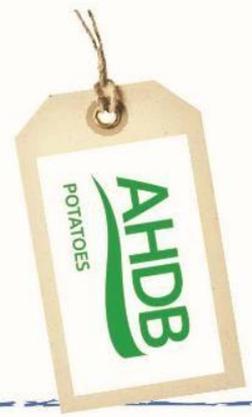


GROW YOUR OWN POTATOES



Cooking Potatoes

Lesson 13: How to make a healthy potato dish

Children will:

- Plan how to make a healthy potato dish.

Before this session you will need to ensure you have permission from parents/carers for the children to taste different foods. This is to ensure there are no allergies, religious or cultural reasons why the children cannot eat the food.

You will also need to prepare the ingredients just before the session. They should be in small sample sized pieces.

The children will need a paper plate or piece of kitchen roll to rest their samples on and some water to clear their pallets. You may wish to provide a sheet so they can record their thoughts on the samples.

You will also need the **Potato salad** recipe.

Introduction

Re-cap what the children learnt about healthy eating in the previous session.

Explain to the children that foods in the different groups provide us with the different things our bodies need to be healthy. The *Bread, rice, potatoes, pasta and other starchy foods* group provides us with energy so we can be active, learn and play.

Explain that they will be making a healthy potato salad. Their potato salad will be a healthy lunch after they have had a busy morning learning and working.

Look at the ingredients on the potato salad recipe.

Talk to the children about the ingredients:

- What is the main ingredient?
- What other ingredients are there?

Look at the **Healthy eating** PowerPoint. Ask the children which other foods they could add from different groups, e.g. peppers, cooked ham, herbs.

Have a selection of ingredients for the children to taste, e.g. grated carrot.

Discuss the tastes and textures of the different ingredients and how suitable they might be for the potato salad.

Task

Ages 5-11

Instruct the children to work in pairs or small groups to design their potato salads.

They should consider which ingredients they think could go well together.

They could draw and label their salads or make a written plan.

They could use **The eatwell plate worksheet 15** to help them consider a salad which contains ingredients from a variety of food groups.

Ask the children to look at the method and decide who will do each part.

Summary

Ask the children to present what they have planned.

Why not...

- Let the children look in recipe books or the internet for ingredient ideas.
- Use some herbs you have grown at school.
- Find out what ingredients are in season at this time of year.

