

INTRODUCTION:

It is important that children know how food is produced. Understanding how vegetables grow, where meat, fish and dairy foods come from. This activity will help pupils to start thinking about where their food comes from.

RECIPE TIPS:

- If you don't have a food processor for your scone/pizza mix, then don't worry, just use tickle fingers to mix your mixture together (using your finger tips to gently rub the butter and flour together).
- If you don't have a rolling pin to shape your pizza base, you can always use clean fingers to press it out into whatever shape you want!
- Just like Chef Andrew, use a frying pan or skillet or if you don't have a baking tray, just make sure they don't have a plastic handle (otherwise it may melt in the oven).

ACTIVITY TIPS:

- Let them research different foods and how they grow. E.g. frozen peas grow in a pod!
- Have a camera ready to take a photo!

NUTRITION NUGGET:



- Do you know what makes plain flour and baking powder different? Self-raising flour contains baking powder! So if you only have plain flour in your cupboard, add 1/2 teaspoon of baking powder per 100g plain flour to make your very own self-raising flour.
- Did you know that fruits and vegetables make up the biggest food group in the Eatwell Guide? The Eatwell Guide shows us how much we should eat from each different food groups throughout the day. Meaning we should be eating lots of fruits and vegetables each day to give our bodies vitamins, minerals and fibre.

CURRICULUM LINKS:

- Science- Identify and describe the basic structure of a variety of foods.
- Science- Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.
- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.

TOOLS REQUIRED:

A piece of paper, crayons/colouring pens, and anything else you would like to use!

