



**Nutrition  
Food and the  
consumer**

### Curriculum links/skills

Contribution to healthy diet

Food preparation

Measuring

Hygiene and safety practices

Food journeys

Local and Scottish foods

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

### Link to video lesson:

**Resources needed** to cook in school with group/half class (children working in pairs) depending on equipment available:

oven, hob, pan, kettle, scales, jug, measuring spoons/teaspoon, fish slice

Per pair: bowl, wooden spoon, knife, baking tray, greaseproof square each

Ingredients: medium or fine oatmeal, baking powder, salt, low fat spread or butter, flour

### Activity Description - tips

Working in pairs allows each child to make one round of oatcakes.

Give practice measuring dry ingredients using scales and spoon measures.

Melt large quantity of fat at once and adult can measure out into jug with boiling water for each pair, especially if young children.

Once hot liquid added emphasize working quickly as it doesn't hold together so well once cooled - avoid remaking. Well flour surface and hands. The pressing with heel of hand (rather than rolling) helps to bind it.

Place each round on named greaseproof paper squares.

### Food Safety and hygiene considerations

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.

Care required with hot liquids.

