

<b>Lesson</b>	Eat the Rainbow – Cooking Extension	30 – 50-minute session
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>Using the knowledge learnt use fresh ingredients to create a tasty snack</li> </ul>	
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>Pizza bases (cooking) or wraps (non-cook)</li> <li>Tomato base sauce (cooking) or cream cheese (non-cook)</li> <li>Selection of different coloured fruit &amp; vegetables</li> <li>Cooking utensils needed (according to ingredients, age &amp; ability)</li> </ul>	

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

	<b>Outline</b>	
<b>Link 5mins</b>	Thinking about eating the rainbow and the things tried and tasted, ask the students to create a pizza or wrap using more than 4 different coloured fruit and vegetables?	
<b>Preparation 10/20mins</b>	<ul style="list-style-type: none"> <li>Ensure all students hands have been washed and dried hands thoroughly, as per <b>Food Hygiene Regulations</b> <a href="https://www.foodafactoflife.org.uk/search-results?q=food+safety">https://www.foodafactoflife.org.uk/search-results?q=food+safety</a> <a href="https://www.foodafactoflife.org.uk/search-results?q=hygiene">https://www.foodafactoflife.org.uk/search-results?q=hygiene</a></li> <li>All surfaces are clean for food preparation (you may wish to use boards, trays, washable table cloths) <a href="https://www.foodafactoflife.org.uk/search-results?q=setting+up">https://www.foodafactoflife.org.uk/search-results?q=setting+up</a></li> <li>Have all the utensils available washed and ready for use</li> <li>Access to washing up facilities should also be considered</li> <li>Preheat oven to cooking instructions (cooking version only)</li> </ul> <p>Depending on the age and ability of the students you may want to consider including <b>Food Preparation Skills</b> of peeling and chopping the ingredients independently. Help and guidance can be found at <a href="https://www.foodafactoflife.org.uk/search-results?q=key+skill">https://www.foodafactoflife.org.uk/search-results?q=key+skill</a></p> <p><i>Pair or individual working is recommended</i></p>	
<b>Cooking Version 30mins</b>	<ul style="list-style-type: none"> <li>Each pair/student has a pizza base and some sauce (quantity would be dependent on the size of pizza base)</li> <li>Spoon the sauce over the pizza base and smooth over with the back of the spoon</li> <li>Students decide what options to put on their base – try to get them to use at least 3 or 4 different colours (this could have been predetermined from previous lesson or can be based on a number of different fruits and vegetables available on the day)</li> <li>Cook for the advised time, serve and eat</li> </ul> <p>A challenge of how to present their pizza e.g. a scene, funny faces etc could help the students be creative in their cooking. Consideration should also be given to portion control – <b>BNF Find Your Balance</b> and food waste. <a href="https://www.nutrition.org.uk/shop/leaflets-and-posters/product/find-your-balance-short-booklet-8pp.html">https://www.nutrition.org.uk/shop/leaflets-and-posters/product/find-your-balance-short-booklet-8pp.html</a></p> <p><i>Eating together and discussing what they have created is a great social way to enjoy food and further promotes healthy eating.</i></p>	

<p><b>Non-cook Version</b> <b>15mins</b></p>	<ul style="list-style-type: none"> <li>• Each pair/student has a wrap and some cream cheese (quantity would be dependent on the size of wrap)</li> <li>• Students decide what options to put on their wrap – try to get them to use at least 3 or 4 different colours (this could have been predetermined from previous lesson or can be based on a number of different fruits and vegetables available on the day)</li> <li>• Serve and eat</li> </ul> <p>A challenge of how to present their wrap e.g. a scene, funny faces etc could help the students be creative in their cooking.</p> <p>Consideration should also be given to portion control – <b>BNF Find Your Balance</b> and food waste.</p> <p><a href="https://www.nutrition.org.uk/shop/leaflets-and-posters/product/find-your-balance-short-booklet-8pp.html">https://www.nutrition.org.uk/shop/leaflets-and-posters/product/find-your-balance-short-booklet-8pp.html</a></p> <p><i>Eating together and discussing what they have created is a great social way to enjoy food and further promotes healthy eating.</i></p>
<p><b>Clear Down</b> <b>10mins</b></p>	<p>Ensure students wash and clear working areas and utensils used as per <b>Food Hygiene and Safety Regulations</b></p>