

# Year 6 Autumn – Explore Meat and Meat Alternatives

## How do I process meat alternatives and side dishes?

Sauteing



Piping



Grilling



Shaping



Coating



## TOP 5 MEAT ALTERNATIVES

PhysiciansCommittee



**1 BEANS AND LENTILS**  
Packed with protein, fiber, vitamins, and minerals and low in fat!



**2 TOFU**  
Beneficial for cancer prevention, heart health, and bone health!



**3 PORTOBELLO MUSHROOMS**  
Meaty texture, but low in fat and free of cholesterol!



**4 SEITAN (Wheat Gluten)**  
Versatile with a meaty texture.



**5 MEAT REPLACEMENTS**  
While whole foods are best, there are many options for transition foods.

## WHAT ARE THE BEST MEAT SUBSTITUTES?

### What's on a food label?

#### Date Marking

This is the 'Use By', 'Sell By' and 'Best Use Before' date. It gives the date by which the food should be eaten.

#### Product Name

Usually beside the brand name. Tells you what the food is.

#### Net Weight

This gives the actual weight of the food excluding the packaging. For canned foods packed in liquid, the net weight is the weight of the drained food.



#### Ingredient List

This shows all the ingredients that make up the product. The ingredients are listed in descending order by weight.

#### Nutrition Information

This panel shows the nutrients found in one serving or in 100 g / 100 ml of the food.

#### Usage Instructions

These are instructions for storing or using the product.

#### Manufacturer's Details

Every label includes the name and address of the manufacturer, importer or distributor.

### Sticky Knowledge:

- To know that food is caught, reared and farmed for human consumption.
- To know where to gain information from food packaging and what it means.
- To know the names of 5 alternatives for meat and fish.
- To know that recipes can be adapted to be more sustainable.



SDG LINK



2 NO HUNGER



### Glossary:

- Sustainable growing/ rearing** – To produce products that do not have an adverse effect on the environment.
- Processed Food** – Turning simple ingredients into a wide variety of food and drink by cooking, freezing, blending, chopping and/or adding ingredients including preservatives.
- Informed consumer** – A person that is capable of making sensible decisions about a product prior to purchase.
- Shelf life** - the length of time for which an item remains usable, fit for consumption, or saleable.