

HCC Education Resources Update Adnoddau Addysg HCC

Educating The Future
Addysgu'r Dyfodol

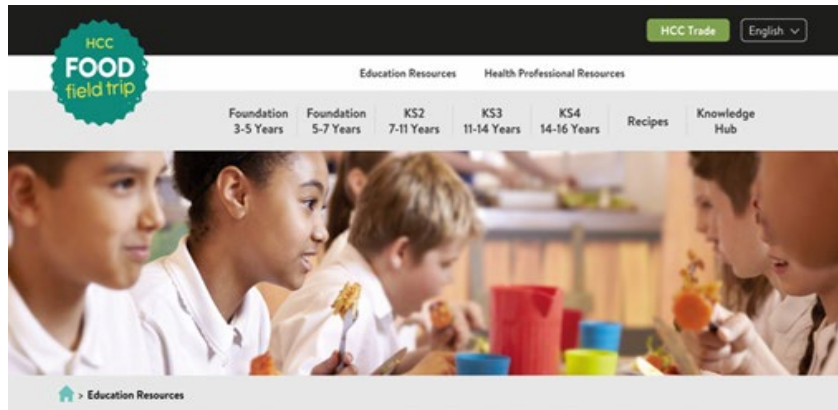
*Elwen Roberts
Consumer Executive, HCC.*

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.

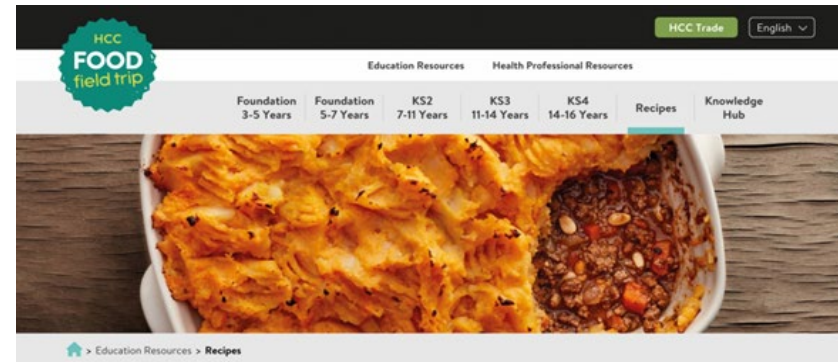
www.hwbcigcoch.cymru
www.redmeathub.wales

- 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



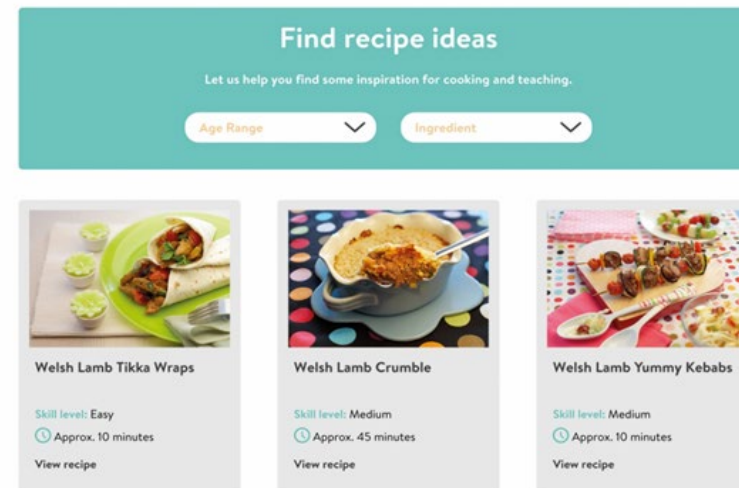
Education Resources

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



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.



Cyfrif Dyfian 2: Ffermydd a Ffermwyr

Ffermydd - Ffermwyr

Y fferm yw lle 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 nghanolbarth Cymru.



Am fwy o wybodaeth dyfyniwrch i www.hybucigcymru.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 called mixed farming




Key Stage 2 : Farmers and Farming

Sheep

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

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



For more learning resources visit www.meatpromotion.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 ffibrau cyhyrau wedi'u dal at ei gilydd gan feinwe gysylltiol llw hufennog.
- Mae'r tendenau'n cysylltu'r cyhyrau (sy'n cynnwys bwndeli o ffibrau cyhyrau a meinwe gysylltiol o'u cwmplas) ag esgyrn yr anifeiliaid.



Cyfrif Dyfian – Ffermydd a Ffermwyr

Swydd trwy gydol y flwyddyn.

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



Am fwy o wybodaeth dyfyniwrch i www.hybucigcymru.cymru

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)

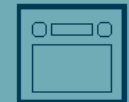


Manteisio i'r eithaf ar gig mewn diet cytbwys iach

Mae nodweddion gwahanol i wahanol doriadau o gig coch. Mae rhai toriadau'n cynnwys llai o fraster nag eraill (sy'n golygu bod ganddynt lai o fraster naturiol), mae rhai'n well wedi'u coginio'n gyflym, ac eraill yn elwa o ddulliau coginio araf, llaith.

Wrth fwyta cig coch fel rhan o ddietau iach a chytbwys, dewiswch doriadau â llai o fraster, defnyddiwch ddulliau coginio iachach a'i weini â digon o rawn cyflawn a llysiau. Y ffordd orau o gyfyngu ar fraster wrth goginio yw grilio, tro-frio neu grilio ar farfach. Mae osgoi 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 torri coch ar gyfer cig amrwd a golchwch 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

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

Y ffwrn

Rhostio cig mewn tymereddau uchel, sych, coginio caserol neu rostio mewn potyn; dyma lle mae toriad o gig yn cael ei roi ar ben llysiau mewn potyn gyda chaead 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 cyrff ni. Mae cig coch yn ffynhonnell o brotein â gwerth biolegol uchel. Mae hefyd yn ffynhonnell o haearn ac yn ffynhonnell gyfoethog o sinc ac amrywiaeth o Fitaminau yn arbennig Fitaminau B.



Gall cig coch helpu'r canlynol:

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

Cyfansoddion celloedd
Rydym ni angen yr asidau amino mae cig yn eu darparu i adeiladu'r proteinau sy'n ffurfio ein celloedd ni, gan gynnwys eu pilienni a pheiriauith y celloedd.

Cyhyrau
Mae fibrau ein cyhyrau wedi'u creu o brotein a gaiff ei gynhyrchu os cawn gydbwysedd 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

The guardians of our nation's natural environment

For centuries, our livestock farmers have played a pivotal role in shaping and maintaining the spectacularly beautiful rural landscapes that we know and love. Their sustainable management needs create a diverse rural environment rich in wildlife, is visitor-friendly and sustain a network of protected areas carefully managed by responsible grazing.

Many of our most iconic landscapes are not accidents of nature but the result of generations of careful management.



Wales's topography and landscape favours a grassland system of production

80% of its landmass is primarily suited for livestock farming

the vast majority of land is unsuitable for growing foods and crops such as...

Landscape

Climatic conditions

One of the world's most sustainable places to produce red meat



Although agriculture is responsible for 10% of our carbon footprint in the UK, this is less than the transport and business sectors

Research shows that our farmers' grassland management techniques help offset carbon emissions by keeping it below the ground



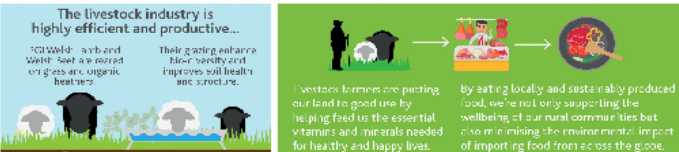
The livestock industry is highly efficient and productive...

100 Welsh lamb and Welsh beef are reared on grass and organic feed

Their grazing enhances their health and improves soil health and structure.

Livestock farmers are putting our land to good use by helping feed us the essential vitamins and minerals needed for healthy and happy lives.

By eating locally and sustainably produced food, we're not only supporting the wellbeing of our rural communities but also minimising the environmental impact of importing food from across the globe.



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!