

# Easy Peasy Soup



**Nutrition  
Food and the  
consumer**

### Curriculum links/skills

Contribution to healthy diet

Food preparation

Knife skills

Hygiene and safety practices

Food journeys and seasonality

Tasting new foods

**Suits P/Yr 1-4  
but older could  
work through  
recipe parts  
independently**

**Link to video lesson: <https://youtu.be/azY6Dj3TfXE>**

**Resources needed** to cook in school with group/half class at time depending on equipment available:

electric hob, large pan, colander/sieve, chopping board, sharp knife, plastic plate/board and knife per child, measuring jug, scales, wooden spoon, small bowls or cups and teaspoons, ladle, blender (optional)

Ingredients: vegetable oil, 3 medium potatoes, 1 leek, 500g frozen peas, vegetable stock cube

### Activity Description - tips

To allow each child to practice chopping skills, each chop a potato 'chip' into cubes using the claw grip (supporting hand holding item with ends of fingers with hand like a claw).

Leeks can be quartered lengthwise and lengths halved to give each child a few layers to slice.

As group complete recipe with leader demonstration.

### Food Safety and hygiene considerations

Thoroughly wash vegetables to ensure no soil residue

Encourage wearing of aprons, tying back of long hair, rolling up of sleeves rolled up and removal of anything on wrists or hands.

Wash hands thoroughly and wipe surfaces with anti-bac spray.

Supervise use of sharp knives and care with boiling liquids

