

Week 5 Lesson Plan

Lesson Plan

- 1) Housekeeping
- 2) Topic: Budget Planning
- 3) Recipe :Dessert/Home baking and Cooking guidance (F)
- 4) Tidy Up
- 5) Next week's recipe
- 6) Weekly Reflection (F/ Ps)

(Facilitator= F and Participants Ps)

Lesson Plan

Time	Topic	Activity	Facilitator/ Participants	Resources
5 Minutes	Class register & housekeeping	SB and HL to Introduce themselves and complete the register. Information re Fire alarms and Covid safety.	F / Ps	Class Register
12 minutes	Healthy eating on a Budget	Topics to cover. 1.Menu Planning + Budgeting tips 2.Shopping Lists 3.Herbs and Spices 4.Basic Foods 5.Food Substitutes 6. Home store 7. non-cook/ microwave/ kettle recipes	F	20 tips to eat well for less - NHS (www.nhs.uk) https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/ C2C Handouts
Contd/	C2C CLASS	F to share resource booklet & ask the Ps to look at page 50 & 51 F to share 10 tips for budgeting.	F/Ps	Eat Better Booklet.

5 mins	C2C Class	F to give the class a quick demonstration of how to prepare for baking. P to stand behind the counter to demonstrate.	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 hands & go to their stations to look out what they need.	F/Ps	Printed Recipe handout
5 mins	Washing hands and getting equipment needed/peeling and 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.
34-40mins	Meal preparation and cooking time by C2C Class	Cooking time Top tips for adding extra fruit/if applicable – making desserts healthier.	F/Ps	F to visit the Ps stations & make sure everyone can understand the recipe instructions & that everyone is confident in using the equipment. Paying particular attention to any P 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	Costing of the recipe and comparison to shop bought items. F to ask for comments on today's lesson plan and explain that next week is the ready steady cook week, where participants will get ingredients and they will be asked to come up with their own meal idea/recipe	F/Ps	Can be covered by daily reflection. General feedback/comments
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