

## LESSON PLAN

# GREEN SEA MONSTER SOUP

## KEY MESSAGES

**Safety** | discuss / demonstrate safety rules around:

- Using peelers and knives
- Using heat
- Using a blender

**Nutrition** | Hydration

- Hydration is the process of replacing the water in your body so it functions well. Staying hydrated keeps every cell and organ working properly and is good for your overall health. When you're dehydrated you'll feel tired, grumpy and have trouble focusing.
- Drinking enough water is therefore very important! A good goal is to aim to drink 8 glasses of water a day.
- Another great way to stay hydrated is to 'eat water'. This means eating foods that are water-rich to boost your water intake. Fruit and vegetables are the best options, for example cucumbers, courgettes and radishes, which are more than 95% water.
- There are lots of great sources of water in this recipe, to help you stay hydrated.

**Fun / Creativity** |

- What other monster can you create with the ham toppings?
- Research ancient sea creatures and see if you can create an underwater creature from the Jurassic era.

## LEARNING OUTCOMES / SKILLS LEARNED

- Using a blender
- Working with heat
- Measuring ingredients

\* ENSURE STOCK IS GLUTEN FREE

GLUTEN FREE 

DAIRY FREE 

EGG FREE 

NUT FREE 

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## CLASS PREPARATION

1. Set up one table with equipment.
2. Set up a separate table to hold ingredients.
3. Gather ingredients:
  - 2 Tbsp olive oil / spray oil
  - 2 medium onion, finely diced
  - 2 cloves garlic, diced
  - 2½ cups vegetable / chicken stock (reduced-salt)
  - 1x 500g bag frozen peas
  - 2 Tbsp fresh mint, chopped
  - ¾ cup ham (150g), chopped into small triangles (for scary teeth)

### EXTRAS

- Recommended serveware: dessert bowls/cups
- Dessert spoons

### COOKING EQUIPMENT

- 2 knives
- 1 mixing spoon
- 1 set measuring cups
- 1 set measuring spoons
- 2 cutting boards
- 1 serving ladle
- 1 electric fry pan
- 1 blender
- Cutlery and crockery
- 1 small bowl

## CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put aprons on and then gather around the food table.
2. Announce what the kids are cooking today, show them the recipe and talk through the instructions.
3. Reinforce health and safety rules and talk about any new risks associated with this recipe, e.g. cooking with heat and using knives.
4. Show them the measuring cups, spoons and other equipment they'll be using.
5. **Talk about the importance of hydration, and discuss how this soup helps with staying hydrated. (REFER TO NUTRITION SECTION)**
6. Give each group a pen so they can mark off on the instructions what they have used / done.
7. Start cooking, following the recipe instructions.
8. Have kids clean up their space and do the dishes.
9. **GROUP HUDDLE : rediscuss the importance of hydration and talk about what they have learnt about hydration in this FoodStorm session.**