

Lesson	Bringing It All Together - Combination Lesson	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> To be able to bring all food principles learnt into a single meal To consider & understand food safety when cooking or preparing food <i>(Potential links to RE & Geography)</i>	
Resources Needed	<ul style="list-style-type: none"> Pancake Cards & Sheets Teacher Resource Notes Produce & oil Knife & chopping board Bowl & whisk Ladle & spatula Plates Stove/heat source & frying pan 	

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

	Outline	Resources
Introduction 5mins	Re Cap What have we learnt about? – Class Discussion <ul style="list-style-type: none"> What foods are good for us Where our food comes from How our food grows What our foods contain When our foods grow The impact food can have The skills and hygiene practices when cooking 	
Activity 1 – Bringing it together 10mins	Activity Using everything the students have learnt we can bring this together by making pancakes – <ul style="list-style-type: none"> What ingredients do you need? Where do these come from? How do we make a pancake safely? Using the cards see if the students can identify the ingredients needed and match them to how they are produced/grown. Do the students know how to cook a pancake? Have they ever had a go before? Using the sheet match the actions to the pictures. Have a look at what is available in the season, in your local area/school allotment and what flavours you would like to try on top of your pancake?	Pancake Cards & Sheets Teacher Resource Notes
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) 	Cooking Equipment & Ingredients

	<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 your pancake.</p> <p>Consideration should also be given to portion control – BNF Find Your Balance and food waste.</p> <p>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>	Eating Utensils
Clear Down 10mins	<p>Ensure students wash and clear working areas and utensils used as per Food Hygiene and Safety Regulations</p>	Washing Facilities