

## Session 8

### Great green soup

#### Session overview:

The aim of this session is to help children understand that there are many different types of vegetables, and that eating lots of different 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.



Healthy eating messages	Cooking focus
There are lots of different types of vegetables.  Eating plenty of vegetables helps keep us healthy.	Wash vegetables.  Cut with a table knife.  Cut with scissors.

#### Listen and respond

In advance of the session, ask each of the children to bring in a vegetable to be added to a soup. Referring to 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 4, so it might be useful to place the children in these groups, in advance, to ensure each group has the correct vegetables. Bring in a few additional vegetable in case any of the children forget. In addition, bring a few unusual vegetables, not in the recipe, for discussion, e.g. butternut squash. Prepare any cooking ingredients and equipment in advance. What you will need is listed on the Great green soup recipe.

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. It is easy to make. Soup is a healthy meal because vegetables are good for our bodies and help us to stay healthy.

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 rainbow of different colour 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 unusual vegetables 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 4. Each group can take turns to work with an adult to make a soup. Make sure the children are ready to cook. Help the children wash the vegetables. 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**

Cut out the 4 bingo boards and laminate. You will need 16 counters. Give each player a bingo board showing 4 green vegetables. Check that the children can name all the vegetables on their board. Using the list below, call out each vegetable 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:

Peas, courgettes, cabbage, celery, broccoli, beans, sprouts, leeks, bok choi.

### **At home**

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says.

### **Pre 3**

- Use vegetables and paint to make some vegetable prints.
- Read children stories about vegetables, e.g. I will not ever never eat a tomato (Lauren Child).

# Great green soup

## Ingredients

- 1/4 Savoy cabbage
- 1/2 courgette
- 4x15ml spoons peas (frozen or fresh)
- 2 sticks celery
- 50g bean sprouts
- 600ml water
- 1 stock cube (vegetable or chicken)
- 1x15ml spoon grated Cheddar cheese (optional)



## Equipment

Chopping board, vegetable knife, kitchen scissors, saucepan, measuring jug, measuring spoons, ladle, serving bowls.

## Method

1. Prepare the vegetables:
  - cut the courgette in half lengthways, then slice into semi-circles;
  - snip or slice the celery;
  - cut the cabbage leaves into strips (using the scissors).
2. Place all the vegetables in the saucepan.
3. Measure the water. Add the water to the saucepan.
4. Crumble the stock cube into the saucepan.
5. Place the saucepan on the hob. Turn the heat up high to bring it to the boil and then simmer for 15 minutes.
6. Ladle the soup into bowls and add a little grated cheese.

## Handy hints

- \* Look out for lower sodium (salt) stock or make your own.
- \* Use different types of locally grown or seasonal vegetables.
- \* Make a smooth soup by blending in a liquidiser.
- \* Tear in cooked chicken pieces or sliced ham.

Serves 4

# Green vegetable bingo



At home

Dear parent/carer

We have been learning about vegetables. We looked at, and named, lots of different vegetables. We made vegetable soup. We practised different cooking skills.



Encourage your child to practise their 'chef' skills by helping out in the kitchen. Each time your child demonstrates a 'chef' skill, allow them to colour in a chef's hat.

### My chef skills

I washed some fruit or vegetables.



I used a table knife to cut soft foods and to spread.



I helped mix foods together.



I helped to wash up and put away.

