

Cover the new DfE guidance with confidence.

Lower Key Stage 2 content includes:

- ☀ Maintenance of overall health with effective nutrition, exercise and dental health
- ☀ Development of self-awareness, respect and resilience
- ☀ Understanding wider world issues, such as emergencies, communities and human rights

Lower Key Stage 2 Handbook SAMPLES



Today's big question:



How can I plan and create healthy meals?



Planning your salad



Ingredients:

.....
.....
.....

Method:

.....
.....
.....
.....
.....



4.1.3

Chef for the day!**Big question:**

- How can I plan and create healthy meals?

Key vocabulary:

- salad, ingredients, method, recipe

Skills:

- Self-organisation
- Recalling and applying knowledge creatively and in new situations

Resources:

- PowerPoint 4.1.3
- Resource Sheets 4.1.3a and b
- Variety of common and unusual salad ingredients, cutting boards, plastic bowls and forks

In this lesson pupils will create salads for their lunch using a wide range of different ingredients to encourage creativity and to see that salad isn't just a bit of lettuce on a plate!

Note: You will need to follow school protocol for this activity, including a risk assessment and, if required, send letters out to parents ahead of the lesson. Make sure you double check if any of your cohort have any allergies prior to teaching this, which you will need to make full provision for. You can either buy the resources yourself or ask children to bring in their own resources from home – maybe using an old family recipe or favourite.

Introduction (10 mins)

- You could do the Introduction of this lesson a day or week before actually teaching it and pupils can be given homework to plan a healthy salad and bring the ingredients in for the activity. They could use **Resource Sheet 4.1.3a** for this.
- Revisit your working agreement and edit or add anything if required before leaving it on view.
- Show **Slide 1** and look at the big question. Check understanding.
- Hand out **Resource Sheet 4.1.3a** for pupils to use in planning their salad. Show **Slide 2** and go through the planning process.

Activities (35 mins)

- Discuss the importance of health and safety when cooking. Hygiene is particularly important – tying hair back, cleaning hands, using a fridge, washing things carefully, and being careful when using knives or other kitchen equipment (to be used at your discretion).
- Pupils use their completed copy of **Resource Sheet 4.1.3a** and follow their recipes and instructions to create a healthy salad for their lunch. Before they begin, make sure they are all aware of what they need to do, model where appropriate and remind them again of the importance of health and safety.

Plenary (10 mins)

- Pupils eat their salads for lunch and feed back what they thought of it in a class discussion. They then complete their own assessment sheet, **Resource Sheet 4.1.3b**. Go through this with them first so that they understand the expectations (i.e. explaining their answers, not just using one word!).
- Show **Slide 3** to recap on the big question. Discuss what they have learned. Tell them there are many delicious things to make and cook that are good for us. Do they feel inspired to try other healthy meals at home? What might they cook? Who could help them?

Assessment Opportunities

- **Resource Sheet 4.1.3b**, the assessment sheet, is ideal.