**LESSON PLAN:**

**4. Food Waste - Stocks and Soups**

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| **Lesson** **aim:** | | The aim of the lesson is to introduce the concept of food waste utilisation. | **Learning objectives:** | * Evaluate the waste created during the preparation process. * Consider usable waste and utilisation in other dishes across the menu. * Develop knife skills and vegetable preparation techniques. | | | | | |
| **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 (objectives, key questions, links to previous lesson)**  **Starter activity: Icebreaker:** What food ingredient do you throw away the most? Why do you think this is?  **Activity 1: Vegetable cuts**   * Larger root vegetables cut into blocks – strips - julienne - small dice / large > small dice and small mirepoix. * Carrot / Courgette. Turned vegetable or slice thinly. * Tomato into concasse.   **Activity 2: Food waste worksheet**   * Complete waste sheet in groups of 3 to 4. Discuss waste levels and reduction methods and uses of waste trimmings. Compare results among your group.   **Activity 3: Stock, Soups and canapes**   * Each group to make a vegetable stock. * Each group to make Simple vegetable soup with spaghetti (i.e. minestrone) a puréed soup with trimmings and a selection of canapes with the food waste. * Re-cap, comments, close the kitchen. | **H&S**  **S**  **FSE**  **PC&S**  **FSM**  **H&S** | Theory presentation –Food Waste (PowerPoint)  Vegetable stock, soup and canapes recipes (PDF)  Waste Sheet handout (In Extra Resources below)  WRAP – Restaurants taking action on waste guide  Link to Chefs’ Manifesto Action 4. [**VALUE NATURAL RESOURCES & REDUCE WASTE**](http://www.sdg2advocacyhub.org/actions/ActionPlanArea4) |
| **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:***

* You will need to vary the practical exercise depending on the academic level/confidence of your students when calculating proportions of waste. Or you might want to give that element to them as homework, especially if your teaching space isn’t very conducive to more theoretical tasks.

In activity 1 you could also talk about how to use rather than waste vegetables peels and discuss the topic of ugly / wonky vegetables - vegetables that are not looking good but are perfectly fine for eating and cooking

**EXTRA RESOURCES**

**Activity 2: Food waste worksheet**

* Complete waste sheet in groups of 3 to 4. Discuss waste levels and reduction methods and uses of waste trimmings. Compare results among your group.

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| Ingredient | Starting weight  g or kg | Finished weight  g or kg | Weight loss | Percent weight loss | Waste reduction method  Potential use of trimmings |
| Carrot |  |  |  |  |  |
| Celeriac |  |  |  |  |  |
| Tomato |  |  |  |  |  |
| Swede |  |  |  |  |  |
| Potato |  |  |  |  |  |
| Onion |  |  |  |  |  |
| Celery |  |  |  |  |  |
| Courgette |  |  |  |  |  |
| Leek |  |  |  |  |  |
| Total: |  |  |  |  |  |