



**Nutrition
Food and the
consumer**

Curriculum links/skills
Contribution to healthy diet
Food preparation/knife skills
Measuring
Hygiene and safety practices
Seasonality
Food sustainability

**P/Yr 4
upwards or
younger if
simpler base
used**

Link to video lesson: <https://youtu.be/x5OBU5MCfus>

Resources needed: work individually or in pairs, group size dependent on equipment available and space, oven, measuring equipment, fish slice
Per cook/pair: bowl, (sieve), measures/scales, jug, small bowls, wooden spoon, rolling pin, baking tray, chopping board, knife, teaspoon
Ingredients: wholemeal flour, baking powder, salt, natural or greek yogurt, plain flour, passata, fruit and vegetables for toppings, mozzarella or cheddar cheese

Activity Description - tips

Practice measuring dry ingredients using scales and spoon measures.
Flour surface and hands well and handle gently. It may be easiest to flatten with heel of hand especially if smaller quantity when working as a pair.
Practice cutting selection of vegetables using bridge/claw cutting techniques.
Surprisingly small amount of vegetables needed.

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.
Wash all raw vegetables in cold water.
Care required using knives and with hot baking tray.

