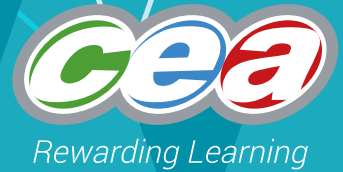


FACTFILE: GCSE HOME ECONOMICS: Food and Nutrition



Modifying Recipes

Learning outcome

- Students should be able to:
 - Plan, prepare and evaluate meals and diets and modify recipes for different groups of people with specific nutritional and dietary needs, ensuring that the meals, diets and recipes reflect current government nutritional guidelines.



Why Recipes May Need to Be Modified

There are a number of reasons why an individual may need to modify a recipe when preparing meals at home.

Recipe modification may take place for the following reasons:

- health reasons – for example, the individual may have a condition such as anaemia, and may therefore need to increase the iron content of recipes
- lifestyle choices – for example, the individual may have adopted a vegetarian or vegan diet, and may need to remove ingredients containing animal products from recipes
- allergies or intolerances – for example, an individual may have a peanut allergy or be lactose intolerant, and may need to remove allergens from recipes

Ways to Modify Recipes

Method	Example	Benefit
Substitution	Substituting a similar ingredient into a recipe to retain texture e.g. using Quorn mince instead of beef mince when making Chilli con Carne	Makes the recipe more suitable for those who wish to follow a vegetarian or vegan diet
Reduction	Reducing the quantity of one ingredient and increasing the quantity of another to retain the consistency of a dish e.g. reducing the amount of cream used in a sauce	Reduces the total fat content of the recipe, benefitting individuals trying to manage CVD
Omission	Leaving out an optional ingredient which will not affect the balance of the recipe e.g. choosing not to garnish soup with a swirl of cream	Makes the recipe more suitable for those with lactose intolerance
Replacing	Replacing one ingredient with a healthier alternative e.g. using herbs and spices as a replacement for table salt in order to retain flavour in a recipe	Benefits those who need to reduce salt content in the diet e.g. individuals with high blood pressure
Adjusting	Adjusting the portion size of a recipe to ensure individuals do not overeat at meal times e.g. halving a recipe for 4 people when only 2 people will be eating	Assists in weight management, helping to prevent overweight and obesity
Altering	Altering the cooking method to help reduce fat content or enhance nutrients retained in the dish e.g. steaming vegetables instead of boiling	Benefits those who may need to increase vitamin intake e.g. individuals with anaemia

Modifying Recipes in Line with Current Dietary Advice

Individuals may wish to modify recipes to improve nutritional content in line with the guidance given in the Eatwell Guide. This may involve:

- Adjusting the recipe to increase fruit and vegetable content
- Substituting starchy foods in the recipe with wholegrain varieties
- Replacing red meat with oily fish
- Reducing quantities of fat, salt and sugar used within a recipe

Top Tips

- Recipe quantities must be observed carefully – it is not possible to halve one ingredient without halving them all
- Read recipes carefully to see if they suggest suitable alternatives – this makes it easier to make changes when you are trying out new recipes
- Take care to make changes that do not affect the cost of the dish – some changes can raise the price of ingredients significantly



Activities

1. Explain why an individual might choose to make the following modifications to a recipe:

Ingredient	Modification
100ml full fat milk	100ml skimmed milk
1 teaspoon salt	1 teaspoon mixed herbs
75g Basmati rice	75g wholegrain rice

2. Suggest and justify modifications to the following recipe to make it suitable for an individual following a vegan diet:

Chilli Beef Wraps

Serves 4

Ingredients:

450g lean minced beef	275g tinned tomatoes
2 cloves garlic	2 tsp red pesto
1 onion	1 tsp caster sugar
1 red pepper	1 tsp mixed herbs
1 red chilli	2 tsp chilli powder
1 courgette	75g grated cheddar cheese
75g sweetcorn	8 flour tortillas



Useful links

- The Food a Fact of Life website has a range of activities on recipe modification in their section on 'Cooking for Health'. These can be accessed from: <https://www.foodafactoflife.org.uk/11-14-years/cooking/cooking-for-health/>
- The NHS 'Better Health: Healthier Families' campaign provides information on 'healthier food swaps'. Resources can be accessed from: <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>
- The NHS 'Food Scanner App' provides suggestions on Smart Swaps while you are shopping. Information on downloading the app can be found at: <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/#fs-app>

