**Great green soup session plan**

**Overview**

The aim of this session is to help children understand that there are many different types of vegetable and that eating vegetables helps to keep us healthy. They will learn that soup is a dish which can be made from vegetables. The main activity, *Have a go*, involves the children helping to make a vegetable soup by washing and preparing a selection of different vegetables.

**Learning**

The aim of this session is for children to:

* name a selection of different vegetables;
* explain that eating vegetables helps to keep us healthy;
* perform simple food skills safely with a focus on - washing vegetables, cutting with a table knife and cutting with scissors.

**You will need**

* **Great green soup recipe** and the ingredients and equipment listed on the recipe
* **Get ready to cook cards**
* **Setting up a cooking session guide**
* **Green vegetable bingo boards** – cut out and laminated
* 16 counters
* **Great green soup take home letter**

**Before session preparation**

In advance of the session, ask each of the children to bring in one or two vegetablesfrom the **Great green soup** recipe. Make a list of vegetables for the parents/carers to sign up to. This is a good way of involving the parents in what the children are doing and giving the children ownership of their work. However, if it is not possible, you can always provide the vegetables. The children will be making the soup in groups of four, so it might be useful to organise the children in these groups, in advance, to ensure each group has the correct vegetables. Bring in a few additional vegetables, not in the recipe, for discussion, e.g. butternut squash, okra. Prepare any cooking ingredients and equipment in advance. What you will need is listed on the **Great green soup recipe**.

**Listen and respond**

Explain to the children that you will be making a vegetable soup. Question the children:

* What is soup?
* What does it look like?
* What does it taste like?
* What is soup made from?
* How is it made?

Explain that vegetable soup is made with chopped vegetables and water. Vegetables help us to stay healthy and having vegetable soup is a good way to get some of our vegetables.

Show the different vegetables which have been bought in. Question the children:

* What is this called?
* What shape is it?
* What does it feel like? (Allow some of the children to touch the vegetable being shown.)
* What does this taste like?
* How can it be prepared?

Explain that in this session we are looking at green vegetables, but to be healthy we need to eat a variety of different vegetables. This means we need vegetables of every colour, e.g. red, orange, purple, yellow and green. Go through several colours and ask the children to name vegetables which are this colour. Show some of the vegetables not in the soup recipe that you have bought in and repeat the questions above.

Explain that it is always important to wash fresh vegetables before we eat them. Demonstrate how to wash and prepare the vegetables. Cover the following points.

* Cut the courgette in half lengthways and show the children how to use a table knife to cut the courgette into semi-circle slices. The courgette should be placed on the chopping board, flat side down, and they should keep their fingers away from the blade. They need to slice the courgette into similar sized pieces.
* Slice the celery in half lengthways. The children can use kitchen scissors to snip the celery or use the knife as above.
* Quarter and core the cabbage and show the children how to separate the leaves and cut strips using the scissors.
* Explain that the stock cube will add flavour to the soup.

**Have a go**

Organise the children into groups of four. Each group can take turns to work with an adult to make their soup. Make sure the children are ready to cook by using the **Get ready to cook cards** to talk through steps they need to take. Refer to the **Setting up a cooking session guide** for more information about why each step is important. Make the soup with the children following the techniques above. Allow the children to eat their soup when it is ready. Ask the children to describe what the soup tastes like. Do they like it? Ask the children what other vegetables they think would taste good in the soup.

**Consolidate**

In groups of four, allow the children to play *Green vegetable bingo*. Give each player one of **Green vegetable bingo boards** showing four green vegetables. Check that the children can name all the vegetables on their board. Using the list below, call out each vegetable (in any order) and then pause to allow anyone with that vegetable to cover it with a counter. The winner is the first person to cover all their vegetables.

Vegetables: broccoli, celery, courgette, green beans, pak choi, peas, savoy cabbage, watercress.

**At home**

Make a copy of the **Great green soup take home letter** for each of the children. Explain to the children what the letter says.