

Week 1 Lesson Plan

- 1) Introduction, Register and House Keeping
 - 2) Introduction to Confidence to Cook (F)
 - 3) Goal Setting and Questionnaire (P)
 - 4) Topic: Eat well Plate & food groups
 - 5) Recipe: Soup and cooking guidance (F)
 - 6) Tidy up (F/P)
 - 7) Recipes and Topics for remaining weeks (P)
 - 8) Weekly Reflection (F/P)
- (F = Facilitator / P =Participants)

Lesson Plan

Time	Topic	Activity	Facilitator/Participants	Resources
5 Minutes	Introduction Class Register House Keeping	F to introduce themselves Ask for names of Ps and fill in the register Any information on housekeeping i.e., Fire alarms	F/Ps	Class Register
5 Minutes	Introduction to Confidence to Cook	F will give a brief outline of the course and purpose of C2C classes. E.g., To combat myths around Food. To educate people on the benefits of eating healthily and to encourage healthy portion sizes. And also educate on foods which we need to limit in our diet due to the adverse impacts they have on our overall health and wellbeing.	F	Healthy Balance leaflet
10 minutes	Goal Setting Questionnaire	F to introduce the evaluation. Ask the Ps to write their name on a piece of paper and set 3 goals of things they want to achieve from the course Ps to fill in pre-course questionnaire	F/P	Goal setting sheets Questionnaire
7 mins	C2C Class	F to share the Eatwell plate guide with the class & give the class a brief outline of what the Eatwell guide is all about & why we should try to achieve a healthy balance in our diet. Briefly ask Ps : how many portions of fruit & vegetables they currently take,	F/P	Eatwell plate handout Healthy balance leaflet Can be covered by daily reflection.

7-10 mins	Washing hands and getting equipment needed/peeling and chopping	F to hand out the daily recipe to follow & then ask Ps to wash their hands & go to their stations to look out what they need and start preparation of vegetables.		F to visit the Ps stations & make sure everyone can understand the recipe instructions & that they are confident in using the hob etc. Paying particular attention to any P having difficulties focusing or following the recipe.
35-mins	Cooking time			
5-7mins	Safe storing & transferring of foods			
5 minutes	Choose recipe for next week	Ps view a list of recipes and get to choose what they want to cook	Ps	Recipe list
10-15 mins	Tidy up		F/P	
10 minutes	Weekly reflections	F asks Ps qualitative questions about their experience of the class. F to collect Ps reflections at the end of class and explain what they will cover next week.	F/P	Pen, paper, questions