

Digbeth Dining Club CIC
Healthy Pot Noodle Workshop

Outcome: To facilitate a fun and creative food session whilst teaching the kids about healthy eating and learning new food preparation skills.

What you will need for your workshop: Cardboard cups with lids, Felt tips, Safety Knives, Graters and Peelers (optional) Dried Egg noodles, different seasonings of your choice, as many different types of vegetables as you like.

Intro Game: (10-15 minutes depending on how many questions you ask)

Children to stand in the middle of the room, each side of the room represents True or False, Children should run to the side of the room that they think is the correct answer.

Group leader will ask a number of questions.

Examples.

TRUE/FALSE

- Eating breakfast every morning is a great way to power up your body- TRUE It does exactly that, Breaks the fast after sleeping. Most children will sleep 10-12 so this is extremely important to supply the body with the nutrients it needs to keep us strong and healthy.
- Snacks are bad for you- FALSE as children our stomachs are smaller so we need snacks in between meals.
- We should try and eat 5 fruit and vegetables a day- TRUE and its really easy to do- give example
- Eating fatty foods is bad for you- FALSE we need good fats as part of a healthy diet
- Drinking Fruit juice is healthier than eating a piece of fruit- FALSE eating a piece of fruit will also provide you with fibre and is better for your teeth
- Crisps are a healthy way to eat potato- FALSE made from potato but cooked in oil and usually have lots of salt on.
- We should drink 6 cups of water a day TRUE did you know our brains are 75% made of water so drinking enough water each day makes our brains and bodies work better!
- Fruit and Vegetables have sugar in TRUE These are good sugars because they are natural and are really important for your diet.
- I should never eat cakes and sweets FALSE we should have a balanced diet so having a treat each day is fine as long as you are eating the other food types also.

Preparation:

We suggest having Peppers, onions, sugar snap peas, Red cabbage, Mushrooms, Tomatoes, Carrots, Baby corn, Leeks and Coriander in separate bowls for the children to see and smell. Talk through what each vegetable is and a memorable or interesting fact about each one. Get them all to smell the coriander or any other herbs you may have for your ingredients.

What is a herb?

Where do you find them?
Does anyone grow them? ect

Children should accept the challenge of aiming to chop and use at least 5 different vegetables for their pot noodles.

Decorate your pot noodle and think of a fun name for it.

Children to write their ingredients and also their cooking instructions so they can eat it at home. (boil water, fill pot, on their pots.)

Note: remind them to only decorate the outside, theres always one who does the inside too!

Explain the traffic light system and get the children to rate their pot noodle by adding a red, orange or green circle to their pot noodle cups.

Assemble:

Talk to the kids about how to use a knife safely, different techniques for chopping. Eg. Sawing action, slicing, using the bridge technique to chop harder ingredients.

Children to chop up all of their vegetables as small as they can
They can be creative dependant on the equipment you have and grate the carrots and red cabbage or make ribbons using the peelers.

Group leaders to play a big part in reminding children how to use the equipment safely and teaching them the appropriate chopping skills for their ingredients.

Eg. Always chopping away from the body/ Always chopping on the board or table never in your hands etc

Add veg and dried noodles to their pots

Discuss seasoning, what is a seasoning? What does it do to the flavour? What types of flavours can you add to your food to make it more interesting? What flavours do the children like?

Children pick a seasoning and put a large teaspoons worth on the top of their pot noodle.

Traffic Light Game:

To reinforce the knowledge and skills they have just learnt you could play another game with them.

Use Three corners of the room for Red, Orange and Green and name different ingredients, dishes and food items and get the children to run to the corner they think represents the item.

