
Children's Cookery Session Plan (ages 5-11yrs) - Pasta with Tomato Sauce



Level - easy

Prep time – 10 minutes

Cooking time – 20 minutes

Serves approx. 4 (you will need to multiply ingredients according to the number of children participating)

You Will Need

Ingredients

Allergens - vary depending on the brand. Check the labels on the products you use and check with participants if they have any allergies to any of the ingredients

1 tablespoon olive oil, vegetable oil or any cooking oil

1 small onion

1 clove garlic

1 tablespoon tomato puree

1 tablespoon tomato ketchup

1 400g can chopped tomatoes

1 teaspoon oregano or mixed herbs



1 tablespoon honey

50g or half a mug of uncooked pasta per person

A handful of grated cheese per person

Optional:

Black pepper

Equipment

Demonstrator only:

1 x 2 zone portable induction hob

1 large sieve or colander

1 large saucepan (to cook the pasta)

1 can opener

1 knife

1 or 2 large bowls (to store the cooked pasta)

1 apron

Optional:

Hand blender

For 10 children or 10 groups of children sharing and 1 demonstrator:

10 single zone portable induction hobs

11 medium saucepans with lid

10 wipe clean aprons (you may need more depending on numbers)

11 box graters

11 wooden spoons

11 chopping boards

11 sets of measuring spoons

11 bowls

11 extension leads



Blue Roll (double up as tea towels)

Antibacterial cleaning spray

Cling film/foil

Set Up – Getting Ready

- Watch the video [here](#)
- You will need a device connected to the internet and a screen to play the video and have this ready, set-up and tested beforehand
- The demonstrator should feel confident about carrying out the chosen recipe. Practice it to ensure that the session runs smoothly and that you are comfortable with using any unfamiliar equipment
- Print the recipe, laminate, or insert into plastic pockets to distribute to each group
- Consider making a “Dos and Don’ts” poster on kitchen rules to display and talk through
- Set up the cooking stations – 1 for the demonstrator and 1 for each group of children (depending on numbers, children can work in pairs or small groups)
 - Arrange tables making sure that the children can easily see what the demonstrator is doing
 - Ensure surfaces are clean (use antibacterial spray), equipment is safe to use, and the area is clear from mess and trip hazards
 - Layout hobs (you may need extension leads). Ensure that they are placed on stable, heat-proof surfaces, with their wires out of the way
 - Layout all equipment needed (children will find it easier to stir if they use a larger than needed saucepan)
- Allocate groups with children who display challenging behaviour, a workstation close to you, where you can see what they are doing
- If you are concerned some children may misbehave, manage the groups so that those demonstrating challenging behaviour will not be with other children who will encourage this behaviour but are instead with those who listen and follow instructions well.
- Minimise distractions for those who may easily be distracted e.g., put phones away, close doors if interesting things are going on outside the door, put toys away etc.
- Keep a fire extinguisher, a fire blanket, a fully stocked first aid kit, and blue roll or absorbent cloths (to mop up spills) near to the cooking area
- Ensure that a waste bin and/or food compost bin is available so children can dispose of waste and keep their work areas tidy
- Just before the session, ensure all the ingredients needed are prepared and place them on the workstations

Here's one I made earlier...

- For safety reasons, this will be a knife free session and you will need to pre-prepare some ingredients:
 - Cut the onions in half so the children can peel them using only hands
 - Cut the tips of both ends of the garlic so the children can peel them using only hands
- To avoid cuts, open and decant the tinned tomatoes into bowls
- As the children will be working with single zone induction hobs, and to avoid scolding, you will need to pre-cook enough pasta for all children participating. Plan to do this on the same day the food will be prepared and eaten:
 - Using the large saucepan, cook the pasta in boiling water, according to the packet instructions. When cooked, drain, and set aside to cool
 - Store in a plastic bowl, covered with clingfilm, in the fridge until needed later in the day

Session Introduction

- Make sure none of the children need to go to the toilet
- Everyone has washed their hands
- Everyone has put on their aprons
- Sort children into working pairs or groups and direct them to their workspace
- Make sure that children understand why they are taking part in a cook-a-long session
- Talk about basic safety and hygiene in the kitchen. If you have made one, you could display and discuss the “Dos and Don’ts” poster. Consider:
 - wash and dry hands with warm water and soap. Drying your hands properly is equally as important as washing them as warm, damp hands are an ideal breeding ground for bacteria
 - tie long hair back
 - roll your sleeves up
 - wear an apron
 - remove any jewellery
 - don't run
- Ensure the children know:
 - they must wash their hands again if they blow their nose, cough or sneeze into their hands, touch hair, cuts, or spots
 - they must remove their apron if they go to the toilet and wash their hands afterwards before they go back to their cooking
- Remind them about
 - Caution with a hot hob
 - Keeping a saucepan handle away from you
 - Caution with hot liquids

- Agree a signal before you start for when you want everyone's attention for example, raising your hand/ clapping your hands/ background music stopping
- Go through the equipment – ensure children know how to use it (demonstrator to show them) and, at all times, tell children/young people clearly when you expect them to be doing things with the equipment and when you do not expect them to be touching their equipment
- Go through the recipe

Get cooking

Watch and follow the video together [here](#)

Step 1 – peel the skin off the onion and the garlic over the chopping board

Step 2 - grate the onion and garlic using the box grater

Step 3 – place the saucepan on the hob, add the oil and heat for one minute

Step 4 - add the onions and cook for 4-5 minutes until they are see-through, keep stirring them

Step 5 – add the garlic and cook for 2 minutes, keep stirring

Step 6 – add the chopped tomatoes, tomato ketchup, tomato puree and honey. Cook for 3 minutes, stirring well

Step 7 – season with pepper, if you like it

Step 8 – add the oregano or mixed herbs and stir well making big circles

Step 9 – bring the sauce to a simmer, letting it gloop away and allow to cook for about 20 minutes until you have a rich, thick sauce. If you like a smooth sauce, whiz it using the hand blender – just give it chance to cool slightly before you do

Step 10 – tip the pasta into the pan with the tomato sauce, toss together, gently heat and serve

Step 11 – sprinkle over grated cheese, if you like it

Remember:

- Encourage the children to read and follow the recipe
- Support children where necessary but encourage independence
- If children are working in pairs or groups, allow each child to have a go at developing a cooking skill, e.g., peeling, grating, stirring etc.
- If you are showing a technique, e.g., grating, ensure that all the children can see what you are doing

- While you are preparing food, allow children to hold and explore the ingredients. The more familiar children are with ingredients and the more they feel involved in the process, the more likely they are to eat the food at the end. Use sensory aspects of food to engage children: ask children to look at, smell, touch and taste the ingredients and final products. Ask them questions about what is happening and the ingredients, e.g., can you name the ingredients or equipment? What do you think pasta is made of? Why are tomatoes good for us? You could have a copy of the Eatwell Guide and refer to this throughout the session
- Most importantly, praise them as they go along and tell them how proud they should be of the finished dish. Take photos of their dishes to display and share with parents.

Session Close Down

- Dispose of any food waste
- Clear, wash and wipe all equipment. Check for any damage
- Clean and wipe all surfaces
- Children could be encouraged to help by taking on jobs such as:
 - Collecting rubbish and waste from the tables
 - Given a damp soapy cloth to clean and wipe the tables

