**LESSON PLAN**

**3. Investing in Livelihoods (Focus on Chocolate)**

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| **Lesson** **aim:** | | The aim of the lesson is to introduce the concept of investing in livelihoods. | **Learning objectives:** | * Understand the chocolate route and the issues associated with chocolate farming livelihoods. * Evaluate the properties of chocolate using the five senses. * Assess the aroma of chocolate and pair with a flavouring. | | | | | |
| **Week No:** |  | | **Date:** | | **Time:** | | **.00** | **Duration:** | **minutes** |
| **Subject Tutor:** |  | | | | **Numbers in class:** |  | | **Room:** |  |
| **Topic of lesson**  (link to scheme of work): |  | | | | **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 scheme of work | **Start (including recap, objectives, key questions, links to previous lesson, lively starter activity)**  **Starter activity**- **Icebreaker:** What is your favourite chocolate bar? And what do you like about it?  **Activity 1: Chocolate tasting ritual**   1. **Look:** Put the chocolate on white paper/table cloth to look at its appearance. 2. **Touch:** Close your eyes. Press the chocolate to assess its finger-sensitivity. Rub between your fingers for the melting rate. Bend the chocolate to feel the resistance, and thus hardness. 3. **Listen:** With your eyes still closed, bring the chocolate close to your ear and snap it. 4. **Smell:** Rub the chocolate and bring it to your nose and cup, then sniff three times (In-between chocolates, smell your own body perfume to neutralize the nose). 5. **Taste:** Pinch your nose: bite and let melt, feel the tastes, then release your nose and take a deep breath: focus on the aromatic notes. Move the chocolate against your palate, chew: explore the mouthfeel (in-between chocolates, drink water to neutralise your palate).   Using the descriptive words table, students should list the aromas and guess the origin of the chocolate.  **Activity 2: Flavour chocolate**  Flavour the chocolate using complimentary flavourings (nuts, dried fruit, spices etc…).  Make a ganache with the flavoured chocolate and fill the tartlet cases, save some ganache for truffles.  **Activity 3: Cocoa route video**   * Introduce the fair trade cocoa farm case study handout and watch the cocoa route video: [https://www.callebaut.com/en-GB/chocolate-video/story/brazil#group-items-wrapper](https://www.callebaut.com/en-GB/chocolate-video/story/brazil) (video 01: Exploring the roots and a great tradition) – discuss the origins of cocoa. * Why is it important to consider where and how cocoa and chocolate are made and sold? * What actions are people taking to make the cocoa trade better for workers, the environment, families and communities?   **Activity 4: Finish and taste**   * Finish chocolate tartlets and truffles, then taste. Does the flavouring complement the original aroma of the chocolate? * Re-cap, comments, close the kitchen.   **Mini plenary:**  Write 3 sentences on what you have learnt so far and share with your neighbour  **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… | **FS**  **H&S** | Theory presentation – Investing in Livelihoods (PowerPoint)  Chocolate tart and tuffles recipe (PDF)  Sensory evaluation handouts (in extra resources below)  Cocoa Farming case study (PDF)  Link to Chefs’ Manifesto Action 3. [**INVESTMENT IN LIVELIHOODS**](http://www.sdg2advocacyhub.org/actions/ActionPlanArea3) |
| **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 this lesson, the impact on cooking from using more or less sustainably sourced ingredients is less obvious. Fairtrade chocolate might taste and cook the same as non-Fairtrade, for example. So it’s a good lesson for talking about consumer trends, such as increasing demand for food with positive stories around provenance or food ethics. You could also talk about risks to food businesses reputations from negative stories, such as discovering child labour in supply chains. *Shamin Talib, UWL Lecturer*

●      Another discussion topic could be what might happen if livelihoods don’t improve - the end product could become more expensive and harder to get hold of for example, if the next generation of farmers decide to pursue more viable careers.

●      You can also talk about food ethics, valuing food, and questioning what it’s used for - especially given how much these products (eg chocolate) are wasted, both in the food industry and in the world of chefs’ competitions for example. This could also include discussions about the possibilities of using leftover Easter or Christmas chocolate.

●      Case studies of actual cocoa or coffee farmers for example can help students engage with the realities of this topic, and the importance of valuing the products.

* In activity 1 – another suggestion is to look at the chocolate under different lights: red and green for example; and when describing the taste – also consider the aftertaste.

**EXTRA RESOURCES**

**Activity 1.**

Using the descriptive words table, students should list the aromas and guess the origin of the chocolate.

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| **Sample:** | **Aroma (use descriptive words table):** | **Country of Origin:** |
| **Chocolate 1** |  |  |
| **Chocolate 2** |  |  |
| **Chocolate 3** |  |  |
| **Chocolate 4** |  |  |
| **Chocolate 5** |  |  |

**Activity 1.**

Chocolate aroma descriptive words table:

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| **Roasted:**  Coffee  Mocha  Roasted Hazelnuts | **Nutty:**  Almond  Pistachio  Walnut | **Cereals/sugars:**  Caramel  Malty  Toffee | **Dairy/vanilla:**  Buttery  Milky  Vanilla |
| **Dried fruit:**  Figs  Dates  Raisins | **Tropical Fruit:**  Pineapple  Coconut  Mango | **Red fruit:**  Strawberries  Raspberries  Cherries | **Citrus:**  Lime  Lemon  Orange |
| **Earthy:**  Olive  Smoked Wood  Mushroom | **Herbal:**  Rosemary  Coriander  Thyme | **Spices:**  Black pepper  Nutmeg  Ginger | **Floral:**  Jasmin  Rose  Lavender |