



Press Release

08 September 2014

BFFF LAUNCHES EDUCATION PACKS THIS SEPTEMBER

British Frozen Food Federation (BFFF) has launched frozen food education packs to secondary schools across the UK. The packs have been created to assist food technology teachers and educate pupils on the benefits of frozen food.

The frozen food education packs were launched for the current school term and are available to food technology teachers as teaching aids, in the form of two lesson plans along with assisting material.

Aimed at pupils in Key Stage 3, or year nine, the education packs contain information, lesson plans and materials which are aligned to the school syllabus. The packs are offered as an optional aid for secondary school teachers, providing them with detailed lesson plans and structured guidelines.

The lesson plans and supporting materials teach pupils about nutrition, food waste, value and cooking methods. A practical lesson plan gives pupils the opportunity to cook a dish of their choice using frozen ingredients.

Speaking about the launch of the education packs, BFFF chief executive Brian Young said: "These packs will provide a superb tool for food technology teachers, with several activities that are compatible with the syllabus. The new school year can be a busy time, with meetings, planning and lesson preparation. We hope these packs can help free up what little time teachers have – in the form of detailed and fully referenced education packs.

BFFF has amassed a bank of evidence that promotes the many benefits of frozen food, the data has been used to create fun and clear lesson plans. Facts about frozen food will be provided to year nine students at a stage when they are starting to develop their cooking skills.

Mr Young added: "The education packs are a great way to show school pupils how to reduce waste and maintain a balanced diet with their food choices, while also saving money. The education packs are another step in our efforts to help the public form an educated perception of frozen food."

ENDS

About the British Frozen Food Federation

BFFF is the leading trade association for the frozen food sector. Its mission is to promote and protect the interests of the frozen food industry. Members cover the whole of the entire cold chain of supply.

The association campaigns with its members to educate, promote and inform consumers, retailers and the foodservice sector about the value of frozen food.

A range of services are offered impartially to each individual BFFF member organisation. Membership benefits include:

- Renowned events – excellent networking opportunities
- Promotional campaign covering both the foodservice sector and consumers
- Informative industry magazine 'The Bulletin'
- Technical & Legislative advice
- Health & Safety advice
- Trade & Business leads
- Annual Awards which recognizes and rewards quality initiatives in new products
- Member benefits schemes.

For further information contact:

Rachel Ferguson

Pelican Communications

Tel: 01457 820807

E-mail: rachel.ferguson@pelicomms.co.uk

Issued on behalf of the British Frozen Food Federation



Fabulous Frozen Food- Lesson Plan

Objectives:

At the end of the session you will understand

- *How frozen food can be just as nutritious as fresh and count towards your 5 a day portions of fruit and vegetables.
- *How frozen foods can save the consumer money and reduce waste.
- *How frozen foods can be used to save time in planning and preparing meals.
- *How frozen food can be used in retaining the taste and texture of food.

Aimed at Key Stage 3

2 lessons of 60 minutes each

Resources needed

1 text sheet + starter activity
Activity 1 recording sheet
Activity 2 cards set A, B, C + recording sheet
Activity 3 gap fill plenary
Copies of the bank of 5 possible recipes

Running the lesson (5 minutes)

Introduce the topic of frozen food by using the warmer activity true and false quiz.

Ask pupils to answer the questions then feed back the answers as a group to generate a brief discussion.

Running activity 1 (20 minutes)

Each pair or group will need a copy of the text Fabulous Frozen Food + the recording sheet.

Ask pupils to read the text on frozen food, find the advantages and record it in the 3 boxes.

The 4th box on price comparison can be given as a homework or private study exercise. If there is a smart board it could be done as a class group.

Running activity 2 (20 minutes)

This exercise is about generating ideas for meals with frozen foods.

Each pair will need a set of cut out cards A, B, C and a recording sheet.

Ask pupils to lay out the cards to help them design a dish.

Go around to each group to prompt ideas at the individual cooking level of each pupil.

They need to pick one frozen food, items from the store cupboard and a cooking method.

Record their idea on the recording sheet.

Running activity 3 (10 minutes)

Ask all the pupils to give one idea to the class in a group feedback session.

Pupils can record 3 more of the ideas they have heard.

Ask them to choose 1 idea to cook in the next session. Focus on using a frozen food ingredient as a convenience food.

Introduce the 5 recipes available as alternatives, if their own ideas are too ambitious or inappropriate.



Follow up practical lesson using frozen food

Ingredients

Eggs
Chopped ham
Milk
Cheese
Frozen chopped onion
Sliced potato
Frozen peas
Frozen broad beans

Using the ingredients from the Spanish Omelette draw a line or write each ingredient next to the section of the eatwell plate that they belong to.

How many sections does the dish use?
Which sections are missing?
Do you think this is a balanced dish?
Now do the same with the dish you are making.



Practical

Prepare and make the dish you have chosen from the previous lesson on frozen food.

Plenary

Look at all the dishes made today in the practical session.
Have a discussion around these questions.

- Does your dish contribute to your 5 a day portions of fruit and vegetables?
- How would your dish help a family who need to save money and time?
- Does your dish taste good and is it a good quality product?
- Would it create less waste than a fresh equivalent e.g. there are no pea shells or broad bean shells to throw away in the Spanish Omelette?
- Would you make your dish again?
- Would you make any changes to it?



Lesson materials

Read the following **text sheet** and answer the questions in the table for Activity 1

Fabulous Frozen Food – text sheet

Background

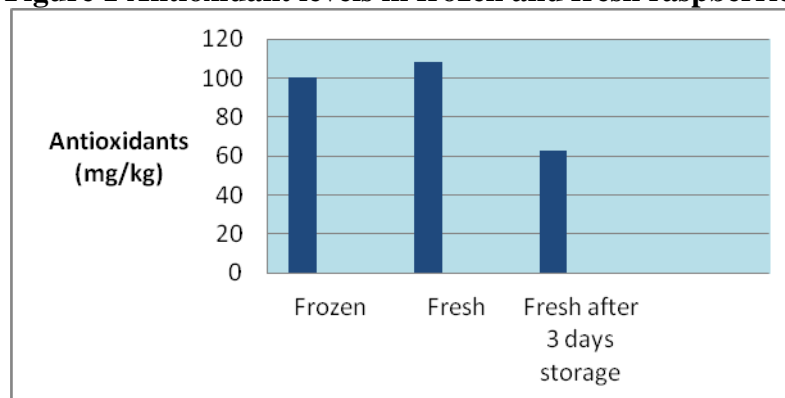
- Freezing is a **natural preservative** which extends the **shelf life** of food.
- It suspends the growth of **bacteria, yeast and moulds** that cause food to go off.
- Frozen foods do not usually need any other **added preservatives**.
- Freezing means foods are often available all year around not just in season e.g. strawberries in winter!

Benefits of Frozen Food

1. Frozen food is nutritious

- Tests show frozen fruit and vegetables usually contain just as many nutrients as fresh
- This is because they are quickly frozen within a few hours of being picked before levels have time to drop. Once the food is frozen the nutrients become **locked in** and further loss is slowed down.
- Frozen fruit and vegetables may actually have more nutrients such as vitamin C, folate (a B vitamin) and antioxidants than fresh, especially if they have been transported and stored in a shop or fridge for several days before eating.
- A recent test found freshly picked and frozen raspberries were very similar in antioxidants. However, after 3 days storage in a fridge the levels in the fresh raspberries were much lower than those in the frozen. See Figure 1.

Figure 1 Antioxidant levels in frozen and fresh raspberries



- Did you know that because of this excellent nutrient content frozen fruit and vegetables can count towards your **5 a day** portions?



2. Frozen food is great value for money.

- For example frozen fruit and vegetables are often less expensive than fresh, especially out of season

3. Frozen food can save time

- Frozen foods can be used in lots of ways and are often prepared and portioned for easy use. Keeping a well stocked freezer means a wide variety of foods are quickly available to help make nutritious meals.

4. Frozen food looks and tastes great

- Modern **fast freezing** prevents water in the food making large ice crystals which keeps the quality, appearance and flavour very similar to fresh food.

5. Frozen food can help reduce waste

- Around 20% of the food bought is thrown away. This **edible food waste** costs the average family around £700 per year – that's about £60 a month straight into the bin! Frozen food helps reduce food waste because it has a long shelf life and it's easy to take out just the portions needed, leaving the rest for another meal.
- Preventing food waste also helps reduce **greenhouse gas** production. Scientists estimate that if we all stop wasting edible food, the benefit to the planet would be the equivalent of permanently taking 1 in 4 cars off the road!

References

Antioxidants in Fresh and Frozen Fruit and Vegetables: Impact Study of Varying Storage Conditions. University of Chester 2013 <http://bfff.co.uk/wp-content/uploads/2013/09/Leatherhead-Chester-Antioxidant-Reports-2013.pdf> (Accessed May 2014)

BFFF (2010). Cost, waste & taste comparison of frozen food vs fresh food in a consumer market. A BFFF project in conjunction with the Manchester Food Research Centre. May 2009 <http://bfff.co.uk/wp-content/uploads/2013/06/MMU-Cost-Waste-Taste-Report.pdf> (Accessed May 2014)

Leatherhead Food International (2010). Frozen v Chilled- a European Perspective <http://www.leatherheadfood.com/frozen-v-chilled> (Accessed May 2014)

Love Food Hate Waste <http://england.lovefoodhatewaste.com/content/freezer-advice-and-facts> (Accessed May 2014)

Love Food Hate Waste <http://england.lovefoodhatewaste.com/content/facts-about-food-waste-1> (Accessed May 2014)

Young B, Evans J, Martindale W and Harden CJ (2010). The British Frozen Food Industry - A Food Vision. BFFF. <http://bfff.co.uk/wp-content/uploads/2013/06/Frozen-Food-Report-2-Nov-10.pdf> (Accessed May 2014)



Starter activity 1 True / False questions

Starter: What do you know already? Answer these questions true or false.

1. Frozen food isn't as good for you as fresh. T/F
2. Frozen food is full of preservatives. T/F
3. Frozen fruit and vegetables can count towards your 5 a day portions. T/F
4. Frozen fruit and vegetables contain just as much vitamin C as fresh. T/F
5. Frozen vegetables are often cheaper than fresh. T/F



Activity 1- Frozen foods text recording sheet

Advantages of frozen food

<p>Nutrition–List some frozen foods that are good nutritionally and give 2 reasons why.</p>	<p>Cost Are frozen foods less expensive?</p> <div data-bbox="783 501 975 719"></div> <div data-bbox="1046 506 1240 725"></div> <p>Fresh salmon £2.00 per fillet Frozen salmon £4.00 per pack of 4 fillets.</p> <p>Which fish is better value? (optional homework activity)</p> <p>Now use the following website to look up the supermarket costs of 100g frozen peas and 100g fresh peas and 100g frozen chicken breast and 100g fresh chicken breast. Put any supermarket in the search box. http://www.mysupermarket.co.uk/shopping/findproducts.aspx?</p> <p>What is your conclusion?</p>
<p>Taste and quality</p>	<p>Cost and time</p>
<p>How does the process of freezing preserve the taste and quality of foods?</p>	<p>How do frozen foods help to save the consumer time and reduce waste?</p>



Set A

Lesson 1, Activity 2 Cooking Method cards

Fry	Microwave
Boil	Assemble
Bake	Stir-fry
Grill	Roast

These cards need to be cut



Set B

Lesson 1, Activity 2 Frozen Foods cards

Frozen vegetables

Chopped onion Sweetcorn
Broccoli Mashed potato
Cauliflower
Carrots

Packet minced beef

Frozen fish

White fish
Smoked haddock fillets
Salmon

Frozen fruit

Blueberries Frozen Mango
Raspberries
A bag of frozen berries

Frozen prawns

Scallops
Squid rings

Frozen chicken

Thighs
Wings
Breast fillet
Drumsticks

Frozen Filo pastry

Bread products

Pizza base
Pitta bread
Tortilla wraps

Packet frozen pancakes

Packet diced pork
Packet diced lamb



Set C

Lesson 1 Activity 2 Store Cupboard Ingredient cards

Flour Plain Self-raising Bread flour	Sauces Worcester sauce Mustard Horseradish sauce Reduced sugar tomato ketchup Low salt soy sauce	Can of chick peas Can of red kidney beans Can baked beans
Oil Seasonings –pepper Salt Herbs + spices	Pasta Dried noodles	Cous cous
Eggs	Rice	Onions
Milk Semi- skimmed Skimmed Carton of natural yoghurt.	Stock cubes	Tin of tuna
Tin of tomatoes Tomato puree	Packet dried red lentils	Loaf of wholemeal bread



Lesson 1 Activity 3. Making meals with frozen foods recording sheet

Write down the meal you designed using the cards and 4 other people's ideas. Fill out the gaps in the text at the end.

	Frozen ingredient	Item from store cupboard , or fridge	Cooking method	Name of dish
Example	Frozen peas Frozen broad beans	Chopped ham Eggs Cheese potato	Frying	Spanish Omelette
My idea				
Idea 2				
Idea3				
Idea4				

Plenary

Complete the following paragraph using the words given.

Frozen foods extend the ----- of foods. They are just as good as fresh food because the nutrients are ----- quickly after freezing. They count toward your 5 a day portions. They provide the consumer with a huge ----- of foods whenever they need them. The consumer can take out just the amount they need.

Frozen foods help reduce----- ----- and ----- which may help the environment.

edible food waste variety locked in shelf life green house gases
--



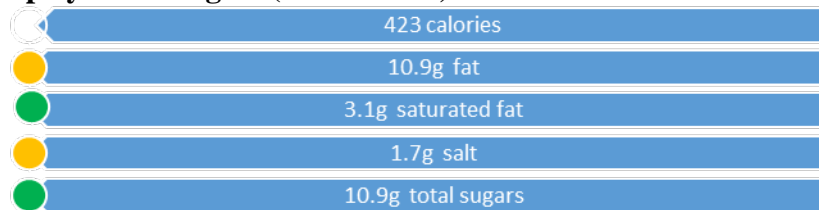
Tomato and lentil soup (per portion)



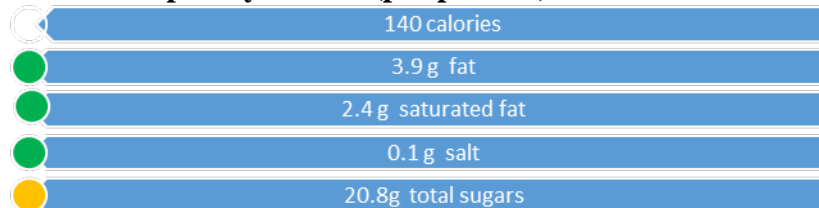
Spicy Quorn burgers (each in bun)



Spicy beef burgers (each in bun)



Chilled raspberry dessert (per portion)



Winter bean salad (per portion)





Vegetable chilli per portion (without rice)

	156 calories
	5.3 g fat
	0.7 g saturated fat
	0.7 g salt
	11.5 g total sugars



Recipe bank 5 recipes for use in practical lesson.

Tomato and Lentil Soup

Ingredients

200g split red lentils, rinsed
2 litres reduced salt stock
450g frozen diced vegetable mix (onion, carrot and celery)
400g can chopped tomatoes
15ml tomato purée
Garnish: frozen chopped herbs (parsley, basil or coriander)

Method

1. Place the lentils in a large saucepan. Pour in the stock and bring to the boil. Rapidly boil for 10 minutes. Skim any froth from the surface.
2. Add the remaining ingredients, except garnish, return to the boil.
3. Reduce the heat, cover and simmer for 30 minutes or until the lentils and vegetables are tender. Blend until smooth.
4. Serve with a sprinkling of herb garnish.

Serves: 6

Cooking time: 45 minutes

Spicy Burgers

Ingredients

455g frozen lean minced beef, thawed, or frozen Quorn mince for vegetarians
280g frozen chopped onions
40ml sweet chilli sauce
30ml each chopped frozen garlic, parsley and coriander
Ground pepper
1 tablespoon vegetable oil spray (if frying)

To serve:

4 large burger rolls
Salad leaves, whole or shredded
Tomatoes, sliced
Mango Chutney or sweet chilli sauce

Method

1. Using a large bowl, mix the minced beef and onion together. Add the Hoi sin sauce, chillies, garlic, herbs and pepper; mix to combine.
2. Divide equally, shape into patties and flatten into four large burgers – approximately 13 - 14 cm across.
3. Transfer to a cling film lined baking tray. Cover with additional cling film, and chill for at least 30 minutes.
4. Grill or fry for 5 - 6 minutes each side, until cooked through.



5. Cut the rolls in half across and toast the cut sides. Cover with salad leaves, a burger, tomato and mango chutney.

Makes: 8

Time (including chilling): 45 minutes

Chilled Raspberry Dessert

Ingredients

- 250g frozen raspberries
- 200g low fat soft cheese
- 100g low fat natural or Greek yogurt
- Grated rind of 1 lemon and 5 – 10 ml lemon juice
- 50g icing sugar, sieved (optional)

Decoration

- Fresh mint leaves (optional)

Method

1. Place the raspberries, (reserving a few for decoration), in a bowl and leave for 15 minutes.
2. In a separate large bowl, beat the soft cheese until smooth. Stir in the yogurt, lemon juice (not rind), and icing sugar, if used.
3. Add the raspberries and then chill in the fridge for 15 minutes
4. Transfer to individual serving glasses and top with the reserved raspberries, grated lemon rind, and if desired, mint leaves.

Serves: 4

Preparation time: 20 minutes

Winter Bean Salad

Ingredients

- 100g frozen green beans
- 100g frozen broad beans
- 100g frozen soya beans
- 100g shredded red cabbage
- 15ml frozen chopped mint or parsley

Dressing

- 15ml malt vinegar or juice of half a lemon
- 30ml vegetable oil
- ground black pepper
- ½ tsp sugar



Method

1. Cook frozen green beans, broad beans and soya beans in boiling water for 3 minutes until just tender, drain.
2. Plunge into cold water, drain well, and roughly chop green beans.
3. Transfer to a salad bowl with the shredded red cabbage and frozen chopped mint or parsley.
4. Just before serving toss with a salad dressing made from white wine vinegar, olive oil and ground black pepper.

Vegetable Chilli

Ingredients

- 200g frozen chopped onions
- 1 tablespoon (15ml) olive oil (or a couple of sprays low calorie equivalent)
- 3 teaspoons frozen crushed or chopped garlic
- 1 teaspoon (5ml) hot or mild chilli powder
- 2 teaspoons (10ml) paprika
- 2 teaspoons (10ml) frozen chopped jalapeño chillies (optional)
- 2 x 400g cans chopped tomatoes
- 2 tablespoons (30ml) tomato purée
- 200g frozen broccoli and cauliflower florets
- 100g each frozen butternut squash and frozen baby broad beans
- 200ml reduced salt vegetable stock or water
- 1 tablespoon (15ml) each frozen parsley and basil (available in most large supermarkets, fresh or dried can be used as an alternative)

Method

5. Fry the onions in the oil for 5-6 minutes until softened.
6. Add the garlic, chilli powder, paprika and cook stirring for 1 minute.
7. Stir in the jalapeño chillies, tomatoes and tomato purée. Bring to the boil.
8. Reduce the heat to simmer, and cover for 15 minutes, stirring occasionally.
9. Add the vegetables and stock. Return to the boil. Simmer, covered, for 5-7 minutes until tender.
10. Stir in the herbs and serve with cooked frozen rice or baked from frozen potatoes.

Serves: 4

Cooks tips

If you have left over rice remember to store it in the fridge and only use after one day storing.