

Key Stage : 2

Lesson Coverage: NSMW – Get Cooking Lesson 2

**Design &
Technology**

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

- 2a Select appropriate tools and techniques for making their product
- 2d Measure a range of materials
- 2f Follow safe procedures for food safety and hygiene

Prepare food dish and recipe

- 1a Generate ideas
- 1d Communicate recipe ideas
- 2a Select appropriate ingredients & tools

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

- 1b Broaden vocabulary
- 1c Use language and style appropriate to reader
- 1e Use features of layout effectively
- 2a Note and develop initial ideas

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

Please note: The children will have already selected the cottage pie or side salad depending on the resources available. Ensure that you have the required utensils, ingredients, equipment and appropriate support before the lesson begins. Ensure adequate supervision at all times.

Additional Resources

Cooking aprons
Children's recipes
Utensils
Ingredients
Recipe Books
Coloured Pens
Pencils
Paper

1. Remind children of the National School Meals Week website at www.iloveschoolmeals.co.uk
2. Discuss the importance of a healthy balanced diet.
 - What is a balanced diet?
 - Why do we need a balanced diet?
 - How important is it to eat three main meals a day?
 - What would happen if we ate the same foods at every meal?
 - How do you feel after you have eaten food?
3. Encourage the children to share their recipes and ideas, from lesson 1. If you did not complete lesson 1 from the Get Cooking day at www.iloveschoolmeals.co.uk ensure you provide the children with a recipe for cottage pie/side salad.
4. Invite the children to read out their recipe to the class. Ask the children to identify safety features.
 - Is this recipe safe to cook?
 - What are the important safety points?
 - Can you add any other safety points?
5. As a class identify important features essential to a good recipe such as ingredients, ordered instructions, preparation, accurate measurements, etc.
6. Divide the class into groups of 4-5 children.
7. Help the children to choose a recipe for each group to follow, please ensure the children choose a full recipe from those produced in lesson 1.
8. Remind the children of the video clip from NSMW website with Debbie Mumford. Explain to the children that it is their turn to be a 'Chef'.
9. Remind the children of safe procedures for food safety and hygiene – look again at the food hygiene posters from lesson 1.
10. Ensure all children have washed their hands and surfaces and utensils are clean.

Main activity

Note to teachers.

This part of the lesson is split into 3 activities. Activity 1 is the main Food Technology lesson. You will need adult supervision at all times during this session. The activities are designed to be carried out simultaneously, then rotated so each child has chance to cook, design a complete meal and design a front cover for a recipe book. You may wish to spread these activities throughout a whole morning or afternoon.

Activity 1 – Get Cooking!

Using the chosen recipe make cottage pie or side salad with the children. Support children as they prepare the food and use equipment, particularly when using knives and ovens. Ensure you follow your school safety policies for activities of this nature.

Activity 2 – Create a Meal

1. Talk to the children about a complete meal.
 - What is a complete meal?
 - What should it include?
 - How do we ensure it is balanced?
 - What is different about breakfast, lunch and tea?
 - Have you heard of a three course meal?
 - What are the three courses?
2. Give the children ideas for a meal that uses their recipe as part of one of the three courses.
 - Who is your meal for?
 - What sort of food do we have as a starter?
 - Will you have any vegetarians eating your meal?
 - How will you make it balanced?
 - Will you include energy foods?
 - Which vegetables go with that?
 - Have you remembered to include fruit?
 - Have you heard the phrase five-a-day?
 - Why is it important to get our five-a-day?
3. Provide the children with a selection of recipe books & recipes from the Internet.
4. In groups, encourage the children to design a meal using different recipe ideas.
5. Remind the children about the need for a balanced diet.
6. Review the finished meal plans with the children to ensure they fully understand the components of a balanced meal.

Activity 3

1. Take a look at a selection of recipe books and discuss the front covers.
 - Who is it designed for?
 - What can you see?
 - How does the picture make you feel?
 - What does the title tell you?
 - What else is shown on the front cover?
2. In pairs ask the children to design a front cover for a book of recipes aimed at a family.
3. Support the children as they design the front cover.
4. Review the completed front covers to ensure all key information has been included.

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.
- Provide the children with very simple recipe ideas, during activity 2.
- Ensure the recipes are matched to reading ability.
- During activity 2, ask the children to only draw and label each food course. This will be easier than writing each as a recipe.

Extension Ideas

- Extend some children and ask them to read aloud the recipe during activity 1.
- Encourage the children to think of a name for their complete meal.
- Ask the children to judge the meals and give a score.
- Encourage the children to think about judging criteria:
 - Is it a balanced meal?
 - Does it contain energy foods/fruits/vegetables?

Plenary

Favourite Dish!

- When all dishes are complete, invite the children to taste and vote for their favourite dish. Ensure you are fully aware of food intolerances, allergies and parental wishes before you let the children taste the food.
- The winning recipe could be published in a school newsletter or newspaper. Photographs of the final product should be included.
- You may wish to download the NSMW Certificate from the website to commend good work during the Get Cooking day. www.iloveschoolmeals.co.uk

Homework

Ask the children to evaluate their recipe and think about other food items they could serve their dish with.