

## Lesson 3

# Fish on my plate

### Objectives

This lesson will enable children to:

- identify the ingredients, equipment and skills needed to make a simple fish dish;
- use and develop simple food skills to make a fish dish;
- evaluate their dish and make suggestions about how it could be improved.

### Resources

- Tasting and making permission slip (if not already completed in lesson 2)
- Organising cooking PowerPoint
- Tropical prawn rice video
- Recipe ingredients worksheet
- I'm ready to cook! IWA
- I'm ready to cook worksheet
- Tropical prawn rice recipe
- My fish recipe worksheet

### Pre-lesson note!

- Send home the **Tasting and making permission slip** for parents/carers to complete. Foods to taste and recipes may need to be modified in the light of this information.
- Arrange the ingredients and equipment you will need (these can be found on the recipe).
- Arrange for any additional adult support you may need for this lesson.
- Look at the **Organising cooking PowerPoint** for information to help plan your session.

This lesson focuses on making the **Tropical prawn rice recipe**. You may prefer to use one of the other fish recipes instead – the choice is yours!

### Introduction

Explain to the children that they will be making a fantastic fish dish – *Tropical prawn rice*! If you wish, the children could eat this for lunch on the day you make it. Show the children the **Tropical prawn rice video**. Ask the children to look out for the ingredients in the dish – you could note these down on the board as the children spot them. The children could illustrate these on the **Recipe ingredients worksheet**. Ask the children to explain how the following ingredients were prepared and to name the equipment used:

- spring onions;
- red pepper;
- pineapple rings;
- coriander.

### Activity

Explain that before we prepare any food we need to get ready to cook. You can use the **I'm ready to cook! IWA** to engage the children with the getting ready to cook steps. Children could complete the **I'm ready to cook worksheet** to help them remember the steps to get ready to cook.

Organise the children into groups of four with each group arranged around a table. Provide each group with a copy of the **Tropical prawn rice recipe** and a set of the ingredients and equipment listed on the recipe.

Demonstrate to the children how to make the dish. Show them how to prepare each of the ingredients safely and hygienically. You may wish to show the **Tropical prawn rice video** again to reinforce what the children need to do. You could pause it in various places to discuss/emphasise a skill or process.

Allow the children to make the dish.

### Plenary

Provide each child with a small plate or bowl and a spoon or fork. Provide each table with a serving spoon.

Explain to the children that you will be tasting the dish. To do this, they should nominate a server on each table to dish out one spoon of the *Tropical prawn rice* to each person. The children can then try the portion they have been given. Point out that for hygiene reasons they should not eat directly from the main dish. Ask the children why we have this rule.

Discuss what the children think of the dish:

- What flavours can you taste?
- What is your favourite flavour?
- What did you learn by making this dish?
- Who liked this dish?
- Who would make it again?

Children can complete the **My fish recipe worksheet** as a record of the lesson.

### Extension

Talk to the children about the changes or improvements they would make to the recipe if they made the dish again. Do you think you could make this dish even better? How? What would you add? Get the children to modify the recipe. Arrange another cooking session where they can make their 'improved' version.

Organise further cooking sessions to allow children to make some of the other fish recipes, e.g. *Crunchy crab cakes*, *Plaice and pepper parcels* or *Fruity sea bass salad*. Videos of children making these recipes are also available at [www.fishisthedish.co.uk/education](http://www.fishisthedish.co.uk/education)