

# West Indian Curry

## Session Plan - Groups

### Skill Codes

1a, b, c, d, e, h  
4b, c, d, e

### Nutritional Objective

- To understand understand how food and diets are influenced around the world.
- To learn about alternative diets (veganism).

### Ingredients Required (for a whole class):

1 Large Aubergine - 5 Potatoes - 10 Spring Onions - Fresh Coriander - 1 can of Pineapple Slices - 2 Red Peppers - 30 Baby Plum Tomatoes - Turmeric - Cumin - 1 Thumb of Ginger - 400ml Coconut Milk

### Equipment (Per group of 6):

Chopping Board - Sharp Knife - Mixing Bowl - Jug - Scissors - Peeler - Fork

### Teacher:

Chopping Board - Sharp Knife - Colander - Mixing Bowl - Hob - 1 Frying Pan - 1 Saucepan

### Lesson Setup

- Wipe down areas ready to cook, use table cloths if required.
- Set up the equipment for 5 groups of 6.
- Wash the fruit and veg. Some items may need to be halved and chopped into 5 chunks such as the Aubergine. The peppers will need to be sliced.

### Nutrition Presentation:

Year 3 - Session 4

Deliver before or after session.



## Main Lesson:

Introduce that we are making a West Indian Curry today, inspired by the food of the West Indies and other Caribbean flavours. We're thinking about how ingredients and recipes travelled around the world and inspired different cultures.

- Children to wash hands and put on aprons - stand in places ready to cook.
- Show the children the bridge and claw method. Get them to practice this and demonstrate that they can use it safely.
- Start by adding a fork to the top of each potato. Demonstrate holding the fork and peeling the potato, keeping our hand on the fork for safety. Pupils should take a few turns peeling each and switch. **Meanwhile, start heating a saucepan of water on the hob.**
- Teacher to cut the potato into quarters lengthways. This will make it easier for pupils to chop.
- Demonstrate a claw method and have pupils chop the potato into cubes. Add to the pan for 7-10 minutes or until soft.
- Pupils to use the claw to slice up the aubergine. They can cut the pieces into quarters.
- **Note: when potatoes are cooked, drain and cool.**
- Add all of the aubergine to a mixing bowl at the front and sprinkle on the spices: 2 tsps of turmeric, 2 tsps of cumin and demonstrate peeling and chopping a thumb of ginger into small pieces. This can be mixed in too.
- Heat a frying pan with oil and add the aubergine to cook for 10 minutes.
- In the meantime, pupils can chop the peppers, slice up the pineapple and halve the tomatoes with the bridge method. **Then, add to pan with the potato. Cook and stir for 5 minutes.**
- Pour in the coconut milk and allow the curry to simmer until thickened (at least 5 minutes).
- Using scissors in a jug, pupils can snip the coriander.
- With the claw method, pupils can slice up the spring onions.
- Serve the curry with a sprinkling of the onions and coriander on top.

Claw Method - Slicing foods...



Bridge Method - Cutting foods in half...

