

Chinese - Lesson Plan

Learning Point	<p>The learning point is for students to discover about cooking a type of food that originates in a different country. Another big point of this session is that the students will probably have had the kind of recipe that they are going to make, from a take-away, thus they will learn to recreate the dish themselves. They will discover that they are able to do so much cheaper and, even more importantly, the way that they recreate the dish will be much healthier.</p>	
Activities	<p>3.30 pm – Meet and greet. The table is laid and aprons are given out. The students wash their hands and will be talked through health and safety procedure. Equipment is named and given out.</p> <p>3.35 pm – The ingredients are introduced and talked about. It’s important to find out what the students understand about each one. For instance, where the ingredient originates from, what benefits it has etc.</p> <p>3.40 pm – The students begin by cutting up the peppers, onions, mushrooms, fresh chilli and garlic. These ingredients should be sliced thinly.</p> <p>3.55 pm – Sesame oil is added to a large wok and is heated gently. The vegetables are then added and cooked until soft but still with a bit of ‘bite’.</p> <p>Meanwhile, the students begin to make their Chinese-style sauce. Using rice wine vinegar, soy sauce, lemon juice and water, the students stir the mixture and leave to one side.</p> <p>4.15 pm – The noodles are added to the wok and stirred in thoroughly. Once the noodles are almost cooked the Chinese-style sauce can be added and stirred in.</p> <p>4.20 pm – Tables are tidied and the noodles are given out to the students. A quick recap of the session is done.</p> <p>4.30 pm – Close</p>	
Props /equipment	<p>Mixing bowls Wok Wooden Spoons Serving Spoons Knives Chopping Boards Coloured Peppers Fresh Chilli</p>	<p>White Onions Fresh Garlic Mushrooms Noodles Rice Vinegar Soy sauce Lemon juice Water</p>
Plenary	<p>Students have discovered how to make a “Fake-Away” – something that they may order from a take-away restaurant but have now learned to recreate.</p> <p>The students will have discovered different ingredients that they may not usually come across.</p>	