

**Lesson Plan - Chicken Kebabs**

<b>Learning Point</b>	The learning point of this session is about choice. The students will have their basic ingredients like chicken and then a number of other ingredients that they will have a choice whether to use or not and how much they would like to use. By using their senses such as taste, smell, sight and touch, the students will begin to understand the concept of sampling their marinade as they progress throughout the session, to find their individual required taste.	
<b>Activities</b>	<p>3.30 pm – Meet and greet. Wash hands, put on aprons, lay table, take register and conduct safety talk.</p> <p>3.35 pm – Introduce the ingredients to the students. Explain the benefits, history, origin and facts about each ingredient if possible.</p> <p>3.40 pm – Students begin by soaking their skewers in warm water, to prevent them splintering. They then begin to make their marinade using the ingredients provided. As the students will have a chicken skewer each, they will be able to make their own marinade to their required taste. For instance, if a child dislikes spicy food, they can leave out the crushed chilli flakes etc.</p> <p>3.55 pm – Once the marinade has been created, the children will then soak their chicken pieces in it. Once the chunks of chicken are covered, they will then be threaded onto the skewers, with the chopped onion and peppers.</p> <p>4.00 pm – Pop the kebabs onto a baking tray and insert into oven at gas mark 5. Whilst the kebabs are cooking, the students can clear up and talk about what they have learned.</p> <p>4.20 pm – Remove kebabs and leave to cool.</p> <p>4.30 pm – Close</p>	
<b>Props /equipment</b>	<p>Baking trays</p> <p>Wooden skewers</p> <p>Bowls for marinade</p> <p>Knives</p> <p>Colour coded chopping boards</p> <p>Aprons</p> <p>Skinless, boneless chicken breast</p> <p>Coloured Peppers</p> <p>Red Onion</p>	<p>Crushed Chillies</p> <p>Garlic Powder</p> <p>Honey</p> <p>Chinese 5 Spice</p> <p>Dried Chives</p> <p>Lemon Juice</p> <p>Soy Sauce</p> <p>Rice Vinegar</p>
<b>Plenary</b>	From this session, the students would have learned about choice and taste. They will discover the joy of choice and the concept of tasting their food as the lesson goes along rather than just waiting until the end. The students would have learned about the different origins of the food and which foods work well together and which foods do not.	