



# Lesson plan for teachers

## Lesson 1: How to behave in the kitchen and how to taste



### Learning intentions

- ★ To learn how to behave in the kitchen
- ★ To use descriptive language relating to the five senses (taste, touch, smell, hearing, sight)
- ★ To construct a **Simple green salad**
- ★ To make **Jam jar dressings**
- ★ To explore the five tastes (sweet, sour, bitter, savoury, salty)
- ★ To understand how the different tastes work together to create a balance of flavour
- ★ To understand how to season food properly

### Key skills

- ★ Appropriate kitchen conduct
- ★ Identifying flavours
- ★ Using sensory language
- ★ Making a salad
- ★ Dressing a salad
- ★ Seasoning

### Before the lesson

- ★ Read through lesson plan and narrative in full
- ★ Read through recipes in full
- ★ Print one copy of each recipe per pupil
- ★ Gather ingredients and equipment needed for **Simple green salad**, **Jam jar dressings** and tasting activity
- ★ Prepare ingredients (see recipe): wash and prepare lettuce, cut lemons

### Running order

- 1 Welcome children to the classroom
- 2 Introduce learning intentions
- 3 Show children where equipment is located
- 4 Discuss rules for classroom and get ready to cook
- 5 Begin **Simple green salad** recipe
- 6 Explain the five senses and use sensory language to describe lettuce
- 7 Break children into groups
- 8 Make **Jam jar dressings**
- 9 Explain purpose of salt and pepper, and how to season
- 10 Regroup at table to taste
- 11 Explain the five tastes and how to balance flavours
- 12 Finish with discussion questions

### Terms and techniques

- ★ Salty
- ★ Sour
- ★ Savoury
- ★ Sweet
- ★ Bitter
- ★ Dressing a salad
- ★ Seasoning

### Curriculum links

#### Science

Perform simple comparative tests on the five senses and describe findings for sight, hearing, taste, touch and smell

#### Literacy

Using descriptive language



# Lesson narrative for teachers

## Lesson 1: How to behave in the kitchen and how to taste



### Introduction: 30 minutes



Welcome to the kitchen classroom – this is our very own kitchen where we’re going to be exploring all different types of food and learning how to cook. Each of our classes will be about making something new using some of the vegetables, herbs and fruit that we have grown in our garden. Today we’re going to learn how to behave in a kitchen and explore how to taste while we make a green salad with two different salad dressings.

Our kitchen is a very special space, so let’s begin our lesson by having a look around and getting familiar with our surroundings. Let’s explore some of the equipment we’re going to learn to use. This is where we keep all our equipment.

★ Show the children the equipment, explain how to use it and where it is kept.



Here’s the fridge. What goes in here?

We store food in the fridge to keep it cool – this helps it to last longer.

This is our store cupboard where we keep all of our kitchen essentials.

Can you think of some ingredients that we should always have in our cupboards?

★ Show some examples of spices and store cupboard essentials.



This is the oven and this is the hob. When you turn them on, they get very hot so we need to be careful. We’re not going to use them today, but we will use them later in the year to cook lots of different recipes.

Here’s the sink. This is an essential part of our classroom, as keeping clean is a very important part of life in the kitchen. In fact, every time we come into the kitchen to cook there are five steps we need to follow to make sure we are clean and ready to go.

Children get ready to cook:

- ★ Roll up sleeves
- ★ Tie hair back
- ★ Remove jewellery
- ★ Put aprons on
- ★ Wash hands



In our kitchen lessons we’re going to work with all sorts of new equipment, so it’s very important to always listen carefully to how we’re taught to use them. Can you think of some good rules for our kitchen classroom?

★ Cover the key rules for the kitchen, suggesting ideas if the children aren’t heading in the right direction. Write the key rules down and hang them on the wall so that the children are reminded of them before each lesson.

### Cooking: 30 minutes



We’re going to try all sorts of new things this year that you’ll all make yourselves. If you don’t like something, that’s OK, but let’s all try to be adventurous and have a taste of everything – you might surprise yourself! It’s important you don’t use words like “yuck” as this might put your friends off. If you don’t like something, you can politely decide not to eat any more of it.

# Lesson 1 continued: How to behave in the kitchen and how to taste



Let's get started – can anyone name one or all of the five senses? (taste, touch, smell, hearing, sight).

★ Use the lettuces to demonstrate the five senses – pass them around for all the children to touch and smell them.



Can you come up with words that describe each of the senses? (It tastes sweet, it feels wet, it smells grassy, it sounds squeaky, it looks purple).

★ Tear and add all the leaves to two large bowls.



How do you think it tastes? Let's make our salad dressings and find out.

Before we start, what is a salad dressing?

A dressing is what we add to a salad or to vegetables to bring all the flavours together.

When making a dressing, a good thing to remember is you need two parts oil, like the olive oil we're using today, and one part acid. For the acid, you can use all sorts of different vinegars or citrus flavours, like lemon or lime juice.

★ Split the children into two groups to make the dressings.

★ Group 1 to make the honey-based jam jar dressing.

★ Group 2 to make the lemon-based dressing.



Jamie likes to make dressings in jam jars so that it's easy to see what's going on – you can shake them up easily, and any leftovers can be kept in the jar in the fridge for another time.

Does anyone know why we add a tiny pinch of sea salt and some black pepper to our dressing? This is to season it. We season our food to bring out certain flavours – adding a bit of salt and pepper, or fresh herbs and even chopped chillies, can help to do this.

We're using sea salt today, which comes in flakes that we need to crush with our fingers.

★ Crush some salt with your fingers to show the children.



Sea salt is purer than other types of table salt and it brings out the best flavour in our food. We only use a tiny pinch, as we don't want our salad to taste salty – we just want it to bring out all the flavours. Remember, you can always add more, but you can't take it away.

Pepper is made of crushed peppercorns or seeds from the pepper tree. We grind it using a pepper mill to break it down into finer pieces.

★ Show the children how a pepper mill works.



Don't forget, the final thing to do is to taste our dressings to make sure we've got just the right balance. You want it to be just slightly too sharp and acidic so that it's still nice and zingy once you've dressed your salad.

You need to taste it once you've dressed the leaves too, just to make sure the balance is still right – if not, it's important to tweak and correct it. Once we're happy with our dressings, let's go to the table to taste our salads.

★ Regroup at the table with the **Simple green salad**, some **Parmesan cheese**, the two different dressings (with disposable spoons), salt, and pepper (plus two clean large bowls for dressing the salad and plates/cutlery for serving).

# Lesson 1 continued: How to behave in the kitchen and how to taste



## Tasting: 30 minutes



Did you know that there are five different flavours that our tongue can taste? Each flavour is picked up by a different part of our tongue.

★ Ask the children to stick out their tongues and show how the tip of the tongue detects sweet, the two front corners salt, back corners sour, back of the tongue bitter, whole tongue savoury.



Our salad has all of the different flavours. Can you work out which is which?

★ Let the children taste each dressing using clean teaspoons, the undressed lettuce and the salty Parmesan cheese. Label each one by their flavour once the children have come to a consensus.



Getting a good balance of flavours is a really key thing to learn about when you're cooking.

You can use whatever you have that is fresh, colourful and in season in your salad and then think about working all the flavour sensations together. Each element that we're adding to our salad brings something different and appeals to a different part of our tongue. Bitter leaves like radicchio add an extra dimension to the dish, especially with a bit of sweetness from a honey-based dressing. You can add some peppery rocket or watercress, or if you want your salad to be a bit saltier you can add olives or anchovies or a bit of feta cheese.

You can also sharpen the flavours with a bit of sour lemon juice, if you like. It's exciting to take ingredients that on their own might taste way too bitter, salty or sweet and bring them back to something that tastes delicious, just by balancing them with different flavours.

So to finish our salads, we want to dress them just before serving, otherwise we'll end up with soggy, limp lettuce. Dressing a salad is what ties everything together and makes it delicious. We're going to use our sweet honey dressing on this bowl, and our sour lemon dressing on this bowl, then you can choose which salad you would like to try.

We want to make sure that we don't drown our salads in the dressing – a little bit goes a long way! Let's begin by dressing a few leaves and tasting for balance. Is it strong enough? Should we add some more lemon or vinegar? Is it too sharp? In which case we can add a little more oil. Keep tasting and balancing, balancing, balancing – we're looking for the right blend of flavours to appeal to our tongues.

A good way to lightly coat each piece of lettuce, without swamping the salad, is to put the dressing into a big bowl first and then add the salad. With clean fingers, lightly toss and turn the salad over in the dressing. Be careful only to use the tips of your fingers, otherwise you'll end up bruising the leaves.

★ Choose a few children to come up and dress the salad with the honey dressing and another small group of children to dress the lemon dressing.



We're almost ready to eat our delicious lunch.

We just need to tidy up, then we can take everything to the table and tuck in.

★ Tidy the cooking stations and move to the table to eat lunch. Let the children choose which salad they would like to try, shaving over some Parmesan cheese, if they like.

# Lesson 1 continued: How to behave in the kitchen and how to taste



## Discussion question suggestions:

- ★ Who has eaten salad before?
- ★ Have you made anything like this before?
- ★ What else do you know how to make?
- ★ What is the most unusual vegetable you have ever eaten?
- ★ What is your favourite and least favourite job to do in the kitchen (or just at home)?
- ★ What other savoury things would you like to learn to make?



# Your notes...

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Simple green salad with French dressing

Serves 6, as a side



Jamie's top tip

If you use lovely fresh leaves and dress them properly, even the most basic salad like this one will taste absolutely amazing. Although you don't need to, you can always add extras like cooked green beans or sweet raw peas - see what's growing in your garden and go with what looks best.

## Ingredients

- 1 soft round lettuce
- 1 little gem lettuce
- 1 small radicchio (or an extra little gem)
- 1 x **French dressing** recipe (see **Jam jar salad dressings** recipe)
- a few sprigs of soft mixed fresh herbs, such as basil, flat-leaf parsley, mint

## Equipment list

- Chopping board
- Knife
- Colander
- Salad spinner or clean tea towel
- Large salad bowl
- Measuring spoons

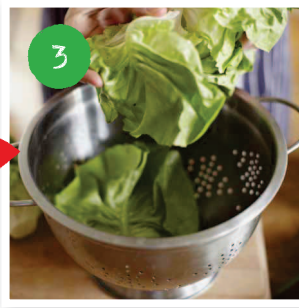


## Here's how to make it

- 1** On a chopping board, use a knife to trim the roots away from all the lettuces.
- 2** Separate out the leaves, throwing any tatty ones away.
- 3** Pop them in a colander and give them a good wash under cold running water over the sink.
- 4** Spin them dry in a salad spinner, or wrap in a clean tea towel and shake dry, then pile the leaves into a large salad bowl.
- 5** Make the **French dressing** (see **Jam jar salad dressings** recipe).
- 6** Pick and add the herbs to the bowl, discarding the stalks.
- 7** From a height, drizzle 3 tablespoons of the dressing over the leaves and gently toss together with the tips of your fingers until every leaf is coated – try not to be heavy-handed and don't be tempted to overdress or the leaves will go limp.
- 8** Have a taste and add a splash more dressing, if needed – remember you can always add more but you can't take it away, so be cautious.
- 9** Pop the lid securely on the jam jar and keep the leftover dressing in the fridge for another day.

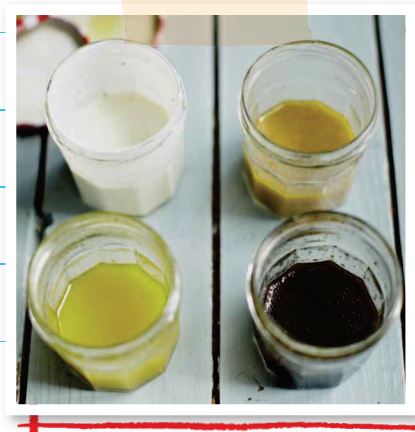


# Step by step





# Jam jar salad dressings



## Yoghurt dressing

Makes 9 tablespoons

### Ingredients

- 6 tablespoons natural yoghurt
- 2 tablespoons red or white wine vinegar
- 1 tablespoon extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

**Equipment list**

- Measuring spoons
- Empty jam jar with lid

**Allergy info**   
Dairy

### Here's how to make it

- 1** Add all the **Yoghurt dressing** ingredients to the jam jar.

---

- 2** Put the lid securely on the jar and shake well.

---

- 3** Have a taste and see whether you think it needs a bit more yoghurt, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

## Lemon dressing

Makes 9 tablespoons

### Ingredients

- 1 lemon
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

**Equipment list**

- Chopping board
- Knife
- Measuring spoons
- Empty jam jar with lid

### Here's how to make it

- 1** Cut the lemon in half.

---

- 2** Squeeze the juice into the jar, using your fingers to catch any pips.

---

- 3** Add the rest of the **Lemon dressing** ingredients to the jam jar.

---

- 4** Put the lid securely on the jar and shake well.

---

- 5** Have a taste and see whether you think it needs a bit more lemon juice or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.



For nutritional information ask your teacher.





# Balsamic dressing

Makes 9 tablespoons

## Ingredients

- 3 tablespoons balsamic vinegar
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

## Equipment list

- Measuring spoons
- Empty jam jar with lid

## Here's how to make it

- 1 Add all the **Balsamic dressing** ingredients to the jam jar.
- 2 Put the lid securely on the jar and shake well.
- 3 Have a taste and see whether you think it needs a bit more vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

# French dressing

Makes 9 tablespoons

## Ingredients

- ¼ clove of garlic
- 1 teaspoon Dijon mustard
- 3 tablespoons red or white wine vinegar
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

Allergy info



Mustard

## Equipment list

- Chopping board
- Knife
- Measuring spoons
- Empty jam jar with lid

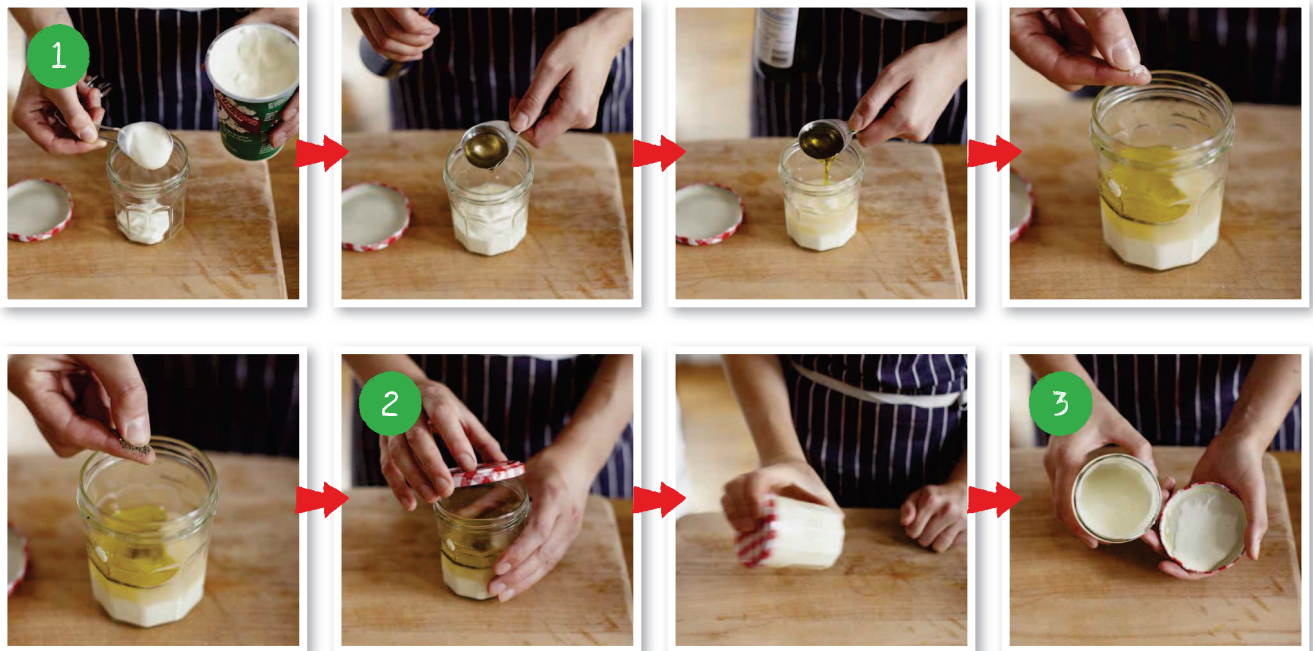
## Here's how to make it

- 1 Peel and very finely chop the garlic, then add it to the jam jar.
- 2 Add the rest of the **French dressing** ingredients to the jam jar.
- 3 Put the lid securely on the jar and shake well.
- 4 Have a taste and see whether you think it needs a bit more mustard, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

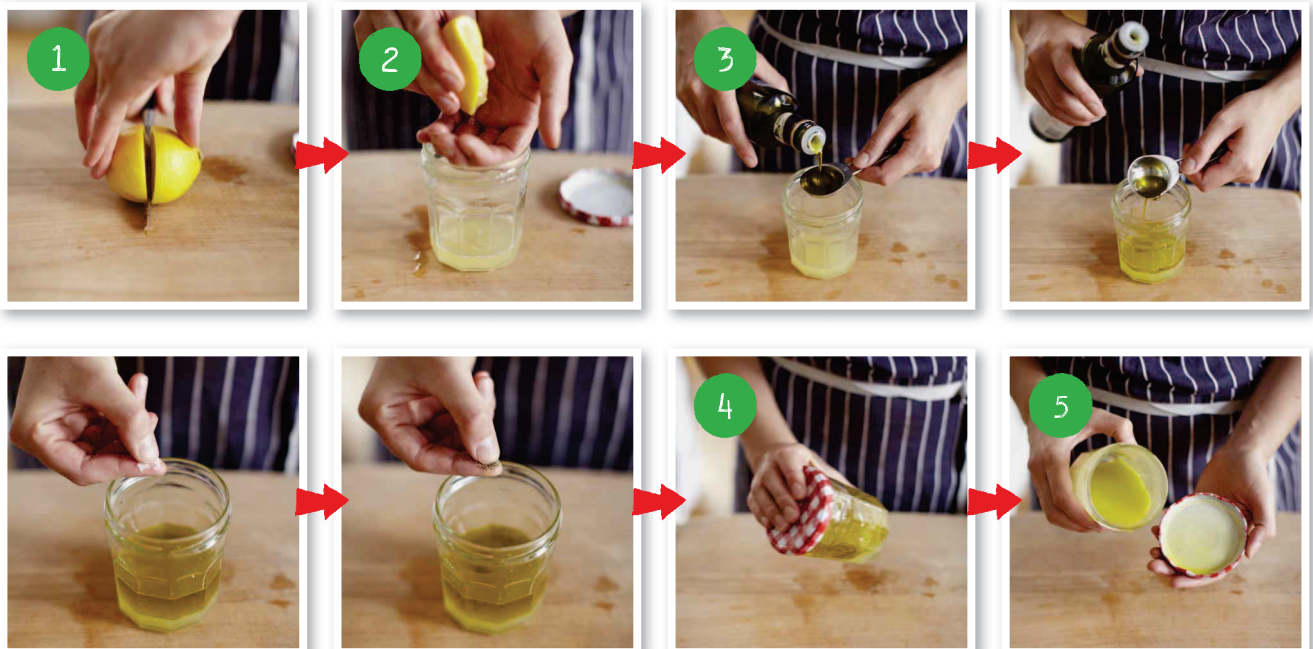


# Step by step

## Yoghurt dressing

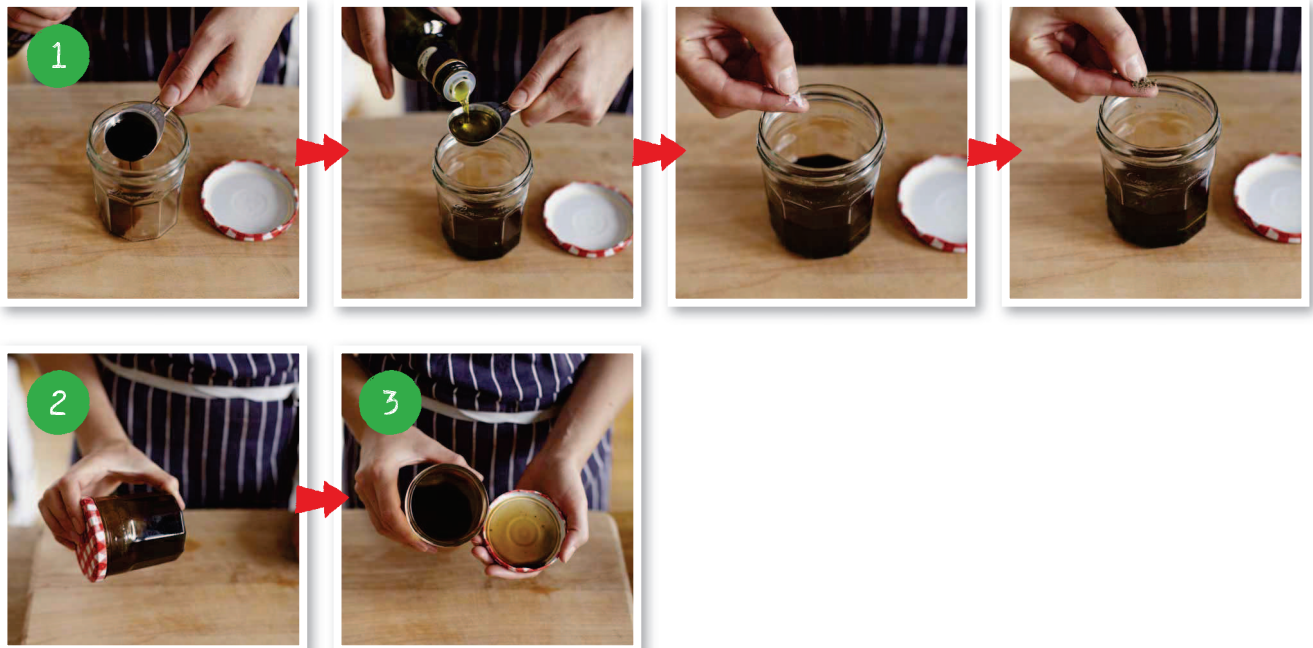


## Lemon dressing



# Step by step

## Balsamic dressing



## French dressing

