



**Food and the
consumer
People in
Society**

Curriculum links/skills

Global citizenship
Food journeys
Food preparation
Measuring
Hygiene and safety practices
Tasting new foods

**P/Yr 4
upwards
but younger
with support**

Link to video lesson: <https://youtu.be/Fe2tUsC7FSE>

Resources needed to cook in school: children work in pairs making half recipe, 3 muffins each, oven set to 190/gas mark 5
electric hob, pan, muffin tins and cases, weighing scales, spoon measures,
For each pair: a bowl, sieve, wooden spoon, jug, 2 plates, small containers for dry ingredients, forks, (knife) teaspoon
Ingredients: Fairtrade bananas, granulated sugar and chocolate chips/chocolate, plain flour, baking powder, bicarbonate of soda, salt, eggs, porridge oats, vegetable fat spread/margarine

Activity Description - tips

Each child have opportunity to sieve, to measure and to mash banana.
May use chocolate bars and chop rather than chocolate chips.
To divide eggs, break and beat all eggs together then share out equally between jugs to which other wet ingredients can then be added.
Add a little extra water if mixture too stiff.
When loading cases try not to touch the case but let mixture drop in.

Food Safety and hygiene considerations

Encourage wearing of aprons, tying back of long hair, rolling up of sleeves and removal of anything on wrists or hands.
Wash hands thoroughly and wipe surfaces with anti-bac spray.
Supervise use of knives and care with hot oven

