

BREAKFAST WEEK ACTIVITY PLAN

Activity: Smoky Bacon and Fruity Seeded Flapjack



LINCOLNSHIRE
AGRICULTURAL
SOCIETY

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.

Learning Objective:

- To learn the skills to prepare and cook smoky bacon and fruity seeded flapjack.

Learning Outcomes:

- Pupils will be able to:
- Understand basic food safety rules.
- Prepare and make smoky bacon and fruity seeded flapjack 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.

TEACHING AND LEARNING ACTIVITIES

Introduction

Explain to the children that during this activity they will be learning about and cooking smoky bacon and fruity seeded flapjack.

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 flapjack. Make sure you have checked for any allergies, intolerances or other reasons why children may not be able to taste the flapjack.

Questions:

- **What ingredients do you think you need to make smoky bacon and fruity seeded flapjack?**
- **How might the oats benefit you?**

Explain how oats are a slow releasing carbohydrate meaning that the energy they give is released slowly, keeping you fuller for longer. An excellent start to the day!

Take a look at some of the pictures on the ingredient and instruction sheet. Show the children how oats are grown in fields and are harvested and rolled to make the porridge oats we may have for breakfast.

Main Activity	Equipment and Resources
<ul style="list-style-type: none">➤ 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 flapjack.➤ Preheat the oven to 160 degrees or Gas Mark 3.➤ Grease a 30cm x 20cm deep baking tray and line with baking parchment.➤ Mix together the oats, flour, fruit and seeds in a large bowl.➤ Place the bacon in a pan with a little of the margarine or butter and cook lightly.➤ Add the rest of the margarine or butter, golden syrup and brown sugar to the pan over a low heat. Heat, stirring occasionally, until melted and smooth.	<p>Baking tray – 30cm x 20cm Parchment paper Large bowl Wooden spoon Pan Spatula Knife Heat source – Hob and oven</p> <p>Ingredients: 500g porridge oats (not jumbo)</p>

<p>➤ Pour the syrup into the oats and stir until thoroughly combined, there should be no dry patches at all.</p> <p>➤ Tip the mixture into the prepared tin, spread it out level and press down firmly until well compacted.</p> <p>➤ Bake for 20-25 minutes until set and golden (they will still be a little soft to the touch and will firm up a lot as they cool).</p> <p>➤ Leave to cool for 10 minutes, then cut into slices with a sharp knife while still in the tin. Leave to cool completely then turn out and re-slice.</p> <p>➤ Cut into 24 slices.</p> <p>➤ The children can taste and evaluate the flapjack 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>120g plain flour 200g Red Tractor smoked streaky bacon – chopped 300g mixed dry fruit 75g pumpkin seeds (or mixed seeds such as pumpkin, sunflower) 250g dairy-free spread 150g golden syrup 200g light brown soft sugar</p> <p>Video 1: Smoky Bacon and Fruity Seeded Flapjack (as it is a large file you may need to watch through it before the lesson to make sure it has fully downloaded)</p> <p>IWB Jigsaw from Ladies in Pigs (cuts of pork)</p> <p>Video 2 – Ladies in Pigs – Red Tractor Label</p>
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Plenary

Question the children about their cooking experience:

- What did you enjoy about making the smoky bacon and fruity seeded flapjack?
- What would you change to improve your flapjack – did you like the flavour of the bacon and fruit?
- What other ingredients could you add to the flapjack to improve the flavour?

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.pcgc.co.uk/jigsaw/index.html>

In the cooking video, Ladies in Pigs mention a little about the Red Tractor products. Video 2 explains a little about this. There is also a separate activity on this topic.