



HOT DANG IT!

CREATE YOUR OWN HOT DOG RECIPE

LEARNING OBJECTIVES

- Plan a nutritious meal
- Research healthy eating
- Write clear instructions
- Design a clear recipe card

1 HOURS

MINIMAL ADULT INVOLVEMENT

DIFFICULTY: ★★★★★

YOUR MISSION

We're all familiar with the traditional hot dog toppings of fried onions, mustard and ketchup – YAWN. That's yesterday's news. We need you to reinvent this scrummy morsel with your own **healthy, nutritious** and **balanced** version.

Your brief is to write a recipe card for a brand new hot dog recipe.

GET STARTED

PHASE 1:

What kind of topping will you go for? Are you going to theme a cuisine and make a fusion-style hot dog? Or will you stick with classic hot dog flavours? Classic Italian with rich tomato sauces and cheesy toppings? Spicy Indian with chilli and cumin flavours? Or southeast Asian, with sweet and sour vibes? Choose your favourite cuisine. Consider what ingredients go into it and whether they will complement the smoky, salty hot dog. Make a note of the ingredients you will need.

PHASE 2:

Look at the **Eatwell plate** online (<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>) and compare it with the ingredients you have chosen. Draw an empty Eatwell plate on your paper and draw your ingredients in. Is it well balanced? Use the internet to find out what quantities of your ingredients constitutes a portion – for example 25g cheddar cheese is one portion. Note down the quantities you need for your recipe.

YOU WILL NEED

- Paper
- Pencil
- Colouring pencils or felt tips

The "Eatwell plate"



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PHASE 3:

Once you are happy with your ingredients, **work out your method**. How are you cooking the ingredients? Are you frying, boiling, or roasting them? How long are you cooking them for? For example – fry your onions until they are soft but still hold their shape, approximately 5 minutes. Write your method down in bullet points, being careful about the wording for each instruction. Ask a family member to read through to see if your **method** (instructions) is easy enough to follow.

PHASE 4:

Design your recipe card: draw three boxes – one for the recipe name, one for the ingredients list and one for the method. You can position these anywhere on the page but you must include them all. If you can access them, have a look at some recipe books for inspiration.

Recipe: _____
From the kitchen of: _____
Prep time: _____ Cook time: _____

Ingredients: _____

Method: _____

PHASE 5:

Fill in the card with your ingredients, method and recipe name. Take time to ensure your handwriting is neat because other people will be reading it. You might want to add some images, or colour in the background to make it look attractive to the amateur chef. Once complete, share with a family member. If there is time, maybe they could cook your recipe and share photos of their completed meal?

THINGS TO THINK ABOUT

* When considering the Eatwell plate, you should have more veggies than protein (but remember - some protein sources such as chickpeas also count towards your veg intake!). For our classic Italian hot dog, we are using one onion, one red pepper, 25g mozzarella cheese and an Italian tomato sauce containing five fresh tomatoes. This will have three portions of veg, one portion of dairy, and your hot dog and bun count as your protein and your carbohydrate.

* When writing your ingredients down, think about the quantities your chef will need: 1 onion? 100ml of tomato sauce? One egg? A whole or a half of something? 50g of grated cheese or a 'block'? How is each ingredient usually measured? In grams, millilitres, cups or a 'whole' if it is a single item, like an onion?

* Want to check your portion sizes? Check them using this website:
<https://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Serving-sizes.aspx>

* Think about the language you are using. You will need to give lots of detail and use adjectives in the method to help the chef successfully make the recipe without burning it! For example: **Fry the onions gently over a low heat until they are soft and caramelised.**

* Which order are you putting your instructions in? Can you cook an onion if you haven't prepared it first by peeling and chopping it? Make sure you sequence your instructions properly, otherwise your chef could end up putting a whole onion on top of an undercooked hot dog! That would be disastrous!

* Does your recipe contain common allergens, like shellfish or nuts for example? How will you make sure this information doesn't get missed?

* Challenge: can you create a vegan hot dog with the same ratios demonstrated on the Eatwell plate? What is your meat substitute going to be? What about vegan-friendly dairy and fats to substitute for pork hot dogs and cow's cheese?