

Year 7

Vegetable Soup!

In this lesson you will:

1. Understand the purpose of ingredients in a soup
2. Make a specification of how your soup will look, taste and feel
3. Identify the equipment needed to make your soup
4. Produce a method of making soup



Name:

Class:

Purposes of ingredients in Vegetable Soup

(Read this to find out answers to complete activity one)

Soup made with fresh vegetables is **easy, cheap** and **nutritious** to make. The ingredients in a soup recipe each have a practical purpose. For example -

- **Salt and pepper** and **onions** add seasoning and flavour.
- **Potatoes** are a starchy vegetable which thickens and adds texture to a soup.
- **Carrots, Leeks** and **Celery** add colour and texture.
- **Water** is used to thin a soup

Activity One - Match the purpose with the correct ingredients

Thickening	→	Oxo Cube
Thinning		Water
Flavour		Carrots
Texture		Celery
Colour		Onion
Seasoning		Leek
		Parsley
		Potato
		Salt and Pepper

Appearance

My soup will be

.....

Texture

I would like the texture of my soup to be.....

Flavour

The flavour of the soup will be.....

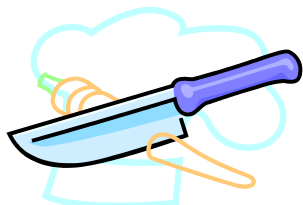
Word Bank

Appearance	Texture	Flavour
Attractive	Thick	Onion
Golden	Chunky	Vegetable
Colourful	Smooth	Fresh
Creamy	Thin	Mild
Green	Watery	Strong
Homemade	Coarse	Tasty

Look at the tomato soup recipe. Change the recipe to make your perfect soup.

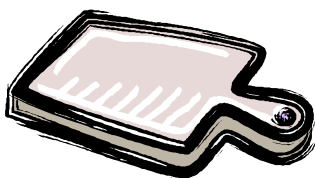
Equipment

What equipment will I need when making my vegetable soup?



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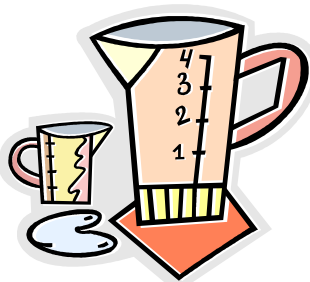
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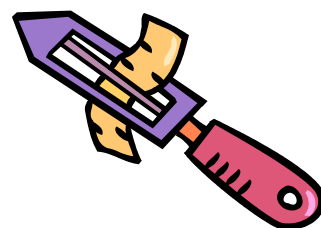


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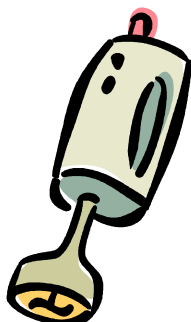
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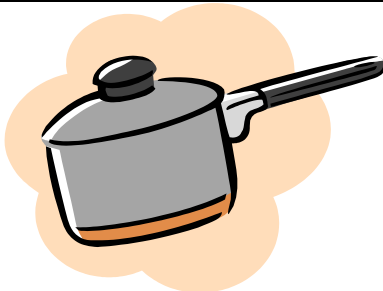
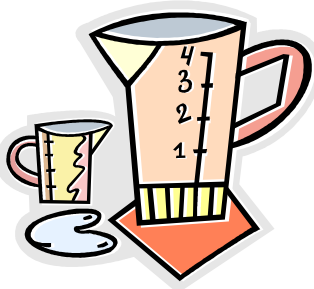


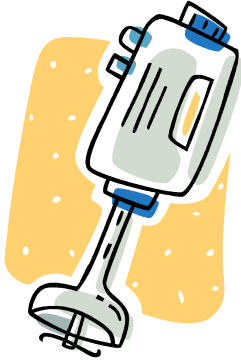
B _ _ n _ _ r

Blender Saucepan Vegetable Peeler Wooden Spoon Vegetable Knife Chopping Board

Measuring Jug

Soup - Flow Chart





Colour in this bowl of soup, showing the appearance what way you think your soup will look



Cut the boxes and stick into flowchart

Cut up the vegetables small
Put oil in the pan
Sprinkle an oxo cube into $\frac{3}{4}$ pint jug of water
Let the vegetables cook in the oil until it makes a sizzle sound. Then pour in the water
Let the vegetable and water mixture come up to a boil
Blend the soup into a smooth, creamy or chunky soup