

## Lesson Plan 09

### Food and cooking

**Age group: Years 1 - 6**

**Aims:**

- a) To learn about the main foods in Leamington and Bo and discover where they come from.
- b) To become aware of the availability and variety and ways of obtaining and growing food in the 2 communities.
- c) To learn about methods of cooking and the sorts of meals eaten by local school children and families.
- d) To draw information from two very different environments to become more aware of ways of storing preserving and, packaging food.

**Resources:** *General*

Background information sheets on:

Food and crops	section: 09-1
cooking,	09-2
rice pack,	09-3
fish pack	09-4
fruit and vegetables	09-5

Food recipe booklet obtainable on request

OWL CD-ROM 'Combined Resources' with images:  
what you can find is on sheet 09-1b

DVD 'Reel Lives' .(CR) showing foods with  
interactive quiz and making Gari from cassava root -  
see sheets 09-5a and 02-2e/2 respectively.

CR= Central resource available from OWL Teachers' Group

*Continued over ...*

## **Possible experiences for children:**

Visit an allotment (contact Allotment Association for nearest to school)

Warwick District Council web site.

See the Farmers Market.

Visit Birmingham Botanical Gardens to see many of the plants that grow in the Bo area.

Visit a shop or supermarket where children can see variety of foods; where they come from; research different storing and packaging methods.

<i>Each child</i>	09-1d	Charts of crops cultivated in Sierra Leone
	09-2a.	Photo of 3 stone cooking hearth with cooking pot and questions
	09-2d	Recipes
	09-3d.	Rice growing - activities using information
	09-3h	Information from websites on rice
	09-4b	Fish activity sheets
	09-5a	Interactive DVD quiz
	09-5b/c	* Fruit and vegetable sheets drawings and descriptions for Card Matching game
	09-5b/d.	* Naming and drawing activity (using fruit and vegetables
	09-5e.	* Quiz sheet on plant foods (with Exhibition)

## **Teacher Guidelines:**

\* For the quiz, naming and drawing activity and matching game, it is possible to buy the following foods here in Leamington Coventry or Warwick.

Some foods are obtainable in Sainsbury's or the Warwick Tesco. Cassava and yams can be bought at 'The Bridges Supermarket' under the railway bridge in Leamington. Michael's supermarket (Neta) in Bath Street may also sell some of the ones you want. Most can also be obtained in Coventry market.

*These materials are an attempt to provide resources for teachers and can be adapted in any way that the teacher decides is appropriate for the children. The Images CD gives some recently taken photos which make activities more alive and interesting.*

## Contents of LP 09

Lesson Plan 09	Food and Cooking introduction	3 sheets
<b>09-1 Food and crops</b>		
09 -1	what's included	
09-1a	Food in Bo - information sheet	
09-1b	Photos of food	
09-1c	CD-ROM photo labels	3 sheets
09-1d	farming - information sheets	2 sheets
<b>09-2 cooking</b>		
09-2	what's included	
09-2a	cooking in Bo	3 sheets
09-2b	Information on food and cooking	3 sheets
09-2c	cuisine and etiquette	2 sheets
09-2d	recipes	3 sheets
09-2e	Gari	2 sheets
<b>09-3 rice</b>		
09-3	what's included	
09-3a	rice production	2 sheets
09-3b	info sheet on rice	
09-3c	steps in rice growing in bo	2 sheets
09-3d	rice growing cycle	
09-3e	self sufficiency chart	
09-3f	anatomy of rice	
09-3g	rice is life	
09-3h	internet sites	
<b>09-4 fish</b>		
09-4	what's included	
09-4a	information sheet	2 sheets
09-4b	fish photo and activity sheet	
<b>09-5 fruit and veg</b>		
09-5	what included	2 sheets
09-5a	DVD - fruit and vegetables	
09-5b	Children's activities - instructions	
09-5c	card game	3 sheets
09-5d	naming and drawing	
09-5e	plant food quiz	