

Greek Salad

Session Plan - Groups

Skill Codes

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

Nutritional Objective

- To understand why our bodies need fruit and vegetables.
- To know where our foods come from and how they're reared, grown or caught.

Ingredients Required (for a whole class):

6 Salad Tomatoes - 30 Plum Tomatoes - 2 Cucumbers - 3 Peppers - 1 Red Onion - Feta Cheese - Black Olives - Extra Virgin Olive Oil - Lemon - White Wine Vinegar - Oregano

Equipment (Per group of 6):

Chopping Board - Dinner Knife - Mixing Bowl - Jug - Fork

Teacher:

Chopping Board - Sharp Knife - Colander - Tablespoon - Teaspoon

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 vegetables. Cut the ingredients to share evenly. Cut the pepper into slices.

Nutrition Presentation:

Year 2 - Session 4

Deliver before or after session.



Main Lesson:

Introduce that we are making Greek Salad today. At this stage, you may choose to use the Nutrition presentation to start and it's a good opportunity to discuss Greece, where it is and what the Mediterranean is.

- Children to wash hands, put on aprons and stand behind their places.
- Demonstrate the bridge and claw method to the children. These are the methods we will use today.
- Start by handing out the tomatoes and ask the children to use the bridge method to slice them in half.
- Show the children the claw method and how to cut the peppers. (Strip up the pepper prior to start).
- Get the children to cut the cucumber (halve the cucumber so the pieces can sit flat). Pupils can use the claw to slice off chunks then bridge to cut the chunks in half.
- Give each group a few black olives. If the children are not sure about whether they'll like them, reassure and tell them to use bridge to slice into quarters.
- Add in the feta cheese (Adult to cut the feta into cubes).
- Making the dressing can be done by groups or by the teacher. 50ml olive oil, 1tbsp vinegar, half lemon, 1tsp oregano. The pupils can mix it in the jug and sprinkle over their salad.
- Mix the Greek Salads to finish.

Bridge Method - Cutting foods in half...



Claw Method - Slicing foods...

