

Key Stage : 2

Lesson Coverage: NSMW – Get Cooking Lesson 1

**Design &
Technology**

Developing, planning and communicating ideas

- 1c Plan what they have to do
- 1d Communicate ideas in different ways

Working with tools, equipment, materials and components to make quality products

- 2f Follow safe procedures for food safety and hygiene

Evaluating processes and products

- 3a Reflect on progress of work
- 3c Recognise the quality of a product depends on how well it is made/meets intended purpose

English

En3 Writing

- 1a Choose form and content to suit a purpose
- 1b Broaden vocabulary
- 1c Use language and style appropriate to reader
- 1e Use features of layout effectively
- 2a Note and develop initial ideas
- 2b Develop ideas from draft
- 2e Present neat and clear copy

ICT

Developing ideas and making things happen

- 2b Create, test, improve and refine sequences of instructions to make things happen and to monitor events and respond to them

Science

Sc2 Life processes and living things

- 1a Understand that the life processes common to humans and other animals include nutrition, movement, growth and reproduction
- 2b Understand the need for food, activity and growth, and the importance of an adequate and varied diet for health

Lesson Plan

Before activity

Additional Resources

Selection of recipes.
Access to
www.iloveschoolmeals.co.uk
video clips, showing how to
make cottage pie/salad
Note paper
Pen/pencil

1. Remind children of the National School Meals Week website: www.iloveschoolmeals.co.uk
2. Discuss the importance of a healthy balanced diet and how this can be achieved.
3. Give out copies of Debbie Mumford's winning recipe, which is available to download from the website, plus any other recipes you select for this lesson.
4. Ask children to look at the recipes and identify important features essential to a good recipe, such as:

- Clear list of ingredients
 - Ordered instructions
 - Preparation clearly identified at beginning
 - Accurate measurements
5. Ask the children to share their ideas with the rest of the class.
 6. Explain to the children that they are going to create their own recipes today from cooking demonstration videos.
 7. Discuss the importance of note taking whilst they are watching the video clips.
 8. Encourage children to think about health, safety & hygiene observations they may make.
 9. Ensure everyone is prepared to take notes during the video.

Online activity

1. Select the most appropriate video clips from NSMW Get Cooking Day at www.iloveschoolmeals.co.uk. You may select Debbie Mumford – making cottage pie or a side salad - choose whichever is appropriate for the resources you have available.
2. As the demo takes place, children should make notes on what is happening step-by-step.
3. Some vocabulary and ingredients used should be provided on the whiteboard.
4. Accompany video with a running dialogue on what Debbie is doing to make it easier for children to take notes.

Possible video questions:

- What is she making?
- Have you made it before?
- Have you eaten it at school?
- Can you see healthy ingredients?
- What is a balanced diet?
- Why do we need a balanced diet?
- Is it a safe and clean environment?

Stop the clip at an appropriate point:

- Have you remembered safety points in your notes?
- How can we make sure our cooking area is clean?
- Have you included a list of the ingredients?

Be prepared to start the clip again to remind the children of sequence.

Following online activities

Additional Resources

Paper
Pens
Selection of recipes

Activity : Writing a Recipe

- Ask the children to create a recipe for the food they saw being cooked in the demo.
- Talk to the children about their notes from the video.
- Ask some children to share their notes with the class.
- Remind the children of the layout of a recipe as discussed earlier.
- Support the children as required as the children create their own recipes.
- Remind the class that the person reading their recipe won't necessarily have seen the video demonstration as they did. Explain that each step must be clear and nothing left out.
- Remind the children of the health and safety features.
- As a class look at some of the completed recipes.

Support/Extension Ideas

The ideas below are given to support the less able and extend the more able children in KS2.

Support Ideas

- To work with support, where available.
- To be given a word bank for spellings.
- Give less able children the recipe in numbered steps, encourage the children to order the steps to create the recipe.

Extension Ideas

- Children to record their recipes for someone to follow by listening rather than reading.
- Consider speed of delivery and pauses to allow person to stop tape/perform task in time.
- If audio equipment is not available, children may wish to use a computer to produce their recipe and include images/photos.

Plenary

- Time to test recipe-writing! If possible, find 3-4 willing volunteers to cook food from one of the children's recipes. This could be done at home or with teaching staff. Children could read their recipes and ask family members or friends to follow the instructions.

Possible questions

- How well did each recipe work?
- How could you change your recipe, to make it more successful?
- What other safety notes should you have included?

Homework

- Talk to the children about hygiene in the kitchen.
- If time allows show the video clips showing how to prepare for cooking and cleaning up.
- Ask the children to design a poster about hygiene which should include practices such as:
 - Washing hands
 - Hair tied back
 - Clean surfaces
- Look at each poster & choose a winner! Remember the www.iloveschoolmeals.co.uk website has certificates for you to download and print.