

Lesson: Journey for Peace Comics. Cooking and Nutrition – World War Pie /Woolton Pie		Comic: 6 Captain Noel Chavasse/Bravery
Overview of Key Skills Using cooking skills and techniques safely and effectively Following food safety and hygiene practices. Nutrition : The importance of a balanced diet Understanding the food shortage and rationing during the war and how that made other dishes hard to prepare		Cross-curricular links Enrichment PHSE/Bravery Science/Nutrition History/World War 1/Victoria Cross
Learning Objectives:	<ol style="list-style-type: none"> 1. Enhance cooking skills and techniques gained. 2. Demonstrate food safety and hygiene throughout the preparation and cooking process. 3. Follow Woolton pie recipe. 4. Understanding the importance of a nutritional balanced diet 	
Key Teaching Points / Research Opportunities	<ol style="list-style-type: none"> 1. Select and prepare ingredients for a recipe Objectives: <ul style="list-style-type: none"> ● To be able to select the correct ingredients from recipe ● To be able to follow the recipe using the measurements and preparation methods given. ● To be able to safely prepare ingredients using the correct utensils and equipment ● 2. Use cooking skills when following a recipe. Objectives: <ul style="list-style-type: none"> ● To be able to safely use the electrical equipment ● To demonstrate the skills and techniques required when following the recipe ● To demonstrate the appropriate safety procedures when using utensils and kitchen equipment ● 3. Demonstrate food safety and hygiene throughout the preparation and cooking process. <p>Research Opportunities</p> <ul style="list-style-type: none"> ● World War 1 Captain Noel Chavasse ● Nutrition/Balanced diet 	
Independent Work	Research Woolton pie recipe. Research Captain Noel Chavasse/Victoria Cross With support and guidance when required practice safe and hygienic cooking skills and techniques when possible.	

Plenary	<p>Question and answer session- What have we learnt this lesson. To be able to cook a nutritional meal with basic ingredients. Understanding the close connection between food, nutrition, health and well-being.</p> <p>Understanding that comic 6 reference to Captain Noel Chavasses emphasizes the best in humanity through bravery risking his own life to save others.</p>
Resources, including ICT	<p>Kitchen equipment and utensils V. I kitchen equipment Recipe/Ingredients Comic book 6 (Captain Noel Chavasse)</p>
Key Questions	<p>Have you enhanced your cooking skills during this task? Was the recipe nutritionally balanced? Would you cook this dish again? Did you feel that this recipe makes you more creative? Captain Noel Chavasse was awarded the Victoria cross twice for bravery during world war 1. Do you consider him a hero and if so why?</p>
Vocabulary	<p>Health, Nutrition, Rationing, Creativity, Bravery</p>
Success Criteria	<p>Learning objective achieved</p>
Assessment Opportunities	<ol style="list-style-type: none"> 1. Through reading relevant materials, nutrition and the benefits to health and well-being. Worksheets (Marking) 2. Throughout tasks gaining safe cooking skills and techniques. Safe food hygiene practice. (Observation) 3. Through group discussion, questions and answer sessions. (Assessment)