

DELIVERY NOTES | AGE UKS2



LESSON 2:
COOK IT

Stand up for your plate & the planet

#CheatOnMeat



LESSON 2: COOK IT | Delivery Notes

UKS2 (Yr 5/6)

Suggested Time: 60 mins



LESSON SUMMARY

This lesson is designed to continue teaching pupils about the importance of healthy eating whilst inspiring them to take action and find their voice on sustainability. It is the second lesson in a sequence of three that make up the Rootcamp, and pupils will be encouraged to view the shopping and cooking process from the point of view of busy parents. They'll build empathy by planning and shopping under pressure, and will be taught ways to support home cooking by exploring healthy, affordable and sustainable recipes.

HOW YOU COULD DELIVER THE LESSON

The three lessons that make up the Rootcamp are designed to be run across three sessions, each between **45-60 minutes**. You could run this across three afternoons, or could set the pupils the challenge of completing the Rootcamp in one day. Alternatively, the activities can be used flexibly, according to the time you have, and could also be split over more than one lesson to allow more in-depth exploration of each issue.

Within each Rootcamp lesson, there are plenty of activities that can be condensed or expanded. Optional extension tasks can be carried out as stand-alone activities, or as part of the lesson. Activities that are essential to the understanding of the Rootcamp are indicated with an orange tomato (🍅).

Lesson 2 is designed to take **60 minutes**.

What you'll need for this lesson:

- ✓ Root for Veg PowerPoint (Lesson 2)
- ✓ Seasonal Veg Chart (from previous lesson)
- ✓ Scissors
- ✓ Pencils/pens

What you'll need to print beforehand:

- ✓ Shopping Trolley Template (two worksheets per team)
- ✓ Ingredients Posters (each page printed once to be displayed around the room)
- ✓ Eatwell Plate (one worksheet per team)
- ✓ Family Favourite Ingredient Lists (one pack per table)
- ✓ Ingredient Swap Cards (one set of cards per pair – to be trimmed or for pupils to cut out)
- ✓ Root for Veg Shopping List (one worksheet per pupil)
- ✓ Meal Plan Template (one between two)

Key vocabulary:

Biodiversity - the variety of plant and animal life in the world or in a particular habitat.

Sustainability - responsibly interacting with the planet to maintain natural resources.

Future 50 Foods – foods identified by Knorr® & WWF as foods we should eat more of because they are nutritious, have a lower impact on our planet than animal-based foods, can be affordable, accessible and taste good.



Learning objectives

- ✓ Understand the challenges of shopping and cooking for a family
- ✓ See how we can make food choices that help the planet
- ✓ See how we can swap some food for others which are better for the planet

Curriculum links (UKS2)

- ✓ **Design & Technology:** Understand and apply the principles of a healthy and varied diet
- ✓ **Science:** Living things and their habitats; animals including humans
- ✓ **Geography:** Human geography
- ✓ **PSHE:** Health and wellbeing; shared responsibilities; respecting others

STARTER

15 minutes

1. Slide 3 - 4: Empathising

Start by asking pupils to consider the work that goes into the meals that appear on their table at home. What prep has to take place? Share **slide 4** and encourage pupils to consider the work that goes into ensuring meals are healthy, affordable, sustainable and tasty - why this might be difficult to achieve?

2. Slide 5-7: Team shopping relay

- Arrange pupils into teams of 6
- Give them one shopping trolley outline per team
- Use **slide 5** and the following script to explain the task:

Your challenge is to do a food shop that will make 3 meals for a family of 4. You need to make sure your meals are healthy, affordable and sustainable. You have £15 to spend and 3 minutes to fill your shopping trolley sheet with ingredients that are displayed on posters around the room. Only one person from each team can look at the ingredients list at a time – like a relay, one person will go to an ingredient poster, read an ingredient and report the ingredient to their team. The next person will then go. On your marks, get set... shop!

- Reveal the point-scoring system (**slide 5**) and give each group a copy of the Eatwell Plate Worksheet. Point system:
 - **3 meals = 5 points**
 - Within budget (no more than £15 spent) = **5 points**
 - Healthy (balanced diet according to the Eatwell Plate) = **5 points**
 - If more than 3 sugary treats = **deduct 3 points**
 - If one of the F50 foods is in the trolley, pupils can add an **extra point** for each one!
 - Repeat the process (**slide 7-8**), however this time students only have 2 minutes to complete the shopping task.

Optional: to support pupils in developing empathy, other teams could create distractions whilst others are shopping (e.g. crying baby, fussy children, adverts, etc.)



ACTIVITY 1

Empathising (15mins)

3. Slide 9 - 11: Rooting for parents & carers



Read the comic from the perspective of a busy dad. After watching, encourage pupils to empathise with busy parents/carers who shop and cook for them.

4. Slide 11: Why might our cooking habits be unhealthy or unsustainable?



Ask pupils to consider what was unhealthy about the way Busy Dad made his cooking decisions. Ensure that pupils understand the link between shopping sustainably and having the time to think about the choices we make.

Explain that busy parents/carers don't always have the time to consider making changes to their diet – but we do! One delicious meal at a time.

5. Slides 1-15: In pairs, pupils choose one of their favourite home recipes (e.g. Spaghetti Bolognese).



- Select the ingredient cards to create that recipe using the ingredient list.
- Add up the sustainability points for the whole recipe (shown on each ingredient card). What is the total? Note down this score.
- Now try swapping and adding some ingredients to improve your score – what do you find?
- Hooray! This is the first recipe in your Root For Veg menu.

ACTIVITY 2

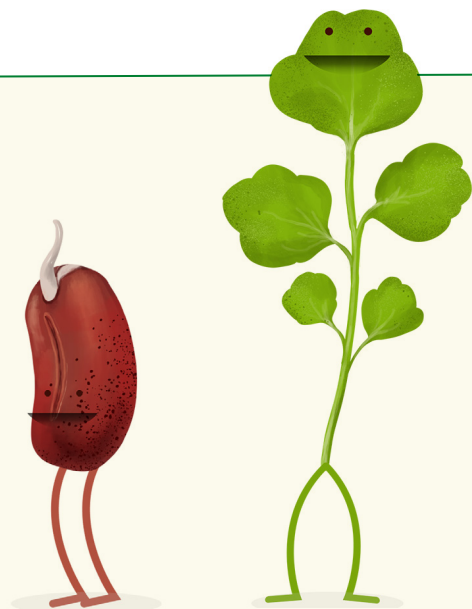
Swapping & Adding (15mins)

6. Slide 6: Rooting for new recipes



Explain that pupils that by swapping ingredients according to sustainability, they have created the first meal in their 'Root For Veg Menu' - they now need to 'publish' their shopping list. They can then take this home to see if they can tempt their families to cheat on meat.

There is the option to create this meal as part of a separate D&T lesson in school. Menu ideas can also be added to a school display to encourage whole-school awareness.



PLENARY

(5mins)

7. Slide 20-21: Root for Veg Pledge

Pupils should suggest three sustainable Root for Veg habits that they could bring home as a result of their training today. Click to reveal suggestions.

Pupils should draw the outline of a veggie and write their own Root for Veg Pledge inside, capturing the actions they would like to take as a result of Stage 2 of the Rootcamp. See an example on **slide 21**.



COOK IT

Home challenge

Pupils use their ingredients list to convince their family to prepare one of their favourite dishes, with a vegetable twist, to show them all how tasty the Meat Free life can be.

Pupils are encouraged to document their cooking experience at home to share with their teachers – we would love to see some of the pupils taking part in the Cook It! challenge on social media/ school websites using the hashtag #RootforVeg

EXTENSION

(10mins)

Slide 22: Meal Planning Mini Challenge

In this optional mini challenge, give pupils 5 minutes to use the Meal Plan template to plan a healthy, affordable and sustainable week of meals.

Slide 24: Test your knowledge

This is an opportunity for pupils to revisit the key words and phrases that have come up in the Rootcamp so far, so that they are better able to use them at home.

