

Lesson	You Are What You Eat! – Cooking/Non-Cooking Extension	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> • Using only natural foods create a healthy skewer • Non-Cook version to use fruits & vegetables • Cooking version can use a mix of fruit, vegetables, fish & meats 	
Resources Needed	<ul style="list-style-type: none"> • Natural produce • Knife & chopping board • Bowl • Stove/BBQ/heat source (cooking version only) • Wooden Skewers • Produce to cook with 	

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

	Outline	
Link 15mins	Have a look at what is available to you and think about what flavours would go together. In your pair decide what ingredients you will use.	
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 their pairs create and cook the skewers.</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	Ensure students wash and clear working areas and utensils used as per Food Hygiene and Safety Regulations	