

Week 4 Lesson Plan

Lesson Plan

- 1) Welcome and Housekeeping
- 2) Topic to cover: Physical Activity and Oral Health
- 3) Recipe –Fish dish and cooking guidance (F)
- 4) Tidy Up
- 5) Next week's recipe & lesson plan
- 6) Weekly Reflection (F, Ps)

(Facilitator= F and Participants Ps)

Lesson Plan

Time	Topic	Activity	Facilitator / Participants	Resources
5 Minutes	Welcome Class register & housekeeping	F to welcome Ps back & complete the register. Information re -Fire alarms and Covid safety.	F/Ps	Class Register
10 minutes		Topics to cover. • Importance of Physical activity and recommendations. • Importance of good oral health.	F	PA guideline handouts.
5 mins	C2C Class	F to give the class a quick demonstration of how to prepare Fish F to stand behind the counter to demonstrate. Paying particular attention to washing hands and wearing gloves when handling the raw Fish F to also advise Ps to wear gloves when sharing ingredients and to wash hands after sharing of ingredients.	F/Ps	Demo by F
5 mins	Leader	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. before they begin to prepare their fish-dish and chop the required vegetables.	F/Ps	Printed Recipe handout
5 mins	Washing hands and getting equipment	F to supervise the Ps who have started their preparation.	F/Ps	Checking with individual Ps that they are confident with

	needed/peeling and chopping			what they need to do.
34-40mins	Meal preparation and cooking time by C2C Class	Cooking time 10 prep time 30 mins for Fish dish and sides Ensuring Ps are aware of importance of safe handling of raw fish.	F/Ps	F to visit the Ps stations and make sure everyone can understand the recipe instructions and that everyone is confident in using the hob/grill etc. Paying particular attention to any P who may be having difficulties focusing or following the recipe.
2mins	Safe storing & transferring of foods	Foods are allowed to cool & 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