



Harvesting & Cookery Workshop

Sample Lesson Plan



Time	Staff	Activity	Resources
9.30 - 9.40am	LF	Welcome Children to the Plot. Introduction to the allotment and field kitchen. Health & Safety talk.	
9.40 - 9.50am	LF	Starter Activity on Fruits & Vegetables that grow in Herefordshire, seasonality activity. <i>Divide into two groups.</i>	Laminated Cards
9.50 - 10.30am	HP / CV	GARDENING & HARVESTING Plot Tour: plot tour tasting raw salads, herbs & vegetables. Harvesting: Digging up potatoes, harvesting various veggies for soup, washing of all veggies for cooking. Gardening: Sowing our autumn crops: spinach, chard, garlic, onions (time permitting)	Seeds, Compost, Trugs, Hand Tools, Labels, Pens, Baskets, Wheel Barrow, Water Bowls, Vegetable Scrubbing Brushes, Baskets
	LF / DP	COOKERY Harvesting: Brief plot tour and harvesting of root vegetables, leeks and onions ready for soup. Washing of vegetables ready for cooking. WASH HANDS Cookery in plot box: Kitchen H&S. Safe knife skills. Chopping of root vegetables, onions & leeks. Starting off of soup. Tasting: Carrot & Tomato 'blind' tasting, comparing of supermarket with locally grown produce.	Baskets. Hand Washing Station, Soap, Hand Towels Water Bowls, Vegetable Scrubbing Brushes, Knives, Chopping Boards, Bowls, Induction Hob, Pan, Wooden Spoons, Soup Ingredients Carrots & Tomatoes
		GROUPS SWITCH AROUND	
10.30 - 11.10am	DP / HP	GARDENING & HARVESTING Plot Tour: tasting raw salads, herbs & vegetables. Harvesting: Various vegetables for soup, washing of all vegetables ready for cooking. Gardening: Sowing our autumn crops: spinach, chard, garlic, onions (time permitting)	Seeds, Compost, Trugs, Hand Tools, Labels, Pens, Baskets, Wheel Barrow, Water Bowls, Vegetable Scrubbing Brushes, Baskets
	LF / RH	COOKERY WASH HANDS Cookery in plot box: Kitchen H&S. Safe knife skills. Chopping of green vegetables. Finish preparing soup, adding the rest of the veggies, tomatoes, herbs and seasoning. Tasting: Carrot & Tomato 'blind' tasting, comparing of supermarket with locally grown produce.	Knives, Chopping Boards, Bowls, Induction Hob, Pan, Wooden Spoons, Soup Ingredients Carrots & Tomatoes
11.10 - 11.30	LF, All	Carry cooking pot outside, and get children sat in ring. Serve soup in enamel mugs and eat. Discussions of soup ingredients and count number of vegetables. Session wrap up.	Enamel Mugs, Spoons, Ladle, Kitchen Roll Recipe Cards