

<b>Lesson: Journey for Peace Comics.</b> <b>Cooking and Nutrition – World War Pie /Woolton Pie</b>		<b>Comic: 6</b> <b>Captain Noel Chavasse/Bravery</b>
<b>Overview of Key Skills</b> <b>Using cooking skills and techniques safely and effectively</b> <b>Following food safety and hygiene practices.</b> <b>Nutrition : The importance of a balanced diet</b> <b>Understanding the food shortage and rationing during the war and how that made other dishes hard to prepare</b>		<b>Cross-curricular links</b> Enrichment PHSE/Bravery Science/Nutrition History/World War 1/Victoria Cross
<b>Learning Objectives:</b>	<ol style="list-style-type: none"> <li>1. Enhance cooking skills and techniques gained.</li> <li>2. Demonstrate food safety and hygiene throughout the preparation and cooking process.</li> <li>3. Follow Woolton pie recipe.</li> <li>4. Understanding the importance of a nutritional balanced diet</li> </ol>	
<b>Key Teaching Points / Research Opportunities</b>	<ol style="list-style-type: none"> <li>1. Select and prepare ingredients for a recipe            Objectives:           <ul style="list-style-type: none"> <li>● To be able to select the correct ingredients from recipe</li> <li>● To be able to follow the recipe using the measurements and preparation methods given.</li> <li>● To be able to safely prepare ingredients using the correct utensils and equipment</li> <li>●</li> </ul> </li> <li>2. Use cooking skills when following a recipe.            Objectives:           <ul style="list-style-type: none"> <li>● To be able to safely use the electrical equipment</li> <li>● To demonstrate the skills and techniques required when following the recipe</li> <li>● To demonstrate the appropriate safety procedures when using utensils and kitchen equipment</li> <li>●</li> </ul> </li> <li>3. Demonstrate food safety and hygiene throughout the preparation and cooking process.</li> </ol> <p>Research Opportunities</p> <ul style="list-style-type: none"> <li>● World War 1 Captain Noel Chavasse</li> <li>● Nutrition/Balanced diet</li> </ul>	
<b>Independent Work</b>	Research Woolton pie recipe. Research Captain Noel Chavasse/Victoria Cross With support and guidance when required practice safe and hygienic cooking skills and techniques when possible.	

<b>Plenary</b>	<p>Question and answer session- What have we learnt this lesson. To be able to cook a nutritional meal with basic ingredients. Understanding the close connection between food, nutrition, health and well-being.</p> <p>Understanding that comic 6 reference to Captain Noel Chavasses emphasizes the best in humanity through bravery risking his own life to save others.</p>
<b>Resources, including ICT</b>	<p>Kitchen equipment and utensils</p> <p>V. I kitchen equipment</p> <p>Recipe/Ingredients</p> <p>Comic book 6 (Captain Noel Chavasse)</p>
<b>Key Questions</b>	<p>Have you enhanced your cooking skills during this task?</p> <p>Was the recipe nutritionally balanced?</p> <p>Would you cook this dish again?</p> <p>Did you feel that this recipe makes you more creative?</p> <p>Captain Noel Chavasse was awarded the Victoria cross twice for bravery during world war 1. Do you consider him a hero and if so why?</p>
<b>Vocabulary</b>	Health, Nutrition, Rationing, Creativity, Bravery
<b>Success Criteria</b>	Learning objective achieved
<b>Assessment Opportunities</b>	<ol style="list-style-type: none"> <li>1. Through reading relevant materials, nutrition and the benefits to health and well-being. Worksheets (Marking)</li> <li>2. Throughout tasks gaining safe cooking skills and techniques. Safe food hygiene practice. (Observation)</li> <li>3. Through group discussion, questions and answer sessions. (Assessment)</li> </ol>