**LESSON PLAN**

**5. Seasonality – Focus on Desserts and Fruit**

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| **Lesson aim:** | | The aim of the lesson is to introduce the benefits of seasonal ingredients. | **Learning Objectives:** | • Recognise the need for sourcing seasonal ingredients and benefits it brings.  • Understand how to modify dessert recipes to include seasonal produce.  • Evaluate seasonal fruits for water content and adjust recipes accordingly. | | | | | |
| **Week No:** |  | | **Date:** | | **Time:** | | **.00** | **Duration:** | **minutes** |
| **Subject Tutor:** |  | | | | **Numbers in class:** |  | | **Room :** |  |
| **Topic of lesson**  (link to SOW): |  | | | | **Venue:** |  | | **Themes embedded** | **Health & Safety**  **Equality & diversity**  **Functional skills**  **Positive Challenge & stretch**  **Sustainability** |

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| **Content – link to qualification specifications** | **Teaching, Learning and Assessment Activities** | **Embedded**  **Elements** | **Resources** |
| As per SOW | **Start (including recap, objectives, key questions, links to previous lesson, lively starter activity)**  **Starter activity**- **Icebreaker:** What do think of the taste of strawberries in Winter? Why do you think hotels use strawberries all year round?  **Main (including teacher exposition, active learning, mini plenaries and checks on learning)**  **Activity 1: Identifying seasonal fruits**  Tutor to present the season fruit for the students to identify and give instructions on how to search ‘eat the seasons’ or a similar website that lists seasonal fruit.  Using the website (or handout) complete the seasonal sheet in extra resources below in pairs.  **Activity 2: Recipe modification**   * Divide class in to 4 groups (A, B, C & D) with each group assigned a different seasonal fruit. * Tutor to demonstrate traditional apple tarte-tatin recipe * Group-A to produce recipe with selected seasonal fruit * Group-B to produce recipe with selected seasonal fruit * Group-C to produce recipe with selected seasonal fruit * Group-D to produce recipe with selected seasonal fruit * Tutor will provide list of substitutes * Closing checks- kitchen   ***(about 2 hours max)***  **End (including summary of session/plenary, learning checks, bridge to next session)**   * Tutor to check results and recap key points * Student to complete objective sheets/ learning log etc… | **FSM**  **E&D**  **S**  **FSE**  **E&D**  **FSE**  **H&S** | Theory presentation – Seasonality (PowerPoint)  Seasonal Tarte Tatin  recipe (PDF)  Seasonal fruit table (in Extra Resources below)  Link to Chefs’ Manifesto Action 5. [**CELEBRATION OF LOCAL & SEASONAL FOOD**](http://www.sdg2advocacyhub.org/actions/ActionPlanArea5) |
| **SMART Learning Objectives** |
| **All learners will be able to:**  **Most learners will be able to:**  **Stretch & challenge learners will be able to:** |

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| **Evaluation of lesson** | **Make notes on how it could be improved:** |

**Teaching tips**:

* In the practical section, give them a mystery basket full of seasonal ingredients and challenge them to produce a great-tasting dish
* For homework give the students a recipe and task them with making the ingredients more seasonal

**EXTRA RESOURCES:**

**Activity 1**

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| **Season** | **Fruits** |
| Winter |  |
| Spring |  |
| Summer |  |
| Autumn |  |