



Cookery Workshop

Sample Lesson Plan



Time	Staff	Activity	Resources
10.30 - 10.45am	LF	<p>Introductions. H&S talk.</p> <p>Looking through a Growing Local Veg Bag.</p> <p>Starter activity on Seasonality.</p>	<p>Veg Bag</p> <p>Laminated Vegetable Cards</p>
10.45am	LF	<p><i>Divide into 3 x groups, each group to swap around after 20 minutes of each activity.</i></p> <p><i>All children to WASH HANDS & put on Aprons, children with longer hair to tie it back.</i></p>	<p>Hand Washing Station</p> <p>Aprons, Hair Bands</p>
10.45 - 11.05am	LF	<p>KNIFE SKILLS:</p> <ul style="list-style-type: none"> - Vegetable, fruit & salad identification. - Safe knife skills talk & demonstration. 	<p>Knives, Safety Knives, Peelers, Chopping Boards, Bowls, Vegetables, Fruits, Salads</p>
11.05 - 11.25am		<ul style="list-style-type: none"> - Each child to be assigned a 'work station' & chopping board and under close supervision to peel, slice and chop a variety of seasonal vegetables, fruits & salads. 	
11.25 - 11.45am	RH / EP	<p>DIP MAKING</p> <ul style="list-style-type: none"> - Each group to follow a simple recipe and under supervision make a dip together. - Pea Dip, Beany Dip, Herby Dip - Recipes will involve weighing, cutting, juicing, mixing, blending, tasting, seasoning. 	<p>Knives, Forks, Spoons, Mixing Spoons, Bowls, Masher, Chopping Boards, Mini Chopper, Citrus Juicer, Dip Ingredients, Laminated Recipe Cards</p>
	DP / HP	<p>DESIGN-A-DIP CHALLENGE</p> <ul style="list-style-type: none"> - Each group to be challenged to design and make together their own dip - A 'masterchef' selection of raw ingredients and equipment will be supplied and full assistance given. - Groups to name their dip and write a label. 	<p>Knives, Forks, Spoons, Mixing Spoons, Bowls, Masher, Chopping Boards, Mini Chopper, Citrus Juicer, Dip Ingredients,</p>
11.45 - 12.00noon	LF / RH / EP DP / HP	<p>All children to WASH HANDS.</p> <p>Presentation of vegetable sticks and 6 x dips.</p> <p>TASTING SESSION, children will be encouraged to try as many vegetable sticks and dips as possible.</p> <p>No 'double dipping'.</p> <p>VOTING on the best Design-a-Dip.</p> <p>Recipe cards will be given out.</p> <p>Staff to clear and wash up following session.</p>	<p>Bowls</p> <p>Kitchen roll</p> <p>Recipe Cards</p> <p>Washing up bowls, washing up liquid, tea towels</p>