

Session 9

Pleasing pasta

Session overview:

The aim of this session is to help children understand that there are many different types of pasta. Pasta can be used to make many different types of meals. The main activity 'Have a go', involves children creating a cold pasta salad by preparing and mixing the ingredients together.



Healthy eating messages	Cooking focus
Pasta is a healthy food that fills us up. Pasta can be used to make lots of different meals.	Cut with scissors. Measure ingredients by spooning. Mix ingredients.

Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Pleasing pasta recipe. Bring in some different types of uncooked pasta, e.g. green, wholemeal, twists, penne, spaghetti, ribbons, macaroni, lasagne sheets, ravioli, fresh. You may find it useful to have some packaging from pasta and pasta dishes to aid discussion, e.g. canned ravioli, a packet of lasagne. Remember to pre-cook the pasta for the cooking activity just before the session. See 'Setting up a cooking session' in the leader's guide for more information.

Show the children lots of pasta in different forms. Talk about the shapes and colours. Allow the children to handle some of the pasta and get them to describe what it is like, e.g. long, thin, short, tube-like, hard. Talk about the similarities and differences.

Ask the children what pasta dishes they have eaten. Establish that lots of food can be made from pasta. You could show the children the 'Pasta meal cards'. Explain that pasta is a healthy food because it fills us up so we can work and play without feeling hungry.

Talk about the ingredients used to make pasta and where they come from. (Flour from wheat and eggs from chickens.) You could make some pasta to show the children how it is done. Talk about how it is cooked and how it can be made into different dishes.

Explain that, like pizza in session 6, pasta comes from Italy. See if the children can remember where the UK and Italy are on a map.

Have a go

Organise the children into groups of 4. Each group can take turns to work with an adult to make a cold pasta salad. Before they begin, get the children to compare cooked and uncooked pasta and comment on the difference. How has the pasta changed? Explain that pasta is soft when it is first made, but then it is dried to make it last longer. Drying makes it hard, so we cook it in water to make it soft again. Prepare the pasta dish with the children, following the recipe. Cut the cucumber into sticks so it is easier for the children to chop. Demonstrate how to open and drain the canned sweetcorn, beans and tuna, but explain that this is a job for older children or adults because cans are sharp.

Consolidate

Use dried pasta and other craft materials to create a collage of their favourite pasta dish.

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

- Allow children to explore the different types of pasta by touch. Ensure that they do not eat or place the pasta in their mouth.
- Get the children to select some prepared ingredients which they can help to stir into cooked pasta.

Pleasing pasta

Ingredients

2 spring onions
4 x 15ml spoon sweetcorn (drained)
1/4 cucumber
200g can mixed beans
1 small can tuna (in water)
200g of cooked bow-tie pasta (farfalle)
1 x 15ml spoon reduced fat dressing
A few sprigs of fresh coriander



Equipment

Chopping board, kitchen scissors, measuring spoons, table knife, can opener, sieve, small basin, fork, mixing bowl, wooden spoon.

Method

1. Prepare the vegetables:
 - o snip the spring onions, using scissors;
 - o measure the sweetcorn;
 - o chop the cucumber into small pieces;
 - o open, drain and rinse the beans in a sieve over the sink.
2. Carefully open and drain the tuna. Place in a small basin and break up gently with a fork.
3. Place the vegetables, beans, tuna and pasta in a large mixing bowl.
4. Pour over the dressing.
5. Stir everything together.
6. Snip coriander over the salad, using scissors.
7. Serve.

Handy hints

- Use different vegetables or fruit, e.g. French beans, mango.
- Go for strips of cooked chicken, ham or beef.

Serve 4

Pasta meal cards



Spaghetti bolognese



Pasta salad



Pasta with tomato sauce



Macaroni cheese

At home

Dear parent/carer

We have been learning about pasta. We looked at different types of pasta and talked about meals made from pasta. We also made a cold pasta salad.



Next time you go food shopping, look out for different types of pasta with your child. Become a food investigator, and see if you can spot the types of pasta below. Tick off each type when you find it.



Fusilli



Spaghetti



Farfalle



Tagliatelle