

# Savoury Scones

## Session Plan - Groups

### Skill Codes

1a, b, c, d, e  
3a, d,  
4d, j

### Nutritional Objective

- To review and revisit learning across year 5.
- Assessment Opportunity: Nutrition Quiz

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

1.4kg Self-Raising Flour - 520g Salted Butter - 320g Mature Cheddar - 4 Large Courgettes - Baking Powder - 8 Eggs - 400ml milk

### Equipment (Per group of 6):

Chopping board - Sharp Knife - Mixing Bowl - Grater - Measuring Jug - Tablespoons - Digital Scales - Fork.

### Teacher:

Portable Ovens - Baking Trays

### Lesson Setup

- Wipe down areas ready to cook, use table cloths if required.
- Set up the equipment for 4 groups of 7/8 .

### Nutrition Presentation:

Year 5 - Session 6

Deliver before or after session.



## Main Lesson:

Introduce that we are making Savoury Scones today. Discuss the difference between sweet and savoury. Savoury is usually plain or salty in taste etc,

### Main:

- Children to wash hands and put on aprons - stand in places ready to cook.
- Explain to children class safety rules before proceeding to them using the equipment. Explain how to stay safe with the sharp equipment.
- Start by handing out the courgettes. Groups should grate the courgettes and keep to one side,
- Next, pupils should grate their cheese. Again, keep this to one side.
- Show the class how to set up their digital scales and set to grams,
- Groups can weigh in 340g Self-Raising Flour, and 130g butter cut into 1cm cubes.
- Get the pupils to rub the butter into the flour, using their fingertips until you have a breadcrumb-like consistency.
- Add 80g of the grated cheese, 140g of the grated courgette and 1tsp of baking powder and stir to combine evenly.
- Crack 2 eggs into a jug and beat with a fork. Add 5 tbsp of milk into the jug and mix together.
- Slowly add the egg and milk to the mixture, stirring while you add until your dough is slightly wet but not sticky,
- Get the pupils to lightly flour their hands and then roll out even sized balls with the dough, and place on baking paper on a baking tray. Flatten slightly so it is about 3cm thick.
- Brush the tops with beaten egg to glaze, and bake for 14-20 minutes at 200C until risen and golden brown,
- Serve warm and enjoy!