are added and tossed around, agitating the wok with energy.

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, and quickly stirred both by moving the wok with the hand and by using a spoon or spatula.

When cooking noodles, pay attention to whether they are dried or fresh: in the first case, you should soak them into water or broth for a few minutes, while in the latter case you have to add them last minute and be very quick.

Stir-frying noodles can be tricky as they tend to stick together or to the bottom of the wok and burn: that is why you have to constantly stir them to make sure they are separated, but do so without breaking them!



E. Cooking tools

Wok



A most useful and versatile piece of kitchen 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 Southeast 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. The bottom can vary in shallowness and sometimes woks have even two handles (an elongated one and a more traditional pan handle) to facilitate manual movements.



F. Story behind the dish

Noodles are regarded as staple food in Chinese Cuisine, dating back as early as the Shang Dynasty, around 15th century BC (contemporary to the reigns of the most famous Egyptian pharaohs, long before the birth of Greek civilization!). With the Eastern Han Dynasty, over 1900 years ago, the word “mian” (noodles) came into use, and it’s still used today. From this period written records appear referring to noodles as “water boiled noodles”. Throughout the centuries, noodles became varied, including cold noodles, warm noodles, plain noodles and fried noodles etc.

Noodles can also be made in a huge variety of ways including twisting, paring, stirring, brushing, rubbing, pressing, rolling, leaking and pulling. Generally speaking, noodles are a cheap staple food in China, although wealthy people enjoyed noodles as well, with the most refined sauces and ingredients.

Some people might think that rice is “more Chinese” than noodles. In fact, because of geographical characteristics, Northern part of China does not have the same rice production as the South. Noodles are more popular in the north.

The major ingredient of noodles is flour, yet noodles in the north and south are different. Southern noodles are egg noodles made with plain flour, largely using duck eggs and thus making the noodles much thinner. In the north, noodles are made with wheat flour and avoiding eggs, using lye to make them easier to eat and digest. This difference makes the noodles in the north broader and softer. Ramen is famous in the north and relies on pulling and cutting, which is done through a very manual and physical process. In comparison, noodle production in the south requires a gentle but firm process.

Aside from the differences between north and south there are also differences within the noodles and what they symbolise. "Longevity Noodle" is a type of traditional Chinese noodle. Its long shape symbolises longevity and thus is important for a birthday banquet. Traditionally the noodle must be swallowed without cutting the noodle. In Northern China, families welcome hosts and visiting relatives with a bowl of noodles as welcome tradition.



(A chef pulling noodles manually)



G. Vegetables: not just for vegetarians!

Vegetables are not just for vegetarians but good for everyone! Vegetables have high nutrient content, mainly vitamins and minerals that our bodies need to function and stay healthy: for example vitamins C and A keep eyes, skin, teeth and gums healthy, fight infection and promote wound healing, while potassium, is important for a healthy blood pressure. Vegetables are also rich in antioxidants, which fight cellular damage and help prevent many diseases. Vegetables (being “plant food”) are our only source of dietary fibre, which is vital to our digestive system, and they are low in fat and calories. This is why they are the best choice for those who want to control their weight.

Do you know that some vegetables are healthier than others? Some “look like” vegetables but in fact they are not! For example, do you know that tomatoes (which are very sugary) are a fruit and not a vegetable? Moreover, some doctors say that potatoes - which many people consider a vegetable - actually do not count toward your daily recommended servings of vegetables, but they are starchy foods instead, more akin to a grain serving than a vegetable serving. When choosing vegetables, keep in mind that, in general, brightly coloured vegetables are higher in nutrients than less vivid choices. For example, spinach contains many more vitamins and antioxidants than iceberg lettuce.

Eating vegetables isn't as boring as it may sound, nor it's just for people who choose to be vegetarian or vegan. The secret to having a healthy diet lies in adding more variety of vegetables to your recipes and experimenting with them by using different techniques which are often found in Chinese cuisine, such as blanching (steaming and then putting vegetables in cold water), marinating or stir-frying. Try cooking the same vegetable with different techniques to explore tasty options and discover more about new flavours: for example, you can blanch broccoli to reduce their bitterness, or slow cook onions to make them sweeter. Vegetables are great paired with both main courses and starters, different kinds of meat and fish, or, for the laziest ones, in a soup!





Activity sheet 1 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 2 Nutrition Chart

Name: _____ Date: _____

Do you know what you eat? Choose some food that you like and fill in the following table, by searching the nutrition values on the internet.

Name of the food	Broccoli 				
Serving size	148 g (1 medium)				
Carbon-hydrate	8 g				
Protein	4 g				
Calories	45 kj				
Mineral and Salts	Calcium 61mg Iron 1.2mg Magnesium 31mg Potassium 390mg Sodium 36mg				
Vitamins (be specific)	Vitamin A 283.8mg Vitamin C 120mg				
How healthy? 					
Taste and consistency	Crunchy and bitter				

Source: <https://www.gov.uk/government/publications/nutrient-analysis-of-fruit-and-vegetables/>

What have I discovered?

My source of reference (e.g. website, books or articles)