

Lesson plan: International cuisine

This lesson plan gives you delivery ideas for our GCSE Food preparation and nutrition. Cuisine is defined here as a style or characteristic of a particular country or region where the cuisine has developed historically using distinctive ingredients, specific preparation and cooking methods or equipment, and presentation or serving techniques.

This two hour lesson is designed to:

- enhance students' knowledge and understanding of the cuisine of a particular country or region.
- develop students' research and technical skills with a relevant practical activity
- provide opportunities for stretch and challenge activities to extend teaching and learning

You can adapt the lesson plan to the needs of your school, college and students. You can give students the flexibility of specifying a chosen cuisine or recipe for a whole class or giving them choices from a specified range of recipes.

This lesson could be delivered over a double lesson period or two single lessons. Practical work can be done individually or as part of a group to reduce costs.

Learning objectives

This two hour lesson will teach students:

- to identify and explain the distinctive features and ingredients of Mediterranean cuisine
- to identify the equipment and cooking methods used in Mediterranean cuisine
- to plan, cook and serve a main meal dish that celebrates the cuisine of a chosen Mediterranean country
- to develop the following food preparation skills: S1, S2, S3, S6, S7 & S10
- to identify any high risk foods in chosen recipe and suggest ways to cook safely and minimize risk of food poisoning
- to demonstrate the use of different ingredients including herbs and spices to enhance the flavours of a dish

- to produce a recipe guide for chosen cuisine with customer information about the recipe and its health benefits
- to explain how food choices can be related to different influences

Prior knowledge needed

Students will build upon learning from the KS3 cooking and nutrition curriculum. They will further develop their knowledge and understanding of what constitutes a balanced diet and the function of the main nutrients in food. They should already have a good range of practical skills and have made a repertoire of predominantly savoury products which meet current guidelines for a healthy diet.

Lesson preparation

Resources and equipment

Set up the food room in advance with all resources and equipment necessary for both researching different cuisines and making a dish from chosen cuisine.

- PowerPoint presentation
- recipes and instructions to set up and clear away on an interactive whiteboard or at work stations, to encourage independent learning and group work
- ICT facilities for nutritional analysis of the product, if time permits
- the online stopwatch to manage timings and add pace to practical activities.

Activities

Support each lesson with a variety of teaching and learning activities, to include:

- starters, plenaries and opportunities to stretch and challenge
- activities and opportunities to encourage questioning for learning during demonstrations and practical activities
- practice exam questions to test knowledge and understanding.

Allow time for feedback to students on attainment, progress and reflection on next steps.

Activity plan

Lesson 1

A01, A02 - 5 minutes

International Cuisine: A flavour of the Mediterranean.

Explain to the students that they will be given a demonstration of how to prepare Mediterranean chicken or fish with roasted vegetables, pasta and a Greek salad.

Starter Activity

A01, A02, A03 - 25 minutes

Registration and learning objectives. Definition of international cuisine. What countries make up the Mediterranean? What are the known health benefits of a Mediterranean diet? What are the main cuisines of the Mediterranean?

Resources:

- PowerPoint presentation
- Differentiated recipes
- Differentiation through effective questioning techniques, using blooms taxonomy
- Mediterranean chicken tray bake recipe, [BBC Good Food website](#)

Main Activity

A01, A02, A03 - 40 minutes

Teacher demonstration of the Mediterranean cuisine from a chosen country, eg. Italy, France, Greece, Spain, Portugal, Morocco, Croatia.

What are the main ingredients in this Mediterranean dish? What are the most popular ingredients in Mediterranean cuisine? What methods of cooking are commonly used in Mediterranean cuisine? What are the health benefits of a Mediterranean diet?

Demonstration and discussion of:

- How to marinate chicken or fish
- Preparation of vegetables and meat for roasting
- How to cook meat and vegetables safely, showing an awareness of effective time and temperature control
- Identification of high risk ingredients and methods of safe cooking that reduce risk of food poisoning.
- Preparation of Greek salad
- Cook the pasta
- Serving the Mediterranean Chicken, with a suitable garnish to enhance finish and decoration.

Resources:

- Use of question bags and blooms spoons during discussion and demonstration
- Individual recipe
- Live Word wall to extend use of technical language, literacy and numeracy.
- Differentiated recipe cards: Italian, French, Greek, Spanish, Portuguese Moroccan, Croatian etc
- Recipes for Mediterranean meals on [BBC Good Food website](#)

Group session: give students the International cuisine design brief. The Mediterranean diet is renowned for its health benefits. Select a cuisine from a Mediterranean country of your choice. Research the features and characteristics of the chosen cuisine. Plan a main course with accompaniments to make during the next lesson, which celebrates the cuisine of your choice.'

Homework and preparation for next lesson

1. Select an International cuisine of your choice. Bring in all ingredients, serving dish and container for your chosen main course.
2. Start research based activity into chosen international cuisine. Students to produce a recipe card and a customer information guide on chosen cuisine. Recipe card should include the following information:

- Recipe name and chosen cuisine
- Photograph of dish
- Ingredients list and quantities
- Method of making
- Nutritional profile and health benefits
- Allergy advice and special dietary advice
- Costings and portion size
- Information on ingredients sourcing and any ethical or environmental claims
- Storage and reheating instructions (if appropriate).

Resources:

- Differentiated homework worksheets and home learning resources to carry out research into chosen cuisine
- Example of product leaflet

Lesson 2

Starter Activity

A03

Registration and objectives. Inform students they are to plan, prepare, cook and serve a main course dish which celebrates an international cuisine. Questioning for learning: recap what makes a successful practical lesson. Preparation for practical work. Use online stopwatch to set up workstations.

Resources:

- PowerPoint with objectives, recipes and lesson outline, groups and tasks
- [Online stopwatch](#)

Main activity

A03, A04

Skills include: general practical skills, knife skills, use of the cooker, use of a range of small equipment, different cooking methods, tenderising and marinating.

1. Prepare, cook and serve a main course dish which celebrates chosen international cuisine
2. Follow a set of instructions carefully with the awareness of the importance of working safely and hygienically at all times
3. Develop a good workshop routine, working independently whilst adhering to tight time deadlines and producing a good quality lunch dish with a high level of finish
4. Work effectively as a team to clear away work stations and equipment following the essential instructions to maintain high standards of cleanliness and good hygiene throughout
5. Serve dish and present for assessment.

Plenary: Celebration display and teacher or peer assessment of final dishes. Feedback on attainment, self-reflection and individual targets set for next practical activity. Photography of final dishes made for use on recipe card.

Final presentation of dishes and student explanation of how dishes meet the international cuisine design brief. Discussion of possible improvements to international dish made.

Further work and reading

Extension - Stretch and challenge activity

You can differentiate the design brief to meet the individual student needs. Outcomes can range from a snack or starter, a basic main meal or a complex main meal served with suitable carbohydrate and vegetable accompaniment. The brief is designed to offer you the flexibility to allow students to choose from a wide range of cuisines. You can also specify a cuisine or recipe and the lesson plan can be simplified or extended accordingly.

Homework and preparation for next lesson

Completion of International cuisine homework task below.

Students to complete production of a recipe card and customer information guide on chosen cuisine. Recipe card should include the following information: Recipe name and chosen cuisine, photograph of dish, ingredients list and quantities method of making, nutritional profile and health benefits, allergy advice and special dietary advice, costings and portion size, information on ingredients sourcing and any ethical or environmental claims and finally storage and reheating instructions (if appropriate).

Resources:

- [Explore food, Food a fact of life website](#)