

Individual Activity Lesson Plan



Date: Friday 1 st May 2020	
Activity Title: Vegetable Soup	
Learning Intention: <ul style="list-style-type: none"> To follow a recipe and help with making a vegetable soup. 	Activity Overview: Follow the recipe and make a simple but delicious vegetable soup.
Links to EYFS: Physical Development: <ul style="list-style-type: none"> Uses one-handed tools. Understands that equipment and tools have to be used safely. Literacy: <ul style="list-style-type: none"> Knows information can be relayed in the form of print. 	
Resources: <ul style="list-style-type: none"> Ingredients: <ul style="list-style-type: none"> 2 carrots 2 potatoes 2 parsnips 1 onion water 2 vegetable stock cubes (optional) Salt and pepper to your taste Equipment: <ul style="list-style-type: none"> Chopping board Knife (adult supervision required at all times) Saucepan Blender (optional) 	Key vocabulary: Ingredients, recipe, equipment, tool, knife, safe, vegetables, wash, chop, boil, cook, serve.
ACTIVITY IMPLEMENTATION (including key questions)	
Introduction: <ul style="list-style-type: none"> Revisit with your child the story of the day <i>Oliver's Vegetables</i> and discuss the meals that Gran and Grandpa made out of the vegetables that Oliver found in their garden. Tell your child that today, you are also going to prepare a dish using vegetables. Main Activity: <ul style="list-style-type: none"> Show your child the recipe attached at the bottom of the lesson plan and explain to him/her what it is for. <i>*This is called a recipe. Do you know what it is for?</i> <i>*It tells us what ingredients we need to make a dish and how to make it. It gives instructions about how to cook.</i> <i>*Ingredients are the things that we need to cook something.</i> Let your child 'read' you the recipe and gather together the ingredients. Encourage your child to help you with the preparations such as washing and scrubbing the vegetables. Explain him/her that they will be using a knife to help you chop the vegetables. Take this time to explain how important it is to use a knife safely. Method: <ol style="list-style-type: none"> Cut off the tops and the bottoms of the washed and peeled carrots and parsnips. Cut them into cubes. Model how to hold and use a knife to chop the vegetables and encourage your child to help with cutting (the bottom part of the root vegetables are softer and easier to cut). 	

Individual Activity Lesson Plan

3. Chop the peeled onion and potatoes.
4. Put the vegetables into a saucepan with water and stock cubes.
5. Bring to the boil and simmer until the vegetables are tender.
6. Season with salt and pepper if needed.
7. Either serve when cooled or blend before serving.
8. Enjoy your delicious and healthy soup!



Throughout the activity talk with your child, remind him/her of being safe with the knife and hot water. Verbalise what you are doing, ask him/her to describe what he/she is doing, let him/her explore, smell or taste the ingredients.

Challenge:

- Write together a list of ingredients (recipe) to make a funny dish such as spaghetti with bananas and carrots or a pizza with apples and cucumbers. Suggest to your child to draw it or make it out of playdough.
- Download the apps *Make Pizza* or *Make Cake* and experiment with baking different pizzas or cakes.

Additional ways to support your child:

Support your child by holding onto the knife while he/she chops to guide him/her. Suggest for him/her to chop the vegetable scraps that are thin and easier to cut.

Extension:

Encourage your child to use a fork and knife during mealtimes.

Vegetable Soup

Ingredients:

2 carrots

2 potatoes

2 parsnips

1 onion

Water

2 vegetable stock cubes (optional)

Salt and pepper to your taste

