

# LESSON PLAN

## Theme • My country

The theme aims to lead the class group to a reflection on the diversity of our country in terms of the flavours and tastes that characterise each region, starting with the raw materials that come from different places. A reflection on the diversity of foods and respect for seasonality.

## Lesson

## Fun food!

### Lesson focus and goals

- Through comparison and exchange, get to outline that what we eat comes from different regions and that, for example, tomatoes grow in the south along with citrus fruits, melons and watermelon while apples grow in the north like blueberries.
- Valuing how raw materials need different temperatures and that seasonality should be respected and not forced.
- Cooking together is an activity that values observation, teamwork, transformation and creativity.

### Materials

- Disposable cameras
- Photographs
- Fruit, vegetables, rice, pasta, pulses bought at the market
- Kitchen with everything needed for cooking
- Paper for posters

### Activities

- The teachers explain in the class group what the children will do at the market in the buying phase, in the observation and processing phase in the kitchen, and in the phase of returning the work done to the families through a snack.
- Before going to the market, it will be important to discuss what one wants to buy and above all to understand where what one wants to cook comes from, paying attention to whether it comes from regions with hot or cold temperatures.
- After the purchase at the market, the children will be divided into groups to proceed with cooking simple dishes that will feature the raw materials purchased.
- The children will photograph all the steps with disposable cameras.
- Parents will be invited for a special snack with the dishes cooked by the children.
- The snack will have a special setting as there will be for each dish: the photos of the whole process on posters, the raw materials purchased in a basket clearly visible and recognisable to the children, and the dish to be shared all together.
- The snack will be a time for storytelling by the children and an exchange on the proposed theme.

### Tips for specific types of inclusion/handicaps

Children with autism spectrum keep in mind that the appearance of food is important to treat it carefully as colors, textures, taste greatly affect their well-being. Touching certain vegetables, fruits, spices can send them into sensory overload and you need to have foods that can help them compensate. Very useful to have white flour, white rice, legumes that can allow children to dip their hands and feel relief in the moment of discomfort.

### Tips for parenting support

- Provide parents with list of the foods that will be used to understand if there are any allergies, intolerances, food restraints due to diets. Involve parents in choosing what they would like to be used for the workshop, accommodate their suggestions by specifying the objectives:
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