

## 10. Fusion Cooking from our Garden

<b>Aim</b>	Students identify herbs, spices and vegetables in the school garden, carry out research on the beneficial food value of these foods and recipes using them. They create a new fusion recipe, using some plants in your school garden.
<b>Recommended for</b>	Sec 1-3
<b>Subject Links</b>	Science: parts of plants and their functions, Home economics, Chemistry: organic compounds, IT
<b>Horticultural Skills</b>	Herbs, spice and vegetable gardens
<b>Process Skills</b>	Observing, classifying, generating
<b>Equipment/Materials</b>	Secateurs. Optional: 'A Guide to Herbs and Spices' (Singapore Science Centre Guide Book), ingredients for their recipe.
<b>Duration</b>	1-2 gardening sessions (1-2 hours)
<b>Preparation</b>	Photocopy the handouts, obtain the materials and book the Home economics room. Optional: computer room (for web research)
<b>Safety</b>	Look out for students who may be allergic to pollen in the air or plant sap.

See if there is sufficient variety of plants in your school garden to conduct this activity. If not, let students make suggestions for new herbs, spices or food plants to be planted. Get them involve in planting and caring for these new plants.

### Procedure

1. Distribute the handout, explain the activity and briefly run through the main points on the handout.
2. After identifying and listing the herbs, spices and food plants in the garden, let students go to the computer room to do their web research.
3. Book the home economics room for students to try out their recipes. Check that the plant parts collected for cooking are of the correct species. Give them feedback on their recipes.
4. Teams can post their recipes on your school's blog or on the NParks Gardening blog 'Young Gardeners' ([http://www.nparks.gov.sg/blogs/young\\_gardeners/](http://www.nparks.gov.sg/blogs/young_gardeners/)).
5. Extension: they can set up a food stall selling their new dish as part of Activity 2 – Home Grown Business.

### Debrief

#### Health benefits of some herbs and spices:

- **Indian Curry leaf** (*Murraya koenigii*) – rich in vitamins and minerals.
- **Basil** (*Ocimum basilicum*) – good source of magnesium, potassium, iron, calcium and vitamins A and C.
- **Sweet potato** (*Ipomoea batatas*) - known to have anti-oxidant effect, anti-inflammatory properties; good source of vitamins A, C and B6, manganese, potassium, iron and dietary fibre.
- **Mint** (*Mentha* spp.) - Menthol is an essential oil derived from the mint plant. It is used in aromatherapy.
- **Lime plant** (*Citrus aurantifolia*) - excellent source of vitamin C

§ Commend the teams with well-researched and tasty new dishes (creative names!).

§ Ask students to share with the class what have learnt from this activity. Alternatively, you could ask them to fill in the reflection sheet in Annex 3 and discuss their reflections.



Activity 10

Name : Members of your team : 

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### Project Objectives

#### Your Team has to:

- Identify the herbs, spices and food plants in the school garden
- Carry out research on their health benefits and recipes using them
- Create a fusion recipe using some plants in the school garden

### Duration of activity

1-2 gardening session/s (1-2 hours)

### Suggested Steps

1. Go to your school garden, identify and list the herbs, spices and food plants found there.
2. Go to the computer room to do research on their health benefits and some recipes using herbs, spices, food plants found in your garden. Do research on fusion cooking too.
3. With information from your research and list of plants, brainstorm your team's own new fusion recipe. Collect plant parts from the school garden. Check with your teacher that these are of the correct species. Go to the home economics room to try cooking your fusion dish.
4. Obtain the ingredients and try cooking it.
5. Ask your teacher and friends to give comments and feedback about your team's new dish. Give your dish a name!
6. You can share your recipe on your school's blog or on the NParks Gardening blog 'Young Gardeners' ([http://www.nparks.gov.sg/blogs/young\\_gardeners/](http://www.nparks.gov.sg/blogs/young_gardeners/)).
7. Make suggestions to add new herb, spice or food plants to your school garden if they cannot be found. Take part in planting and caring for them.

#### Equipment/Materials

- Secateurs
- Optional: 'A Guide to Herbs and Spices' (Singapore Science Centre Guide Book), ingredients for their recipe.

### Tips!

- Imagine you could combine western and eastern tastes and herbs, or different Asian tastes
- Note the types of herbs and spices that some cuisines often combine (e.g. ginger and lemon grass are often combined together in Thai dishes)
- You could recreate someone else's fusion dish, but do give credit to the original chef!



### Extension

- Make educational labels for the spices, herbs and food plants which do not already have signage.
- Your team can set up a food stall selling your new dish at your school fun fair or as a fund raising project (CIP) (as part of Activity 2 – Home Grown Business.).