

Lesson: Journey for Peace Comics. Cooking and Nutrition –‘Foods from around the world’ Italian Chicken Risotto		Comic: 1 John Hulley at Lime Street (Health and well-being/‘healthy body a healthy mind’)
Overview of Key Skills Using cooking skills and techniques safely and effectively Following food safety and hygiene practices. Nutrition : health and well-being Understanding cultural diets, traditional foods		Cross-curricular links Enrichment PHSE/Health and Well-being Geography Science/Nutrition P.E
Learning Objectives:	<ol style="list-style-type: none"> 1. Enhance cooking skills and techniques gained. 2. Demonstrate food safety and hygiene throughout the preparation and cooking process. 3. Follow Chicken Risotto recipe. 4. Understand the nutritional benefits and the importance to health and well- being. 	
Key Teaching Points / Research Opportunities	<ol style="list-style-type: none"> 1. Select and prepare ingredients for a recipe Objectives: <ul style="list-style-type: none"> ● To be able to select the correct ingredients from recipe ● To be able to follow the recipe using the measurements and preparation methods given. ● To be able to safely prepare ingredients using the correct utensils and equipment ● 2. Use cooking skills when following a recipe. Objectives: <ul style="list-style-type: none"> ● To be able to safely use the electrical equipment ● To demonstrate the skills and techniques required when following the recipe ● To demonstrate the appropriate safety procedures when using utensils and kitchen equipment ● 3. Demonstrate food safety and hygiene throughout the preparation and cooking process. <p>Research Opportunities</p> <ul style="list-style-type: none"> ● Foods from around the world/Risotto ● Nutrition/‘A healthy body a healthy mind’ 	
Independent Work	Research other recipes from around the world that you would like to cook. During group discussion we will consider the healthy recipes chosen. With support and guidance when required practice safe and hygienic cooking skills and techniques when possible.	
Plenary	Question and answer session- What have we learnt this lesson. .Understanding traditional diets and how our own diet has become more multicultural over the years. Understanding the close connection between food, nutrition, health and well-being.	

	Understanding that comic 1 reference to John Hulley founder of the Olympics emphasizes the point that nutrition and exercise are essential to health and well-being.
Resources, including ICT	Kitchen equipment and utensils V. I kitchen equipment Recipe/Ingredients Comic book 1 (John Hulley)
Key Questions	Have you enhanced your cooking skills during this task? Was the recipe nutritionally balanced? Would you cook this dish again? Did you feel that this recipe makes you more creative? Are there any dishes from around the world you would like to cook? John Hulley was a great believer in a healthy body a healthy mind. How can this be achieved?
Vocabulary	Health, Well-being, Nutrition, Creativity, Happiness, Abilities
Success Criteria	Learning objective achieved
Assessment Opportunities	<ol style="list-style-type: none"> 1. Through reading relevant materials, nutrition and the benefits to health and well-being. Worksheets (Marking) 2. Throughout tasks gaining safe cooking skills and techniques. Safe food hygiene practice. (Observation) 3. Through group discussion, questions and answer sessions. (Assessment)