Lesson	Food Miles – Cooking Extension	60-minute session
Learning Outcomes	• Using produce grown locally (could be a local farm or school allotment) create a smoothie drink	
Resources Needed	• Locally grown produce • Blender or masher • Knife & chopping board • Jugs	

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

	Outline
Link 15mins	Thinking about what you have learnt about locally produced food. Have a look at what is available and what flavours you would like to try together. Consider additional flavours such as fruits and herbs to add to your smoothie. Create a list of ingredients and a method of preparing.
Preparation 5mins	• 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) • Have all the utensils available washed and ready for use • Access to washing up facilities should also be considered 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 *Pair or individual working is recommended*
Cooking 30mins	Working in pairs prepare and create the smoothie. It might be an idea to have small tasting cups available, so they can try each other's from a tasting table. 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 *Eating together and discussing what they have completed is a great social way to enjoy food and further promotes healthy eating.*
Clear Down 10mins	Ensure students wash and clear working areas and utensils used as per **Food Hygiene and Safety Regulations**