

LESSON PLAN

PIGLETS IN SPACE

KEY MESSAGES

Safety | discuss / demonstrate safety rules around:

- Using knives and graters
- Working with raw meat
- Keeping hands away from eyes when cutting onions

Nutrition | Hydration

- Eating foods that are water-rich is a great way to boost your water intake and stay hydrated. Fruit and vegetables are the best options, as they have a high water content. For example, watermelon strawberries, oranges and cucumber are all more than 85% water.
- Lettuce has a water content of 96% so eating these Piglets in Space is a great way to help you stay hydrated.
- Can you work out how much water is in the lettuce leaves in this recipe? How many cups of water does this equate to?

Fun / Creativity |

- What other space creatures can you create with the lettuce and pork mix?

LEARNING OUTCOMES / SKILLS LEARNED

- Measuring ingredients / working with fractions
- Sautéing
- Cooking meat

* ENSURE HOISIN IS GLUTEN FREE

GLUTEN FREE 

DAIRY FREE 

EGG FREE 

NUT FREE 

LESSON PLAN

PIGLETS IN SPACE

CLASS PREPARATION

1. As we will be working with raw meat, ensure children are wearing disposable gloves.
2. Set up one table with equipment.
3. Set up a separate table to hold ingredients.
4. Gather ingredients:
 - 1 Tbsp oil / spray oil
 - 1 brown onion, finely chopped
 - 1 clove garlic, finely chopped
 - 500g extra lean pork mince
 - 8 button mushrooms, thinly sliced
 - 1 carrot, peeled, grated
 - 1 courgette, ends trimmed, grated
 - 2 Tbsp hoisin sauce
 - 8 iceberg lettuce leaves or baby cos leaves

EXTRAS

- Recommended serveware: standard plates

COOKING EQUIPMENT

- 1 large mixing bowl
- 2 knives
- 1 mixing spoon
- 1 spatula
- 1 peeler
- 1 set measuring cups
- 1 set measuring spoons
- 2 cutting boards
- 1 grater
- 1 electric fry pan
- Cutlery and crockery

CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put their aprons on (and gloves) 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. knives, working with raw meat.
4. Show them the measuring cups, spoons and equipment they'll be using.
5. **Talk about the importance of hydration, and discuss what foods can help them stay hydrated.**
6. Give each group a pen so that 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.**