

Session 3: Fibre and cooking learning outcomes

At the end of the session the group should:

- be aware of basic food safety guidelines
- have increased their practical cooking skills
- have experienced the process of raw foods to cooked foods
- be able to follow a task sequence
- have experienced tasting the foods they cooked

Activities and resources

Activity	Preparation	Resources
Preparation for cooking	<ul style="list-style-type: none"> • Buy aprons and hats (if using), disposable ones are available • Print off or photocopy cook's rules in colour if possible • It is best to laminate these so they can be used again. Matt laminate is recommended. 	<ul style="list-style-type: none"> • Aprons • Hats (optional) • Cook's rules (page 240-241)
Cooking	<ul style="list-style-type: none"> • Check risk assessment to help you choose group leaders • Print off or photocopy recipe (you may choose to laminate these) • Identify preparation area and hand washing facilities 	<ul style="list-style-type: none"> • Recipe sheets (page 228-231) • Ingredients • Cooking and serving utensils

Activity	Preparation	Resources
Tasting	<ul style="list-style-type: none">• Identify preparation area and hand washing facilities• Check risk assessment for food allergies/preferences	<ul style="list-style-type: none">• Plates or cups depending on what you buy to taste
Physical activity	<ul style="list-style-type: none">• Check the risk assessment sheets to make sure that groups can do the exercise that is suggested• Plan a walk to do with the group	<ul style="list-style-type: none">• ‘You can do it’ from http://vimeo.com/21292481• Find out if your local authority has activities or facilities that you can access

Session 3: Fibre and cooking

The purpose of this part of the session is to:

- be aware of basic food safety

guidelines.

Today you will bake bread.

Hand out and read through, explaining as you go the cook's rules (240- 241). Ask everyone to wash their hands and put on their aprons and hats (if using).

Cooking

The purpose of this part of the session is to:

- increase their practical cooking skills
- experience the process of raw foods to cooked foods
- be able to follow a task sequence
- experience tasting the foods they cooked.

Lay out the ingredients on the table along with the equipment that is required.

You should have previously identified group leaders.

Encourage them to perform the cooking tasks and those who may be less able can perform simple and safe activities such as:

- putting the ingredients into bowls
- mixing the ingredients
- kneading the dough.

Split the group into smaller teams with at least one group leader in each.

Hand out the recipe cards. Depending on your group you may decide to go through the recipe step by step as one big group or leave the small teams to work their way through the recipe. Make sure you keep checking in with each group to ensure they are on track and know what they are doing.

Important notice: Please follow the cooking rules to avoid problems with food safety. Everything used has to be clean and safe.

The group can do the washing up, have a tea break or do some simple exercises while the bread is cooking.

Physical activity

The purpose of this exercise is to:

- have taken part in physical activity.

Encourage the group do some exercise. You could:

- go for a walk.

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the 'You can do it' SCLD video (<http://vimeo.com/21292481>) to get some ideas or talk to your local authority to find out if they run accessible physical activities.

Tasting

Make sure that everyone has washed their hands, sit down and enjoy your bread!

Ask the group:

- Do you like them?
- What unhealthy foods could you replace in your diet with your bread/rolls?
- Would you make them at home?
- Who could help you?

You might want to give the cook's rules, shopping list and recipe cards as handouts so that members of the group can take them home and make them again.