

## **COOK SCHOOL Teacher lesson plan for Slaw and Jacket Potatoes**

Shopping: Please chose small potatoes so that they cook quickly and evenly in the given time in class.

### **Things to discuss in class:**

Ask: Have you ever tried coleslaw? Can the children think of times when they could eat coleslaw?

It's great in sandwiches, on burgers or with jacket potatoes.

Ask: What else could you put on top of a jacket potato?

### **Why is this a healthy meal?**

Potatoes provide energy, protein, fiber and vitamins and minerals, they are a great food to include in the diet.

The coleslaw provides vitamins and minerals.

## **RECIPE – Crunchy slaw with jacket potatoes**

### **Step 1 Why do we need to prick the potatoes with a fork?**

To let steam escape from the potato during baking, so that it doesn't explode in the oven.

Please get these into the oven as soon as possible so that they are ready at the end of the session.

**Step 2 & 3** Please follow the kitchen skills to see how to grate safely. Please make sure the children keep their fingers away from the grater's sharp teeth.

Grating – what else can they grate at home?

**Step 4** They can squeeze the lemon using their hands.

**Step 5** Use scales for the raisins or measure with measuring spoons, you will need about 8 tablespoons.

**Step 6** Ask who hasn't tried horseradish before? Explain it's a root that grows in the ground and encourage them to dip their fingers into the pot to taste.

**Step 7** This makes a lot of coleslaw! Ask them for ideas for other ways to enjoy the coleslaw - add to a sandwich, eat alongside meat or vegetarian sausages.

