

Exploring Global Cuisines

Frances Meek, Education Service Manager at the British Nutrition Foundation

As part of the British Nutrition Foundation’s initiative to modernise food and nutrition education, ‘Food – A Fact of Life’ has introduced a new collection of global cuisine recipes. These recipes reflect the diversity and inclusion that are central to today’s food culture, offering a range of dishes designed to engage students in learning about different culinary traditions from around the world.

Modern and Diverse Food Education

The British Nutrition Foundation’s vision for modern and diverse food education led them to ask students what they valued most in the dishes they prepare at school. The feedback was clear, students want recipes that are tasty and reflective of everyday family meals. Most importantly, they expressed a strong desire for dishes that celebrate the richness of global cultures.

These new recipes have been curated to meet those preferences, focusing on healthy, culturally diverse meals that are practical for school settings. They are designed to develop students’ food preparation skills and promote discussions around cultural inclusivity.

Global Cuisine Highlights

The recipes from ‘Food – A Fact of Life’ span a wide range of international cuisines, bringing flavours from Africa, the Middle East, Eastern Asia, the Caribbean, South America, and Eastern Europe into the classroom.

The British Nutrition Foundation also supported teachers to bring diversity and inclusion into their practical food lessons through hands-on workshops where the teachers learnt about the culture, history and traditional ingredients for each of the cuisines. An overview for each culture was provided, which gave teachers additional information to use to inspire and engage their students.

Feedback from teachers:

"I became increasingly conscious that my own knowledge of global food cultures was limited and my choice of recipes used in lesson quite traditional. This was most apparent when I give a free choice of recipe in KS4, as many students choose a recipe from their culture.

As a result, I asked several students to share family recipes with me, and coincidentally 'Food – a fact of life' launched the global cuisines workshop a few weeks later.

I attended the African cuisine workshop and was delighted with the background knowledge shared as well as the range of new recipes."

Sharon, Food and Nutrition teacher

"Immediately after announcing to my Year 9 groups that we would be doing Jollof rice as a practical the pupils were excited and keen to try a recipe their friends have previously talked about.

I heard discussions of variations of ingredients for the recipe, the spices they already use to make it, and how it varies from country to country and making comparisons. It was great to see the buzz before and during the practical."

Umut, Food and Nutrition teacher



African Recipes:

West African Jollof Rice with Chicken: A dish known for its rich flavours. Complexity: Medium-High, Time: 30 mins.

Mealie Bread: Traditional African cornbread. Complexity: Low-Medium, Time: 45 mins.

North African Style Za’atar Roast Cauliflower Couscous Salad: Fragrant and flavoursome dish. Complexity: Medium, Time: 45 mins.

Middle Eastern Recipes:

Herby Persian Frittata: A herb-filled dish. Complexity: Medium, Time: 45 mins.

Chicken Shawarma Flatbreads with Yogurt: A blend of spices and tender chicken. Complexity: Medium-High, Time: 45 mins.

Simit Bread: A quick version of the quintessential Turkish street food. Complexity: Medium, Time: 60 mins.

Eastern Asian Recipes:

Katsu Curry: A Japanese favourite with a crispy coating and curry sauce. Complexity: Medium-High, Time: 45 mins.

Beef Pho: A Vietnamese noodle soup that’s both flavourful and comforting. Complexity: Medium-High, Time: 30 mins.

Asian Style Hoisin Noodles: Simple yet delicious noodles. Complexity: Medium-High, Time: 45 mins.

Caribbean Recipes:

Bean and Plantain Stew: A hearty dish with Caribbean flavours. Complexity: Medium-High, Time: 30 mins.

Caribbean-Style Jerk Chicken Traybake: A classic and tasty jerk chicken. Complexity: Medium, Time: 60 mins.

Quick Jamaican Coco Bread: A soft and fluffy bread ideal for serving with spicy dishes. Complexity: Medium, Time: 60 mins.

South American Recipes:

Chimichurri Fish Traybake: A zesty dish from South America with fresh herbs. Complexity: Medium, Time: 45 mins.

Cheese and Corn Empanadas: Flaky pastries filled with delicious ingredients. Complexity: Medium-High, Time: 60 mins.

Vegan Meat-Free Chilli: A plant-based option full of flavour. Complexity: Medium-High, Time: 45 mins.

Eastern European Recipes:

Polish Potato Cakes: A comforting dish that’s easy to make and delicious. Complexity: Low-Medium, Time: 30 mins.

Gzik: A classic Polish cottage cheese dip. Complexity: Low-Medium, Time: 30 mins

Pierogi: Traditional dumplings that can be filled with sweet or savoury ingredients. Complexity: Medium-High, Time: 60 mins.

Links



Explore the full collection of recipes and supporting materials
tinyurl.com/4ynfxs5d



Food – a fact of life
[/www.foodafactoflife.org.uk/](https://www.foodafactoflife.org.uk/)

