

Key Stage : 1

Lesson Coverage: NSMW – Get Cooking Lesson 2

English

En1 Speaking and Listening

1e Include relevant detail

En3 Writing

2a Attempt unfamiliar words

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

Developing, planning and communicating

1d Talk about their ideas

Working with tools

2f Food safety and hygiene

Lesson Plan

Before activity

Additional Resources

Access to

www.iloveschoolmeals.co.uk

video clips, showing how to boil an egg/make a side salad

1. This activity involves 'boiling an egg' or 'making a side salad'. Please select the most appropriate activity for your facilities and follow the relevant guidelines below.
2. Remind children of the National School Meals Week website at www.iloveschoolmeals.co.uk
3. Discuss the importance of eating three healthy, balanced meals a day.
 - How many meals should we eat a day?
 - Why do we need three meals?
 - What kind of snacks should we eat?
 - Why is it so important to eat breakfast?
 - How long do you usually sleep for?
 - Why do we need to eat before school?
 - What would happen if we didn't eat before school?
 - Which foods are important for breakfast?
 - Why should we eat in the middle of the day?
 - What could we eat with our lunch? (salad)

Online activity

If you are hard boiling an egg:

- Encourage the children to compile a class list of breakfast foods.
 - How can we make this meal balanced?
 - Shall we add orange juice?
 - What about toast?
 - Do you like eggs?
 - Do you eat eggs for breakfast?
 - How many ways can you cook eggs?
 - Have you ever tried a hard boiled egg?
- Talk about boiling an egg and ask the children to think about how they would go about doing this.
 - What do you think we should do first?
- Invite the children to invent a recipe for hard boiling an egg and record ideas on white board.
- Select the video clip from NSMW Get Cooking Day at www.iloveschoolmeals.co.uk. Play the boiling an egg video.
- As the demo takes place, remind the children of safety features.
 - Why do we need to be very careful?
 - Who should always help you in the kitchen?
 - How can we keep our food area safe and clean?
 - Why do we need to be careful with the water?
 - Why do we eat a hard boiled rather than a soft boiled egg?
- Split the class into groups of 4-5 children.
- Take the first group of children to the food area and follow the recipe below.

Following online activities

Additional Resources

How to Boil an Egg worksheet
Pencil
Cooker
Pan
Water
Spoon
Knife
Eggs
Egg cup
Egg timer/clock
Felt tips – if required

- Ensure that the children have washed their hands and that all areas and surfaces are clean.
- Make sure that the eggs have been taken out of the fridge at least 10-15mins before boiling.
- Place a pan of cold water on the hob.
- Using a non metallic spoon place the egg into the cold water.
- Turn on the gas or electric - always performed by an adult.
- When the water has boiled, start the timer.
- Time 8 minutes for a medium sized egg using the egg timer.
- Whilst the egg is cooking ask the children to complete the How to Boil an Egg worksheet.
- Carefully lift the egg from the water with a non metallic spoon and place it in an egg cup to cool. This should always be performed by an adult.
- When the egg is cold, show the children how to slice the top off the egg and let them see inside. Then peel the rest of the shell off.

Online activity

If you are making a side salad:

- Encourage the children to make a list of foods that we could eat for lunch.
 - What could we eat with our lunch?
 - Can you think of any salad items?
 - Why are these foods good for us?
- Help the children to write a list of salad items, include lettuce, cucumber and tomato.
- Select the video clips from NSMW Get Cooking Day at www.iloveschoolmeals.co.uk. There are videos showing how to cut cucumber, wash lettuce and make a side salad.
- As the demos play, remind the children of safe practices.
 - Why do we need to be very careful?
 - Who should always help you in the kitchen?
 - How can we keep our food area safe and clean?
 - Why do we need to be careful with the knives?
- Split the class into groups of 4-5 children.
- Take the first group of children to the food area and follow the recipe below.

Following online activity

Additional Resources

Cucumber
Tomato
Lettuce
Chopping board
Knife
Plate

- Ensure that the children have washed their hands and that all areas and surfaces are clean.
- Talk to the children about the salad items.
 - Have you seen these before?
 - Have you eaten all of these salad items?
 - Why do we need salad foods?
- Ensure that all salad items are thoroughly washed by the children.
- Ask the children to prepare the lettuce and place on a plate.
- With adult supervision, help the children to slice the cucumber and the tomato.
 - What other ingredients could we use in a salad?
 - Have you eaten any other salad items before?

Whole class activity

Additional Resources

Plates worksheet
Coloured pencils/pens

This activity can be carried out whilst the other groups are in the food area.

1. Talk to the children again about eating three balanced meals a day.
2. Encourage the children to think of foods to make three balanced meals.
 - What makes a balanced meal?
 - What would happen if we ate the same foods at each meal?
3. Ask the children to design three healthy meals to eat in a day.
4. Ensure the hard boiled egg or side salad is included.
5. Provide the children with the Plates worksheet.
6. Ask the children to draw their meals onto the plate.
7. Ensure the children provide labels for all foods.

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 word bank for labelling the plates worksheet.
- Help some children to complete a balanced breakfast only.

Extension Ideas

- Encourage the children to complete all three balanced meals for the day.
- Ensure the children work as independently as possible.
- Ask the children to design a new school lunch – making sure it is balanced.

Plenary

- Ask the children to make a list of all the fruits and vegetables they can think of.
- Invite the children to then add them to a meal during the day.