

Week 3 Lesson Plan

Lesson Plan

- 1) Welcome and Housekeeping
- 2) Topic: Fluid/ Caffeine/ Alcohol (F)
- 3) Recipe: Chicken Dish and Cooking guidance (F)
- 4) Tidy Up
- 5) Next week's recipe & topic
- 6) Weekly Reflection (F/Ps)

F=Facilitator and P = Participants

Lesson Plan

Time	Topic	Activity	Facilitator / Participants	Resources
5 Minutes	Welcome Class register & housekeeping	F to welcome Ps & complete the register. Information re Fire alarms & Covid safety.	F/Ps	Class Register
10 minutes	Fluid	Topics to cover. Fluid Intake – importance of hydration Caffeine Alcohol	F	Calories & units in alcohol (resources posters)
5 mins	C2C Class	F to give the class a quick demonstration of how to prepare the raw chicken P F to stand behind the counter to demonstrate. Paying particular attention to washing hands and wearing gloves when handling the raw chicken fillet. F to advise Ps to wear gloves when sharing ingredients & to wash hands after sharing of ingredients.	F/Ps	Demo by F
5 mins	F	F to hand out the daily recipe to follow and then ask the Ps to wash their hand and then go to their stations to look out what they need.	F/Ps	Printed Recipe handout Instruction
5 mins	Washing hands & getting equipment needed/peeling & chopping	F to supervise the Ps who have started their preparation.	F/Ps	Checking with individual Ps that they are confident with what they need to do.

30-40mins	Meal preparation and cooking time by C2C Class	Cooking time 10 prep time 30 mins for chicken and sides Ensuring Ps are aware of importance of safe handling of raw chicken. Top tips for adding extra veg.	F/Ps	F to visit the Ps stations to make sure everyone can understand the recipe instructions & that everyone is confident in using the equipment. Paying particular attention to any Ps who may be having difficulties focusing or following the recipe.
2mins	Safe storing and transferring of foods	Foods are allowed to cool and are stored in a suitable container for taking home.	F/Ps	Take home containers
10 mins	Tidy UP	Check everything is returned, and all areas are wiped down as per COVID 19 risk assessment.	Ps	COVID 19 Disinfectant sprays used on all work surfaces.
7 mins	C2C Class reflection	F to ask for comments on today's lesson plan and explain what they will cover on next lesson.	F/Ps	Can be covered by daily reflection. General feedback/comments