

LESSON PLAN

PORRIDGE POWER

KEY MESSAGES

Safety | discuss / demonstrate safety rules around:

- Working with heat
- Using knives and graters

Nutrition | Talk about the power of oats

- Oats are a superfood! They may be small, but these little wonders tick all the boxes and deliver big when it comes to nutrition for your body
- Oats are packed with fibre, protein and nutrients to keep you feeling full, give you lots of energy and keep you healthy.
- They're also high in healthy, unsaturated fat.

Fun / Creativity |

- What other porridge masterpieces could you create? What fruit would you use to create a cat, penguin, or owl?
- At the end of class discuss getting creative in the kitchen with your family and taking a photo for our porridge power competition.

LEARNING OUTCOMES / SKILLS LEARNED

- Measuring ingredients / working with fractions
- Creating a recipe
- Taste testing

EGG
FREE

LESSON PLAN

PORRIDGE POWER

CLASS PREPARATION

1. Set up one table with equipment.
2. Set up a separate table to hold ingredients.
3. Gather ingredients:

Porridge base

- 2 cups rolled oats
- 4 cups light blue milk

Toppings / Mix-ins

CAPTAIN CARROT

- ½ grated carrot
- 1 Tbsp raisins
- ¼ tsp cinnamon
- pinch nutmeg
- 1 Tbsp chopped walnuts

GO NUTTY BANANAS

- 1-2 Tbsp peanut butter
- ½ banana sliced
- 1 tsp honey (optional)

THE MIGHTY APPLE

- ¼ tsp cinnamon
- 1 apple (cut into matchsticks)

EXTRAS

- Recommended serveware: dessert bowls
- Dessert spoons

COOKING EQUIPMENT

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

CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put aprons on and then gather round 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.
4. Show them the measuring cups, spoons and other equipment they'll be using.
5. **Talk about the power of oats and its nutritional benefits. Get kids to brainstorm ideas on how their team will make creative porridge power.**
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. **GROUP HUDDLE: review the power of oats.**