

EAT IN ENGLISH

Primary Workshops



WORKSHOP EAT IN ENGLISH

Duration	90 minutes
Class size	30 max (students Primary school) with 2 workshop leaders for maximum impact and English language development.
Sector	Life Skills Health & Physical Education
Workshop Objective	To provide children with skills and vocabulary to create healthy and innovative snacks which they can carry into their daily lives at home. Develop fine motor skills cutting and arranging ingredients. To explore the smells, textures and tastes of different foods, fruits and vegetables.
Workshop Description	Students will work together in pairs to make innovative healthy snacks for morning tea. Students will make and eat healthy snack in the workshop which they will later be able to make at home. Students will learn relevant English vocabulary for the activity (food groceries, utensils and action verbs) Students will learn to follow instructions in English and learn appropriate language for making requests. Students will learn a range of songs and chants in English related to food and healthy eating.
Workshop Outline	<ul style="list-style-type: none"> • Students will do an ice breaker activity to refresh vocabulary depending on age group and recipe. (10 mins) • Students will then wash their hands and learn a quick song related to food/hygiene. (10mins) • Students go into their pairs and choose a food related name for their team. Once team name is established, they will receive a list of ingredients which they will then collect from a central table. (10 mins) • Students are now ready to make their snacks. They will follow step by step instructions from the workshop leaders. (25-30 mins) • Students will eat their snacks (10-15 mins) • Students will clean up their work stations and sing the clean-up song** or a food related chant (5-10 mins) • They will be given a hand out of the recipe to take home with them. <p>**Depending on age of group</p>

Materials for course	Knives, plates, tea towels, serviettes, vegetable peeler, and a chopping board for each pair. Food ingredients: See separate sheet (Attachment B). List of ingredients for each pair.
Considerations for the school	<ul style="list-style-type: none"> • Do any students have food allergies? • What is the level of spoken English? • Can we choose the pairs, or should the teachers choose these if there are any issues between students? • Do any students have any special needs? • Would teacher be prepared to participate in the activity? • Depending on student age group, a class discussion on safety using knives is recommended prior to the activity.

BREAKFAST: FUN RICE CAKE ANIMAL FACES!



Ingredients

- Brown rice cakes
- Spread of choice (peanut butter, cream cheese, Greek yogurt)
- Assorted fruit: blueberries, apple, banana, strawberry, kiwi, grapes, raisins, mandarin

Directions

1. Top rice cake with spread.
2. Create animal face.

Pictured above...

- Elephant: Apple ears, banana & blueberry eyes, banana trunk
- Bear: Kiwi ears, blueberry eyes, banana & blueberry nose
- Sea turtle: Grape head and feet, kiwi body, apple fins
- Owl: Banana & blueberry eyes, raspberry nose, strawberry and grape feathers
- Lion: Grape and raisin eyes, banana & blueberry nose, strawberry ears and mandarin mane

AFTERNOON SNACK: CUCUMBER SUSHI ROLLS



Ingredients Per 2 students

- 1 cucumber
- 2 slices cheddar cheese thinly sliced
- 2 slices all-natural deli meat, of your choice, thinly sliced
- $\frac{1}{3}$ cup (35 g) carrot, cut into matchsticks

Preparation

1. Slice cucumber into large 1-inch (2 $\frac{1}{2}$ cm) thick slices.
2. Hollow out centre of cucumber, leaving about $\frac{1}{2}$ inch (1 cm) of cucumber inside.
3. Roll deli meat strips into a small roll.
4. Stuff cucumber pieces with deli meat, cheese, and carrots until centre is filled.
5. Enjoy!

BREAKFAST: SUPER DELICIOUS CHIA PUDDINGS



Ingredients:

Chia Seeds, water, natural yoghurt, bananas, strawberries or (blueberries, kiwi) (optional – crunchy Muesli).

Utensils:

Large bowl, spoon for each child, glass jar (1 per student from home), knives and chopping boards.

Method:

1. Mix chia seeds in large bowl with water and soak for 20 minutes while other ingredients are prepared.
2. Peel and cut banana into thin slices
3. Wash strawberries, cut off leaves and cut into thin slices. Wash and cut any other fruit you have.
4. When the chia seeds have been soaked with water, using a spoon, mix them with yoghurt.
5. Put a layer of chia seeds into the jar about 2cm high.
6. Then put a layer of the banana on top.
7. Put some more of the chia seed and yoghurt mix.
8. Then a layer of strawberries. Continue to layer until the jar is full.
9. Sprinkle some crunchy muesli on top
10. Eat

Vocabulary: superfood, bowl, knife, cut, seed, jar, spoon, chopping board, crunchy, layer. VERBS – mix, peel, cut, soak, put.

AFTERNOON SNACK: CRAZY CRUNCHY WRAPS



Ingredients:

Tortilla wrap bread, 1 for each child, cream cheese, carrot, cheese, lettuce, ham, canned corn, cherry tomatoes, apple, cucumber.

Utensils:

Knives for spreading, vegetable peeler, cheese grater

Method:

1. Spread 1/2 cream cheese on each flour wrap.
2. Place two slice of ham
3. Grate carrot and sprinkle on each bread.
4. Grate cheese and sprinkle on each bread.
5. Slice cucumber and apple super thin.
6. Finally, shred the lettuce and divide among each bread.
7. Wrap up tightly closing one end and leaving one open.

8. Wrap with a paper serviette to keep in place and make it easy to hold.

9. EAT

Vocabulary: spread, peel, cut, roll, wrap, corn, place, grate, chopping board.



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