



A FUTURE IN FOOD: BUILDING A ST. ANDREW'S DAY DINNER

This learning resource was created by the following contributors, working in partnership:



ABOUT

This learning resource has been created by a range of industry bodies from within the Scottish food and drink sector. It has been designed with two main learning themes in mind:

- To teach young people about the journey their food makes, from source to consumer, and explore all of the steps in-between.
- To highlight some of the careers within the food and drink sector in Scotland, and share stories from people within these roles.

Our two broad learning outcomes will be explored through a St. Andrew's Day Dinner – showcasing some of the best produce from around Scotland and sharing a variety of activities and links, to bring learning to life.

We have created a menu of three courses plus a drink, allowing learning to take place over a series of four sessions which can be pupil-led and delivered through the variety of resources.





ABOUT

For each course, we have offered some background learning, about the ingredients within the dish, and presented career-focussed insights, to highlight the opportunities of working within the food and drink sector in Scotland.

This resource, meeting Curriculum for Excellence Experiences and Outcomes, directly supports the Career Education Standard and we hope that by exploring the contents, practitioners are able to support young people to learn about the journey of food, as well as learning about skills that they will require to make positive career decisions in the future.

ON THE MENU

STARTER

PAGE 3

Cullen Skink



MAIN COURSE

PAGE 5

Scotch Lamb UK GI



PUDDING

PAGE 7

Cranachan



DRINKS

PAGE 9

Scottish Drinks



ADDITIONAL RESOURCES

PAGE 10



STARTER - Cullen Skink

Cullen Skink originated in the northeast of Scotland in the fishing town of Cullen. It's believed to have evolved from an old Scots word for a broth ("Skink") made with beef shin or scraps. With Cullen's plentiful supply of smoked haddock (also known locally as 'Finnan Haddie') the dish transitioned from its beef-based origins to a more affordable hearty creamy soup made with smoked haddock, potatoes, and onions, quickly becoming a Scottish staple!

Here's the Haddock

Traditionally, Cullen Skink uses **smoked haddock** as the main ingredient. Find out more about the Scottish seafood sector below.

III - Learn more about how fish are caught and sold, here - [Food A Fact of Life - Catching and Selling Fish - Powerpoint](#) - ● ●

LR - Find out more about how Seafood Scotland can enhance in-class learning, here - [Seafood Scotland In Schools - Download Our Learning Pack](#) - ● ●

Click on these links below to learn more about working within the Scottish Seafood Sector:

CF - [Learn from Thomas Glass, working at JK Thomson - Haddock Line Supervisor](#) - ● ●

CF - [Read About Careers Within The Seafood Sector](#)



Milk & More

Cullen Skink is a thick, creamy soup, containing **whole milk** and sometimes **cream**, to give it richness. Often, the dish starts with onions being sauteed in **butter** too! Milk, cream and butter are all dairy products – learn more about dairy farming in Scotland, below.

II - Explore a dairy farm in Biggar, through these videos from RHET - [Discover Dairy Farming - YouTube](#) - ● ●

LR - Find out more about the nutritional facts of milk, and explore 'The Carbon Footprint of Milk' - ● ●

LR - [Milk Myths](#) - Is milk bad for you? Myth busting some common dairy dilemmas. - ● ●

LR - [Dairy FAQs](#) - Commonly asked questions about milk with answers! - ● ●

LR - [Milk Nutritional Facts](#) - Nutritional facts about dairy products. - ● ●

LR - [Plant based alternatives](#) - Are plant based alternatives as good for us? - ● ●

LR - [How Recyclable Are Milk Containers?](#) – Be more sustainable, it's simple! - ● ●

CF - Below are some really insightful videos from lots of different people, all involved in various aspects of the dairy sector within Scotland:

All - ● ● ● ●

My Job in STEM

[Isla McCubbin](#) – Research Technician

[Chloe Rodriguez](#) – Animal Welfare

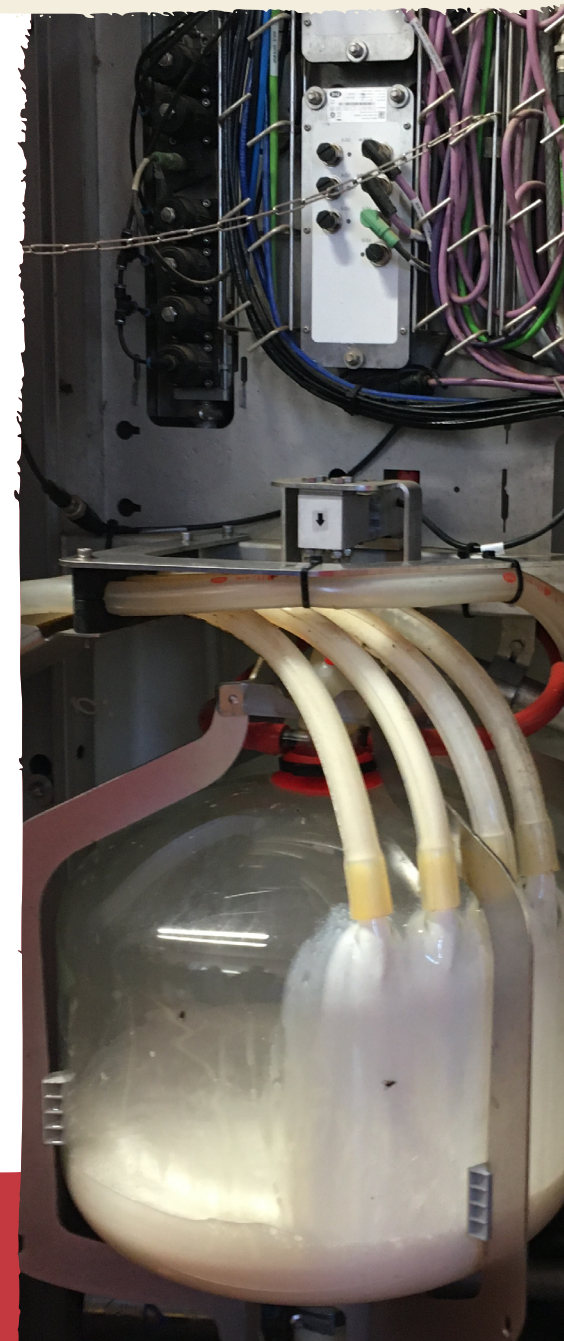
[Holly Ferguson](#) – Dairy Science

[Megan Kendall](#) – Production Manager

[Scott Shearlaw](#) – Farm Manager

[Chris Hay](#) – Technical Manager

[Alan Young](#) - Dairy Farmer





MAIN COURSE - Scotch Lamb, Tatties and Veggies

Scotch Lamb UK GI – The Star of The Show

What better meat to be the centrepiece of our St. Andrew's Day Dinner, than seasonal and nutritious, Scotch Lamb! Lamb can be served in a variety of cuts, with a whole host of flavours to compliment it. For our learning resource we have kept it simple, and will explore a slow-roasted leg of Scotch Lamb with sides of potatoes, carrots and peas... all staples on the Scottish plate!

To carry the Quality Meat Scotland industry branding, Scotch Lamb UK GI must be born, reared and processed in Scotland.

Scotch Quality Assured meat also means that the animals that the meat has come from have been raised to the highest welfare standards. Scotch Lamb proudly holds UK GI status, legally

protecting the brand from imitation. UK GI status is only granted when a product fully satisfies strict guidelines which demand a link between the traditions and environment of the country of origin, and a product which is of the highest quality.

LR - Find out more about the Scotch Lamb UK GI brand here - [Make It Scotch | When you know, you know](#) - ● ● ●

LR - Farm To Fork of Red Meat - QMS - [Farming Circle of Life - Video](#) - ● ●

LR - Sustainability in Scottish Farming - [Farming Foodsteps Sustainability Video](#) - ● ●

LR - Red Meat Nutrition - [The Meat we Eat](#) - ● ●

II - Hear about life on a Scottish sheep farm:

[Farming Foodsteps On Farm: Golland Farm - Sheep \(1\)](#) - ● ● ● ●

[Farming Foodsteps On Farm: Golland Farm - Sheep \(2\)](#) - ● ● ● ●

[A day in the life of a Sheep Farmer - Lawrence Martin](#) - ● ● ● ●

CF - For information on working within the Scottish red meat sector, check out Lesson Six on Farming Foodsteps - [Farming Foodsteps | Lesson Six - Careers](#) - ● ● ●

Explore this poster all about careers in the red meat sector - [Red Meat Journey - Careers Poster](#) - ● ● ● ●

CF - Go to our butchery careers website, here - [Butchery Careers In Scotland](#) - and hear real life stories about becoming a butcher! - ● ● ●

LR - The science behind the cooking – Learn more about Maillard Reactions here - [SSERC | Maillard Reactions](#) - ● ● ●

LR - Why not check out some of these traditional Scotch Lamb recipes, and try re-creating them at home - ● ● ● ●

- [Make It Scotch | Braised Scotch Lamb Shanks with Lemon and Garlic](#)
- [Make It Scotch | Rosemary Roasted Scotch Lamb and Potatoes](#)
- [Make It Scotch | Slow Cooked Half Shoulder of Lamb](#)
- [Make It Scotch | Mini Lamb Roast](#)
- [Make It Scotch | Lamb Cutlets on Minted Pea Puree](#)
- [Make It Scotch | Rack Of Scotch Lamb With Rosemary](#)



The Super Sides

For our sides we have chosen **potatoes**, **carrots** and **peas** – all vegetables which are produced in Scotland. Agriculture employs over 67,000 people in Scotland, many of those working on arable farms producing fruits, vegetables, seeds and grains. Let's find out more about our side dishes below...

Potatoes

II - P is for Potatoes – learn about growing potatoes in this video - ● ●

LR - Check out a variety of potato resources here - Food A Fact Of Life - Potatoes - Web Resource - ● ●

CF - Learn more about Gavin Prentice, who has made a career out of knowing all things potato - Agrico UK - Careers - ● ● ●

Carrots

II / LR - Find out about how carrots are planted and looked after Carrots from seed to plate – and how they are then harvested.

RHET Carrot Harvesting at Luffness Mains - ● ● ●

Peas

For our final side, last but by no means least, we are exploring peas. Did you know peas are considered to be a “superfood”?

LR - Learn about all things peas, here - All About Peas - ● ●

Full of flavour...

Herbs and spices add flavour to all kind of dishes... did you know, the traditional herbs used for flavouring lamb is rosemary or mint!

Why not have a go at growing your own?! - Lantra - Herb Garden - STEM Activity - ● ●



PUDDING - Cranachan

The finest toasted Scottish oatmeal, cream, whisky and raspberries combine to make cranachan, an amazing dessert. However, it was originally the first meal of the day!

Crowdie cheese, a soft and fresh Scottish cheese made from skimmed cows' milk, was combined with lightly toasted oatmeal, cream and local honey. Raspberries were occasionally added when in season. However, cranachan evolved into what has sometimes been referred to as "the uncontested king of the Scottish dessert" bringing together cream and raspberries with oats and whisky.

Scotland's answer to the traditional English 'Eton Mess', the word cranachan is Scottish Gaelic in origin, meaning "churn". The dish can also be known as cream crowdie, depending on what part of

Scotland you are from. It was originally a celebration of harvest, usually consumed when the raspberries were in season as they were in plentiful supply. Now served all the year round, cranachan is a popular dish for special occasions and can be taken to the table as individual ingredients allowing each chef to assemble it to their own taste!

Let's find out more about two of cranachan's main ingredients, **raspberries** and **oats**!



Awesome Oats!

II - Watch this farmer use specialist machinery to effectively sow Oat Seeds - [Sowing Seeds with a One-Pass](#) - ● ●

LR - Explore the nutrition behind Cranchan here, and learn about reformulation to make food healthier - [Crafty Cranachan](#) - ● ●

LR - Everything oats and grains – check out these recipes - [Go with the Grain](#) - ● ● ●

CF - Click here to explore a flavour of jobs in oats - [From Oats to Oatcakes](#) - ● ● ●

LR - Build a Seed Dispersing Machine by completing this STEM Challenge - [Lan Based Engineering - STEM Activity](#) - ● ●

LR – Here's a simple method on how to test the Nutritional Content of Oats - [Oat Testing](#)

Brilliant Berries

The traditional berry used in cranachan is raspberries, but across Scotland, particularly in the northeast, we grow many kind of soft fruits... find out more about this sector below!

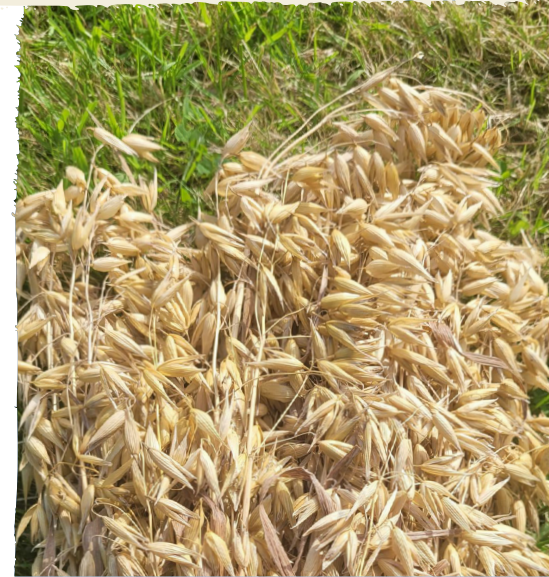
II - Check out this map showing where berries are grown in Scotland, and which farms you can visit to taste them and find out more - [Visit Our Berry Growers](#) - ● ● ●

II / **LR** - [Soft Fruit Innovation](#) – Find out how The James Hutton Institute is leading the way in soft fruit crop research! - ● ● ●

II - What happens on a berry farm, a behind the scenes video from [Angus Soft Fruits](#) - ● ● ●

II / **LR** - Explore this webpage to find out more about the berry industry in Scotland, [here!](#) - ● ● ●

CF - Read more about production processes and jobs in the [Berry Industry](#) - ● ● ●





DRINKS - A Scottish Drink

There are some brilliant small businesses in Scotland using our local produce to create tasty refreshments which will be perfect to accompany your St. Andrew's Day Dinner.

III - For something fruity check out Summerhouse Drinks, who are based in Aberdeenshire - [About | Summer House Drinks](#) - ● ● ● ●

III - For a creamier alternative, check out Brose Oats – Scotland's only producer of oat milk - [About | Brose Oats](#) - ● ● ● ●

III - Or for something a little more 'fancy' – why not check out Scotland's first Bubble Tea store – [Tempo - Tempo Tea Bar - About Us](#) - ● ● ● ●

We often read about consuming a healthy, balanced diet, and think about the food we eat, but making

healthy choices with our drinks can be beneficial to our wellbeing too. Many companies are working hard to make their drinks products healthier, by reviewing and adapting their ingredients.

LR - This is called 'reformulation'. Learn more about this here: [Reformulation video](#) - ● ● ● ●

LR - Read about how Brose Oats and Tempo have both reformulated their products, here...

[Brose Oats - Reformulation](#) - ● ● ● ●

[Tempo - Reformulation](#) - ● ● ● ●



ADDITIONAL RESOURCES

For Pupils

To explore the huge range of careers integral to the food and drink sector, check out these careers maps...

- [Tasty Careers - Interactive Map](#)
- [Growing Careers - Food & Farming Map](#)

Learn more about the organisations who have created this learning resource, and how they can help you explore the food and drink sector of Scotland, here...

- [Quality Meat Scotland and Farming Foodsteps](#)
- [The Food & Drink Federation Scotland](#)
- [Royal Highland Educational Trust and their Resources](#)
- [Seafood Scotland](#)
- [Home - Lantra](#)
- [SSERC | Welcome to SSERC](#)
- [Soil Association](#)
- [Skills Development Scotland - Skills Development Scotland](#)
- [DYW - Scotland - DYW Scotland](#)

For Education Practitioners:

Find the resources and support you need to deliver innovative and exciting food education activities.

- [Food Education Scotland](#)
- [For Education Practitioners](#) - A signposting sight for educators and employers – a further resource for food education and careers.

Education Scotland's 'Good Food Skills' resource will help practitioners to evaluate their own practice and make the necessary improvements in Food Technology education and they can expect to find key training linked to basic food hygiene, health and safety, allergens, using food grown in school gardens and even classroom management support for setting up practical food education experiences for pupils.

- [Food Education – Good Food Skills | Food education | Resource Lists | Resources | National Improvement Hub](#)

The following link will allow teachers and practitioners to access key information, resources and policies in order to support professional development and the implementation of using food as a context for learning. They will also provide inspiration and connections around interesting practice currently emerging across Scotland in this area.

- [A summary of Food Education resources | Resources | Education Scotland](#)



FIND OUT MORE...

To find out more about what we do at Quality Meat Scotland, and explore our resources, check out these QR codes...



QMS Website



Make it Scotch Website



Farming Foodsteps Website

