

Week 6 Lesson Plan

Lesson Plan

- 1) Welcome and Housekeeping
- 2) Topic to cover: Food labelling and Ingredients lists
- 3) Recipe –Ready Steady Cook Session (RSC) and cooking guidance (F)
- 4) Tidy Up
- 5) Final evaluation
- 6) Final Reflection & wishing Ps best of luck (F, Ps)

(Facilitator= F and Participants = Ps)

(HIRS = Health Information Resources Service)

Lesson Plan

Time	Topic	Activity	Facilitator / Participants	Resources
5 Minutes	Welcome Class register & housekeeping	F to welcome Ps back & complete the register.	F/Ps	Class Register
10 minutes		Topics to cover: Food labelling and Ingredients lists	F	Traffic light card (HIRS)
5 mins	C2C Class	F to explain how ready steady cook session works. F to explain that they will be given a variety of ingredients and it is up to participants to work together to come up with a recipe idea. F to assist in this if people are struggling to come up with ideas. F to also advise pupils to wear gloves when sharing ingredients and to wash hands after sharing of ingredients.	F/Ps	Demo by F
5 mins	Leader	F to check that all people know what they can prepare and ask the Ps to wash their hand and then go to their stations to look out what they need before they begin.	F/Ps	
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 RSC dish ideas Ensuring Ps are aware of importance of safe handling of different food products.	F/Ps	F to visit the Ps stations and make sure everyone can understand the 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 coming up with their own 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 COVI- 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 hand out final course evaluation. Inform participants that their feedback will be requested after 6 months to see if the sessions has led to any changes to their lifestyles. Ensure participants are happy / agree to be contacted in 6 months. Final Reflection & wishing Ps best of luck	F/Ps	Hand out Final Evaluation questionnaire.