



Kitchen Kid

Lesson 1

This lesson introduces the project with a bang! Over the next two weeks, you'll be teaching about cooking and nutrition before filming your own recipe for your very own cooking competition show, *Kitchen Kid*.

Before starting this lesson, the teacher will need to decide on the food being made, and have resources ready to cook. See the recipes folder for simple recipe choices. To see what your final video will look like, watch this [example video](#).

n.b. Always log in to your account before starting teaching to ensure you have access to the videos.

Introduction (5 minutes)

Watch the **L1 Introduction video** which introduces the project to the class. Briefly discuss any cookery shows they may have seen, especially those with a competitive element between teams or individuals.

Visit <http://www.ataleunfolds.co.uk/training> for class workshops and teacher training.

Main (45 minutes)

The main body of the lesson can be run in different ways, depending on resources, groups, and number of adults. The important part is to ensure that, by the end of the lesson, there are video clips of each section of the recipe being made.

You could do one of the following:

- Make one example of the recipe at the front of the class, inviting children to carry out the different steps. Read the instructions aloud and film.
- Each group makes the recipe carrying out all the steps themselves as the teacher reads out the instructions and each group does their own filming.
- Each group makes the recipe carrying out all the step themselves but you film different sections with different groups to make one whole class film.

Plenary (10 minutes)

Make notes on a flip chart, working wall or other means of recording ideas that you can refer to in subsequent lessons. Recap the key steps of the recipe in order. For each key step, collect ideas of imperative verbs and adverbs of manner which could be used in later lessons when writing up the recipe. For example:

- Carefully mix...
- Finely chop...
- Stir quickly...