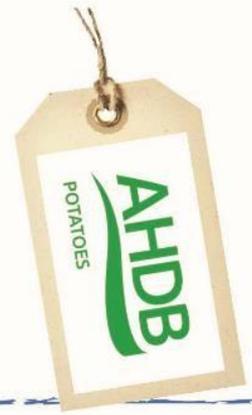


# GROW YOUR OWN POTATOES



## Cooking Potatoes

### Lesson 14: Make a potato salad and develop cooking skills

#### Children will:

- Learn how to make a healthy potato salad and develop their cooking skills. Before this session you will need to organise the equipment and ingredients. You will also need to set up the classroom and organise the children so the session is safe. You will need the **Potato salad** recipe.

For more information on organising cooking in primary schools go to [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) for the 5-8 or 8-11 Cooking modules.

#### Introduction

Explain to the children that they will be making their potato salads. In advance of the lesson you will need to get the ingredients and equipment ready and set up the classroom.

Following the recipe; the bullets below provide a summary of how your session might run:

- Introduce the recipe and the ingredients;
- Demonstrate the skills that will be used, e.g. cutting safely with knives, sniping with scissors;
- Talk to the children about what they will do, e.g. they could work in small groups to produce a dish taking a job each.

#### Task

##### Ages 5-11

Make sure the children are ready to cook.

Ensure they have: tied back long hair, rolled up their sleeves; put on an apron and washed their hands.

Make sure they are clear on what they will each be doing.

It is helpful if children work in pairs so one child can check the other is working safely.

Let the children make their potato salads.

Stop the children during the lesson to check how they are getting on and share any important information.

#### Summary

Evaluate the dishes together as a class. Get the children to comment on the following:

- Appearance
- Texture
- Taste

Talk to the children about anything they would do differently if they made the recipe again. How does it compare to their design (Lesson 11)?

#### Why not...

- Use the potatoes you have grown to make the dish.
- Try some other **potato recipes**:  
*Mini Bake Potato Cupcakes / New Potato and Radish Salad  
Summer Chicken, Orange and Potato Salad / Pizza Potato Creatures!*  
Visit the website below for recipes.

