



Hybu Cig Cymru  
Meat Promotion Wales

hybucig.cymru  
meatpromotion.wales

# HCC Education Resources Update Adnoddau Addysg HCC

Educating The Future  
Addysgu'r Dyfodol

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## HCC's Mission re Education

- To support teachers and parents
- Aim to educate children and young people on how food is produced – from Farm to Plate – focus on Welsh red meat production – PGI Welsh Lamb, PGI Welsh Beef and pork produced in Wales.
- Educate about 'The Welsh Way' of Farming – Sustainability and Traceability
- How red meat can be an important part of a balanced diet and the nutrients that can be found in red meat
- Encourage practical cooking skills and create suitable red meat based recipes for all age groups.

[www.hwbcigcoch.cymru](http://www.hwbcigcoch.cymru)  
[www.redmeathub.wales](http://www.redmeathub.wales)

- Attractive, free, user-friendly bilingual resources.
- Aim – a ‘go to’ website for teachers and pupils to access accurate and balanced information based on facts ‘all about red meat’. (FFL also wealth of resources).
- Age phased – Foundation to Key Stage 4 (3 – 16 year old)
- Features - powerpoint presentations, worksheets, videos, quizzes, recipe bank, posters, interactive activities.
- Topics covered – farm life, sustainable farming, origins of meat, cooking, healthy eating, role of red meat in a balanced diet etc...
- Curriculum Compliant



**HCC FOOD field trip**

Education Resources    Health Professional Resources

Foundation 3-5 Years    Foundation 5-7 Years    KS2 7-11 Years    KS3 11-14 Years    KS4 14-16 Years    Recipes    Knowledge Hub

[Education Resources](#)

## Education ReSources

Learning resources for your school include worksheets, videos, recipes, interactive quizzes and more. All our resources are free to download.

**Foundation 3-5 Years**



Healthy Eating  
Cooking  
Where does food come from?  
Activity Sheets  
Recipe Ideas

**Foundation 5-7 Years**

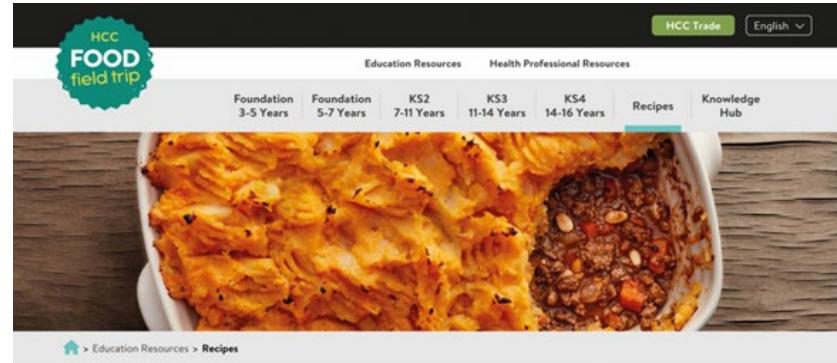


Healthy Eating  
Cooking  
Where Food Comes From  
Activity Sheets  
Recipe Ideas

**Key Stage 2 7-11 Years**



Healthy Eating  
Cooking  
Where Food Comes From  
Activity Sheets  
Recipe Ideas



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[Education Resources > Recipes](#)

## Recipes

Welcome to the recipes area. We have a selection of recipes which support the teaching and learning of handling a range of ingredients, food skills and cooking techniques. Recipes will be added on a monthly basis.

### Find recipe ideas

Let us help you find some inspiration for cooking and teaching.

Age Range

Ingredient



Welsh Lamb Tikka Wraps



Welsh Lamb Crumble



Welsh Lamb Yummy Kebabs

Skill level: Easy  
Approx. 10 minutes  
[View recipe](#)

Skill level: Medium  
Approx. 45 minutes  
[View recipe](#)

Skill level: Medium  
Approx. 10 minutes  
[View recipe](#)



**Cyfrnod Sylfaen 2: Ffermyr a Ffermydd**

**Ffermydd - Ffermwyr**

Y fferm yw blw mae ffermwyr a'u teulu yn byw a gweithio. Mae dros 200,000 o ffermydd ar draws y DU. Mae 37,000 o ffermydd yng Nghymru. Dyma'r teulu Jones sydd yn ffermio yng nganhoblaeth Cymru.

**Key Stage 2 : Farmers and Farming**

**Types of farms**

Not all farms are the same. Some farms...

- grow crops such as wheat – these are called arable farms
- have cows that are milked – these are called dairy farms
- have sheep, cows and pigs which are reared for their meat – these are called pastoral farms
- are a mixture of the above and are mixed farms

**Sheep**

Wales is a country full of mountains and hills. We have lots of grass because we get a lot of rain – this is perfect for rearing sheep, lots of sheep!

- 11 Million sheep live in Wales
- 3 Million people live in Wales

**Foundation Phase 5-7 – Farmers and Farming**

**What do farmers do?**

A brief introduction to farming Sheep, Pigs and Cattle in Wales.

**Beth yw'r cysylltiad?**

- Mae'r cyhyrau a ddefnyddir fel cig yn cynnwys bwndeli o fibbrau cyhyrau wedi'u dal at ei hufenog.
- Mae'r tendonau'n cysylltu'r cyhyrau (sy'n cynnwys bwndeli o fibbrau cyhyrau a meinwe gysylltiol o'u cwrmpas) ag esgyrn yr anifelliad.

**Cyfrnod Sylfaen – Ffermyr a Ffermio**

**Swydd trwy gydol y flwyddyn.**

Mae ffermwyr yn ffermio trwy gydol y flwyddyn – ym mhob tywydd.

# A comprehensive guide to red meat Canllaw cyflawn i gig coch

- A useful printed guide for pupils studying food related courses: GCSE or vocational courses.
- Packed with information about provenance, what is meat, sustainable farming, meat types and cuts, recipe ideas and food styling.
- Class set of 25 copies were sent to every secondary school in Wales (more available)



## Manteisio i'r eithaf ar gig mewn diet cytbwys iach

Mae nodweddion gwahanol i wahanol doriadau o gig coch.

Mae rhai toriadau'n cynnwys llai o fraster nag eraill (sy'n golygu bod ganddynt lal o fraster naturiol), mae rhai'n well wedi'u coginio'n gyflym, ac eraill yn elwa o ddiilliau coginio araf, llaiith.

Wrth fwyta cig coch fel rhan o ddieth iach a chytbwys, dewiswch doriadau â llai o fraster, defnyddiwr ddiilliau coginio iachach a'i weini â digon o rawn cyflawn a lysiau. Y ffordd orau o gyfngu ar fraster wrth goginio yw grilio, tro-frio neu grilio ar farbeci. Mae osogi defnyddio olew ychwanegol wrth goginio hefyd yn arfer da.

Dysgwch sut i ddefnyddio'r hob, y gril a'r ffwrn yn fedrus ac yn ddiogel.

Wrth baratoi toriadau o gig, cofiwch ddefnyddio bwrdd tori coch ar gyfer cig amrwd a golchwrch eich dwylo cyn ac ar ôl ei drin.



### Y gril

Coginio neu frownio cig coch yn gyflym. Dull trosgwyddo gwres - pelydru a dargludo.



### Yr hob

Frio, tro-frio, berwi a mudferwi cig coch. Dull trosgwyddo gwres - dargludo a dargludo.



### Y ffwrn

Rhostio cig mewn tymoredau uchel, sych, coginio caserol neu rostio mewn potyn: dyma lle mae toriad o gig yn cael ei roi ar ben lysiau mewn potyn gyda chaed tynn. Dull trosgwyddo gwres - pelydru a dargludo.

## Mae cig coch yn ffynhonnell brotein gyflawn

Mae'n darparu'r holl asidau amino hanfodol sydd eu hangen ar ein cyrrf ni. Mae cig coch yn ffynhonnell o brotein â gwerth biologol uchel. Mae hefyd yn ffynhonnell o haearn ac yn ffynhonnell gyfoethog o sinc ac amrywiath o Fitaminau yn arbennig Fitaminau B.



Gall cig coch helpu'r canlyni:

### Celloedd coch y gwaed

Mae angen haearn ar y corff i wneud haemoglobin yn y gwaed, yn ogystal â myoglobin yn ein cyhyrau ni.

### Cyfansoddiol celloedd

Rydym ni angen yr asidau amino mae cig yn eu darparu i adedolwr proteinau sy'n ffurfio ein celloedd ni, gan gynnwys eu pilenni a pheriarwain y celloedd.

### Cyhyrau

Mae ffibrâu ein cyhyrau wedi'u creu o brotein a gaiff ei gynhyrchu os cawn gydwyseidd cywir a chyflenwad o asidau amino yn ein diet.

## DiSpelling the myths

Issues such as the impact of red meat on the environment and our health is currently a hot topic for discussion. But it's important to remember that there are huge variations in the environmental impact of different farming systems across the world, with Wales being especially suited for rearing cattle and sheep, while red meat can play an essential part in a healthy and balanced diet.

### Working with our natural environment



wales's topography and landscape favours a grassland System of production



Landscape  
• Climatic conditions  
• One of the world's most sustainable places to produce red meat

Although agriculture is responsible for 10.6% of greenhouse gases in the UK, this is less than the transport and business sectors



The livestock industry is highly efficient and productive...

FCI Wales: Lamb and Welsh Sheep are raised on grass and organic pastures.

Their grazing enhances biodiversity and improves soil health and structure.



# New Cook Book

## Cegin Ni! Our Kitchen!

- 12 Fun, colourful and healthy recipes
- Step by step instructions on method – showing pictures/ images of stages.
- Top tips section
- Nicely presented to give ideas of food styling/ food presentation
- Kitchen rules and useful information – how to weigh and measure
- Illustrated equipment section – help pupils identify items of equipment.



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Diolch yn fawr! Thank you for listening!