

Lesson	Eat the Seasons – Cooking Extension	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> Using produce grown in the season only, create your own soup 	
Resources Needed	<ul style="list-style-type: none"> Seasonal produce & flavouring Blender or masher Knife & chopping board Bowl Stove/heat source & saucepan 	

Adaption maybe required for needs and age. Consideration must be given to any allergy or dietary requirements.

	Outline	
Link 15mins	<p>Thinking about what you have learnt about seasonal food. Have a look at what is available in the season and what flavours you would like to try together.</p> <p>Consider additional flavours such as herbs and spices to add to your soup. Create a list of ingredients for your soup and a method of preparing and cooking.</p>	
Preparation 5mins	<ul style="list-style-type: none"> Ensure all students hands have been washed and dried hands thoroughly, as per Food Hygiene Regulations https://www.foodafactoflife.org.uk/search-results?q=food+safety https://www.foodafactoflife.org.uk/search-results?q=hygiene All surfaces are clean for food preparation (you may wish to use boards, trays, washable table cloths) https://www.foodafactoflife.org.uk/search-results?q=setting+up Have all the utensils available washed and ready for use Access to washing up facilities should also be considered This does not have to be completed on a traditional indoor stove, it could take place on an outdoor cooker or even a campfire. (Heat source may need time to heat up and this should be considered in lesson planning) <p>Depending on the age and ability of the students you may want to consider including Food Preparation Skills of peeling and chopping the ingredients independently. Help and guidance can be found at https://www.foodafactoflife.org.uk/search-results?q=key+skill</p> <p><i>Pair or individual working is recommended</i></p>	
Cooking 30mins	<p>Working in pairs create and cook the soup.</p> <p>It might be an idea to have something like breadsticks or teaspoons available, so they can try each other's from a tasting table. (no double dipping!)</p> <p>Consideration should also be given to portion control – BNF Find Your Balance and food waste. https://www.nutrition.org.uk/shop/leaflets-and-posters/product/find-your-balance-short-booklet-8pp.html</p> <p><i>Eating together and discussing what they have completed is a great social way to enjoy food and further promotes healthy eating.</i></p>	
Clear Down 10mins	<p>Ensure students wash and clear working areas and utensils used as per Food Hygiene and Safety Regulations</p>	