

Crafty Cranachan

Background

There is a lot of conflicting information about health that we are subjected to either in magazines, newspapers or on TV. It is therefore important to give people reliable information so that they can make their own choice. This workshop will help you understand the importance of nutrition, how we can make food healthier and realise the many things that influence the way we choose food.



How can we be healthy?

What is food? Why do we eat?

What is a healthy diet?

1

2

3

Why are milk and dairy products important?

1

2

3

Food Choice

I chose:

because:

1

2

3

Why might you want to eat local (Scottish) foods?

1

2

3

What are some examples of traditional Scottish foods/recipes?

1

2

3

How could we make a traditional recipe healthier?

1

2

3



Following the discussion about the fat content of cream and yogurts, we shall make a Cranachan recipe healthier

Make sure that you wash your hands before handling food

Traditional Recipe

- 3 Tablespoons oatmeal or rolled oats
- 300 g fresh Raspberries
- 300 ml double cream
- 2 tablespoons malt whisky
- 2 tablespoons of honey

Healthier Recipe

- 3 spoonfuls of oats
- 14 fresh raspberries + 3 to decorate
- 3 spoonfuls of half fat creme fraiche
- 2 spoonfuls of fat free Greek yogurt
- 1 spoonful of honey