

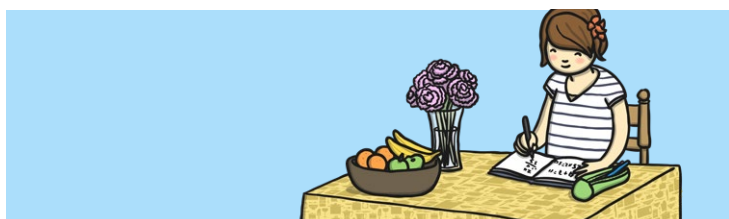
Introduction

This unit provides an opportunity for children to learn where and how a variety of ingredients are grown. Firstly, children will learn how to plant seeds and care for their plants so they yield produce that can be used in their cooking. They will learn how to cook with the ingredients they are growing; following recipes and using different kitchen equipment. The lessons take into account the appropriate safety and hygiene rules.



Health & Safety

Parental permission should be sought before tasting and cooking sessions in order to identify any dietary requirements for consideration e.g. nut, wheat, strawberry, tomato, gluten and dairy allergies. Cultural requirements should also be taken into consideration. Hygiene practices should be carefully observed e.g. surfaces cleaned down; aprons provided for food preparation; access to hand-washing and washing-up facilities. Children should learn safe practices in relation to kitchen equipment.



Home Learning

Be Part of the Bee Watch: Honey bees do a lot more than buzz around and make honey; they are truly fascinating creatures. This homework activity encourages children to get closer to nature. They will learn about different types of bees and where they can be spotted.

From Flower to Fruit: Children read through information about the stages in the life cycle of a tomato plant and then draw illustrations to match each stage.



Wider Learning

Invite a local beekeeper into school and visit a local allotment. Relevant books include; *Grow It Eat It* by The Royal Horticultural Society, *Gardening Projects for Kids* by Jenny Hendy, *Gardening in School All Year Round* by Clare Revera, *The Playground Potting Shed: Gardening with children made simple* by Dominic Murphy, *I Will Not Ever Never Eat a Tomato* by Lauren Child and *Beware! Killer Tomatoes* by Jeremy Strong.

Assessment Statements

By the end of this unit...

...all children should be able to:

- Understand the Eatwell Guide and know which foods they should be eating more and less of.
- Understand and know where and how a variety of ingredients are grown.
- Prepare ingredients safely and hygienically using appropriate kitchen utensils.

...most children will be able to:

- Understand the correct proportions of a balanced meal.
- Be able to plant and care for a variety of ingredients so they yield produce.
- Measure ingredients to the nearest millilitre accurately and assemble or cook ingredients.

...some children will be able to:

- Explain that a variety of food is needed in the diet because different foods contain different substances that are needed for health.
- Explain seasonality and understand how the weather affects certain plants.
- Understand how to control the temperature of the hob when cooking.

To look at all the resources in the Edible Garden unit [click here](#).

To find out more about PlanIt download our [free guide here](#).

Lesson Breakdown

1. Naming and Growing Herbs

Understand seasonality and know where and how a variety of ingredients are grown in the context of where and how herbs are grown.

- I can name some herbs and know how to grow them.

Resources

- Medium sized containers. Herbs in pots: thyme, mint, parsley, tarragon, rosemary and basil. Packs of basil, parsley and mint seeds.
- Potting soil, trowels, gloves for gardening.



2. Pesto and Pasta

Understand and apply the principles of a healthy and varied diet in the context of making a balanced meal made from herbs.

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking a pesto and pasta dish.

- I can explain what makes a diet healthy and varied and can cook a healthy balanced meal.

- Kitchen Equipment: garlic crushers, kitchen scissors, pestle and mortars, table and tea spoons, ramekin sized bowls, chopping boards, safe knives, frying pan, saucepan.
- Ingredients: garlic, fresh basil, parmesan cheese, pine nuts, extra virgin olive oil, lemon, whole wheat pasta.



3. Sweet Strawberries

Understand seasonality and know where and how a variety of ingredients are grown in the context of where and how strawberries are grown.

- I can explain where, when and how strawberries are grown in the United Kingdom.

- Magnifying glasses, strawberry plants, 2 punnets of strawberries, safe knives, grow bags or pots, trowels, plastic/gardening gloves.



4. Strawberry Smoothies

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of making a strawberry smoothie.

Select from and use a wider range of tools and equipment to perform practical tasks accurately in the context of kitchen tools.

- I can use kitchen tools correctly to prepare and make a tasty and nutritious drink.

- Kitchen tools: Potato masher, small glass, safe knife, chopping board, large glass/ceramic bowl, whisk.
- Food: milk, strawberry yogurt, ripe bananas, large ripe strawberries.



5. Growing Tomatoes

Understand seasonality, and know where and how a variety of ingredients are grown in the context of growing tomatoes.

- I can explain when tomatoes are in season in the United Kingdom and can say where and how they are grown.

- Different varieties of tomatoes for tasting.
- Compost, tomato seeds, trowels, plastic/gardening gloves.



6. Cooking with Tomatoes

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of cooking a dish made with tomatoes.

- I can prepare and cook/assemble a healthy and tasty meal using tomatoes as my main ingredient.

- Ingredients to make Tomato Bruschetta and Tomato Sauce.



To look at all the resources in the Edible Garden unit [click here](#).

National Curriculum Aim Lesson Context Child Friendly