

**Key Stage : 1**

**Lesson Coverage: NSMW – Get Cooking Lesson 1**

**English**

**En1 Speaking and listening**

2a Remember specific points that interest them

**En2 Reading**

1e Read familiar words

1j Decipher new words

7a Use non-fiction and non-literary texts

**En3 Writing**

1b Sequence events

4f Spell words and change endings

7b Nature and use of verbs

9d Organise information

**Science**

**Sc2 Life processes and living things**

2c Taking exercise and eating the right types and amounts of food helps humans to keep healthy

**Design and Technology**

**Working with tools**

2f Food safety and hygiene

**Lesson Plan**

**Before activity**

**Additional Resources**

Access to

[www.iloveschoolmeals.co.uk](http://www.iloveschoolmeals.co.uk)

video clips, showing how to

make Butternut Squash

Cakes

Butternut Squash Cakes

recipe

Note paper

Pen/pencil

1. Remind children of the National School Meals Week website: [www.iloveschoolmeals.co.uk](http://www.iloveschoolmeals.co.uk)
2. Discuss the importance of eating a healthy, but interesting diet.
3. Show the children a copy of Debbie Mumford's butternut squash cake recipe.
  - What is a recipe?
  - Have you used a recipe before?
  - What do recipes tell us?
  - Why is it important to use the right ingredients?
  - Can you pick out the healthy ingredients?
  - Why do we need healthy ingredients?
  - Have you seen a butternut squash before?
  - Have you eaten a butternut squash before?
  - What is it like?
  - Can you think of any other unusual vegetables or fruits?

4. Make a class list of the fruit and vegetables provided by the children.
5. Draw attention to the features of a recipe – format, layout, list of ingredients, simple ordered instructions. Note these features on the white board.
6. Read through the recipe again.
  - o Can you pick out the words that tell us to do something? (highlight these)
7. Create a list of 'bossy verbs' on the white board e.g. cook, mash, mix, bake.
8. Point out that in recipes, as in other instructions, we use 'bossy' verbs because we want to tell people what to do or how to do something.

### Online activity

1. Select the video clip from NSMW Get Cooking Day at [www.iloveschoolmeals.co.uk](http://www.iloveschoolmeals.co.uk). Select Debbie Mumford making Butternut Squash Cakes.
2. As the demo takes place, remind the children of other unusual vegetables and/or recipes where vegetables are used in a sweet dish e.g. carrot cake.
3. Stop the video clip in an appropriate place and remind the children of the original recipe (you could display this in the classroom):

Possible video questions:

- o What will happen next?
  - o What did Debbie do before this step?
  - o Have you seen the butternut squash?
  - o Can you describe the butternut squash?
  - o Have you heard Debbie use any 'bossy verbs'?
4. Accompany video with a running dialogue, where appropriate to help the children fully understand the process.

Possible video questions:

- o Can you see healthy ingredients?
  - o Is it a safe and clean environment?
5. Discuss other safety and hygiene points with the children: washing hands, wearing aprons, cleaning surfaces etc.
  6. Be prepared to start the clip again to remind the children of sequence.

## Following online activities

### Additional Resources

Paper  
Coloured pencils  
Butternut Squash Cake  
muddled recipe worksheet  
Scissors  
Glue  
Felt tips

## Activity: Muddled Recipe

- Give children a copy of the Muddled Recipe Worksheet.
- Encourage the children to read through the steps.
  - Does the recipe make sense?
  - What part should come first?
  - Which part should come last?
  - Why does the recipe need to be in the correct order?
- Ask the children to cut up the recipe and re-order in the correct sequence.
- Encourage the children to read through their recipe with a partner, to check the sequence.
- Ask the children to stick the recipe onto another sheet of paper in the correct sequence.
- Ask the children to number each step.
- Remind the children of 'bossy verbs' from earlier. Encourage the children to highlight the 'bossy verbs' with a coloured pencil/felt tip.

## Support/Extension Ideas

The ideas below are given to support the less able and extend the more able children in KS1.

### Support Ideas

- To work with support, where available.
- Provide a simplified version of the recipe. Ensure the recipe matches reading ability.
- Play 'bossy verb' snap. Write a few bossy verbs on card (in duplicate) lay them face down on the table. Encourage the children to turn them over and read the verb e.g. cook, bake, mix, then follow 'snap' game as normal.

### Extension Ideas

- Ask the children to make their own sentences using the 'bossy verbs' from the recipe e.g. Please mash quickly. Make sure the children underline their bossy verb.
- Encourage the children to write a 'bossy verb' and then change the ending. They should try adding 'ed' and 'ing' each time e.g. mash, mashed, mashing.

## Plenary

- Have a look at the other cooking demonstrations on the website.
- Remind the children about following instructions and why it is important they are in the correct order.
  - Can you see the ingredients?
  - What would happen if we missed a step in the recipe?
  - Can you remember the unusual vegetables and fruit that we talked about earlier?

# My Target - I can order a recipe

Read the recipe below, does it make sense? Carefully cut along the dotted lines and put the recipe in the correct order.

Stick your recipe strips on paper, **number each step** and colour the **bossy verbs**.

## BUTTERNUT SQUASH CAKE

Place in 12 muffin cases.

### Ingredients

- Soft Brown Sugar 5 oz / 140g
- Cinnamon 1 tsp
- Baking Powder  $\frac{1}{2}$  oz
- Eggs 3
- Plain Flour 7 oz / 200g
- Mixed Spice 1 tsp
- Oil  $2\frac{1}{2}$  fl oz / 60ml
- Butternut Squash 7 oz / 200g

Bake in the oven for 20-25 minutes.

Cook and mash the butternut squash.

Mix all the ingredients in a bowl.

Allow to cool.