

Food and Nutrition

Scobie & Junor

Presenting: Vicky McLean HR &
Payroll for Scobie & Junor

Test your knowledge

- How many portions of fruit and vegetables should you try to eat every day?
- Should you have lots of meat and a little portion of vegetables at dinner or little portion of meat and a lot of vegetables?
- How much salt is recommended in your diet?
- How much fat is recommended in your diet?

Plate exercise

- What is a portion of fruit?
- (Put plate diagram in here)

Sensory Evaluation

- How many tastes should you be able to taste on tongue?
- What are they?
- We can taste all these flavours with the 10,000 little taste buds we have in our mouth. In general girls tend to have more taste buds than boys.
- I now need a volunteer to help me show where we taste certain flavours on our tongue, any volunteers or will I have to pick someone?

YOUR TONGUE

- (put tongue picture in here)
- Do not label as they will label for you

Taste Testing

- I have some spices here that I need 2 people to come and taste. 1 boy and 1 girl.
- Once you have tasted them I will give you 1 product and I would like you to tell me if you can taste the spices in them.

Taste Test Evaluation

- How easy did you find this?
- Do you think you could do this all the time?

Thank you both for your help

- Within the food industry we have people who do this every day, they match tastes for companies, pick out certain tastes for others and develop new tastes too. What do you think of that job?

Taste Testing again!

- What does being vegetarian mean?
- What does being vegan mean?
- I need 2 volunteers, 1 boy and 1 girl, to do some taste testing for me.
- I will blind fold you and ask you to taste 2 different sausages, I want you to think about what you have tasted, the texture of what you are tasting and tell me what is different about them.

The big reveal

- 1 sausage that we gave to our volunteers was meaty and the other was made completely of vegetables, did you taste the difference?
- What one did you like better?
- Now we would like you to consider some of the following facts, 3 of the vegetarian sausages would give you 1 portion of your fruit and veg a day, it would give you xx amount of salt and xx amount of fat.
- Your meaty sausage would give you 0 portions of fruit and veg a day, would give you xx amount of salt and xx amount of fat.

Secret Sausages

- Inspector Spring Onion has asked you to keep his secret “Ssssssshhhhhhh we want to keep it a secret that our sausages are so good for you and that they have so many hidden vegetables, we want to keep you healthy without all the nasty bits added in”

Secret Sausage Range

- Add picture of secret sausage packaging

Come and have a try!

- Do you have any questions?
- You can all come and have a taste of the sausages and see what the differences are for yourself.