

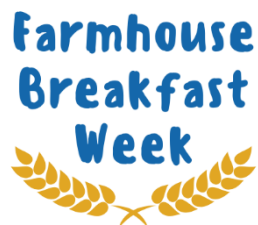
BREAKFAST WEEK ACTIVITY PLAN

Activity: Bacon and Cheese Muffins

Key Stage: 2

Curriculum Links:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



<p>Learning Objective:</p> <ul style="list-style-type: none"> ▪ To learn the skills to prepare and cook bacon and cheese muffins. 	<p>Learning Outcomes:</p> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> ▪ Understand basic food safety rules. ▪ Prepare and make bacon and cheese muffins with supervision. ▪ Identify what they like and dislike about the food they have cooked and how to improve its taste. ▪ Read and follow a recipe.
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TEACHING AND LEARNING ACTIVITIES

Introduction

Explain to the children that during this activity they will be learning about and cooking bacon and cheese muffins.

Go through the expectations about cooking in the classroom:

- Food hygiene and kitchen safety rules
- Working as a group, taking turns
- Reading the recipe/instructions
- Working safely around heat sources – the hob and oven.

Note: Part of this activity is handling flour and tasting the bacon and cheese muffins. Make sure you have checked for any allergies, intolerances or other reasons why children may not be able to taste the muffins. Raw egg will be handled during this activity, make sure you wash your hands well and clean utensils and surfaces after use.

Questions:

- **What ingredients do you think you need to make cheese and bacon muffins?**

Main Activity

- Talk about how to use the hob and oven safely and remind them that only two children can work at the hob at a time.
- Organise the children into groups of three and explain that they have a set of equipment and ingredients to make their muffins.
- Preheat the oven to gas mark 5 (200 degrees).
- Grill/fry the bacon rashers and turn out to cool; chop roughly.
- Sieve the flour and baking powder into a large bowl.
- Fold cheese and bacon into the flour mix.
- In a separate bowl, beat the eggs and then stir in the vegetable oil until combined.
- Using your wooden spoon make a well in the dry ingredients and pour in the wet ingredients.
- Carefully mix by stirring the wet and dry ingredients together – the mixture should be lumpy and just about falling off the spatula.
- Line a muffin tin with paper cases.
- Using a spoon evenly place mixture into each of the muffin cases. You can use a second spoon to scrape the mixture off the spoon.

Equipment and Resources

- Large Mixing bowl
- Fork
- Sieve
- Wooden spoon
- Muffin cases
- Muffin tray
- Measuring jug
- Dessert spoon
- Teaspoon
- Non-stick frying pan
- Spatula
- Heat source – Hob and oven
- 4 slices Red Tractor streaky bacon – cooked until crispy
- 300g self-raising flour
- 100g cheese – grated

<p>➤ An adult must complete this next step. Place the muffins into the heated oven.</p> <p>➤ Bake for 12-15 minutes or until golden brown.</p> <p>➤ Place the muffins carefully onto a cooling tray. Once cooled, enjoy tasting your cheese and bacon muffin!</p> <p>➤ The children can taste and evaluate the muffins they have made.</p> <p>➤ The children should wash and dry their equipment ready for the next group and wipe their table.</p> <p>➤ Discuss food waste. Agree how food waste will be disposed of: will it be put in a bin, used as compost or recycled in line with the school arrangements?</p>	<p>2 eggs 200ml of milk 1 teaspoon of baking powder 3 tablespoons of vegetable oil</p> <p>Ingredients and Instructions sheet</p> <p>Video 1: How to make bacon and cheese muffins (as it is a large file you may need to watch through the video before the lesson to make sure it has fully downloaded)</p> <p>Video 2: Ladies in Pigs – Red Tractor Label</p> <p>IWB or computer for interactive Jigsaw from Ladies in Pigs (cuts of pork)</p>
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Plenary

Question the children about their cooking experience:

- What did you enjoy about making the bacon and cheese muffins?
- What would you change to improve your muffin – did you like the bacon included?
- What other ingredients could you add to the muffin to improve the flavour?
- Why would it make a good breakfast product? – e.g. carbohydrates and protein

Children may want to watch the second video from Ladies in Pigs – which explains a little about themselves and the Red Tractor Label. There is also a separate activity on this topic.

Extension

After working with bacon in your recipe how about having a go at the interactive jigsaw in small groups. The jigsaw demonstrates the cuts of meat from a pig. A discussion after can include whether the children realised how much of the pig can be used in food – nothing is wasted (Fun joke: what’s the only part of the pig you can’t eat... its oink). You could talk a little about cooking with pork – have the children ever had spare ribs, pork chops or bacon before?

<https://ladies-in-pigs.pcgco.uk/jigsaw/index.html>