

# Bean and Veggie Chorizo Stew

## Session Plan - Groups

### Skill Codes

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

### Nutritional Objective

- Review of previous learning to solidify understanding (food groups, balanced diet etc).

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

400g Kidney Bean - 2 tins of Chopped Tomatoes - 30 Cherry Tomatoes - 3 Peppers  
100g Vegetarian Chorizo - 30 Snap Peas - 15 Baby Sweetcorn - 30 Mushrooms -  
Paprika - Olive Oil

### Equipment (Per group of 6):

Chopping board - Sharp Knife - Ingredient Tray - Mixing Bowl

### Teacher:

Portable Hob - Pan - Paella Pan - Chopping Board - Sharp Knife - Colander

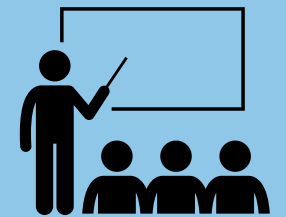
### Lesson Setup

- 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 - Prepare the peppers (Slice into 15 strips per pepper).
- Share the fruit and vegetables equally onto the trays so that every child has at least one of every ingredient to chop.

### Nutrition Presentation:

Year 6 - Session 1

Deliver before or after session.



## Main Lesson:

Introduce that we are making Bean & Veggie Chorizo Stew today. It's a very nutritious dish that consists of proteins, fruits, vegetables and dietary fats.

- 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.
- Show the bridge and claw method. Practise these in the air or on the edge of a table. Once feeling confident that the children know these, then proceed.

### We are going to then work through the preparation of the ingredients:

- We will start with foods that we will need to use the claw method - snap peas, sweetcorn and the pepper slices. (Cut into small chunks) - Demonstrate at the front and choose one ingredient at a time to proceed with. Circle the room and assist between. Children can add those finished ingredients to the mixing bowl.
- We also need to cut up the veggie chorizo into thin 1cm slices. Teacher to prepare or give pupils an opportunity to come and cut the chorizo at the front of class.. Children will need to slice (claw method) or halve (bridge method) as suited.
- **Teacher:** Add some of the ingredients from each bowl to the paella pan (with a little oil) and cook for 5-10 minutes until soft over a high heat, stirring regularly. Cover with Lid. Explain that when cooking, we always add the 'harder' foods first to soften them up.

Lesson continues on the next page...

# Bean and Veggie Stew

## Session Plan - Groups

### Main Lesson (continued):

- Next, we will repeat the preparation process by using the bridge method to cut the mushrooms and tomatoes.
- **Teacher:** Add the mushrooms and tomatoes to the pan and mix for 1 minute. Add the chopped tomatoes, 2-3 tsps of paprika and bring to a boil. Add in the tin of kidney beans, mix through, then lower the heat and add the lid. Cook for 5-10 minutes. Check and add water as necessary to stop the recipe from drying out.

### Whilst cooking:

- Pupils can be cleaning and clearing their areas.
- Pupils can also have a go at the follow up activity.

### Once cooked:

Allow to cool, then serve onto the trays for children to try. Give each child a teaspoon to taste.

### Methods used in lesson:

Bridge Method - Cutting foods in half...



Claw Method - Slicing foods...

