

Preparing and Sharing Soup

Using seasonal and wherever possible local vegetables to make fresh, tasty, wholesome, and comforting soup to share with groups.

Duration: 2-3 hours

Objectives:

1. To introduce the concept of preparing and sharing soup using seasonal vegetables.
2. To develop basic cooking skills, such as chopping, measuring, and following a recipe.
3. To promote teamwork and cooperation within a group.
4. To foster an appreciation for fresh and wholesome food choices.
5. To encourage participants to share and enjoy meals together as a community.

Materials:

1. Variety of seasonal vegetables (e.g., carrots, onions, celery, potatoes)
2. Chopping boards and knives (ensure appropriate supervision and safety measures)
3. Soup recipe (preferably a simple vegetable soup recipe)
4. Cooking pot(s) and stove(s) or electric soup makers
5. Utensils (e.g., ladles, spoons, bowls)
6. Optional: Herbs and spices for flavouring (e.g., salt, pepper, herbs like thyme or basil)
7. Optional: Bread or rolls for serving

Procedures:

1. Introduction (10 minutes)

Begin the lesson by discussing the importance of vegetables in a healthy diet.

- Highlight the benefits of consuming seasonal, tasty, and wholesome food.
- Explain the concept of community and how sharing a meal can bring people together.

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2. Preparing the vegetables (30 minutes)

- Divide the class into pairs or small groups, pairing students with and without special educational needs together for support.
 - Provide each group with washed vegetables.
 - Instruct the participants on how to chop the vegetables.
- Encourage participants to assist and support each other, ensuring everyone participates.

3. Cooking the soup (50 minutes)

- Introduce the recipe to the class, explaining the ingredients and steps involved.
 - Demonstrate each step of the soup-making process, ensuring participants understand the instructions.
- Assign tasks to each group, such as measuring ingredients, stirring the pot, or adjusting the seasoning.
 - Monitor and assist participants as needed, providing one-on-one support where required.

4. Sharing the soup (20 minutes)

- Once the soup is ready, gather in a communal space,
- Allow participants to serve the soup into bowls and provide bread or rolls for accompaniment.
- Create a relaxed and welcoming atmosphere, encouraging participants to engage in conversation while sharing the meal.

5. Reflection and Conclusion (10 minutes)

- Engage the group in a discussion about the experience of preparing and sharing the soup.
- Encourage students to reflect on the flavours, textures, and overall satisfaction of the meal.
- Use the dialogue below to facilitate a conversation about the importance of community and the joy of coming together to share food.

Community is a powerful bond that brings people together, and there's nothing quite like the joy of sharing food with one another. From small gatherings to grand celebrations, the act of eating together can create lasting memories and foster a sense of belonging.

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Food has a universal language that transcends borders, cultures, and backgrounds. It has the amazing ability to connect people, promote understanding, and nurture relationships. Whether it's a simple picnic in the park or a multicultural food festival, these events provide opportunities for individuals to come together and learn from one another's traditions.

When we share food with others, we're not just exchanging nutrients; we're exchanging stories, experiences, and values. It allows us to appreciate the diverse tapestry of our society and recognize the similarities that bind us as human beings. By encouraging conversations during these communal meals, we can broaden our perspectives, challenge stereotypes, and celebrate our differences.

Think about the wonderful variety of tasty dishes that can be found within our communities. From succulent roast dinners to fiery curries, traditional Welsh cakes to exotic sushi rolls, every region has its unique culinary offerings. By embracing and exploring these diverse flavours, we gain a glimpse into the rich heritage and history of our community.

Beyond the joys of food and cultural exchange, shared meals can also serve a deeper purpose. They can be used as a platform to address important social issues, such as food insecurity and sustainability. Initiatives like community gardens, food drives, and local food banks demonstrate how coming together to support those in need can make a significant impact.

Note: Throughout the lesson, adapt the instructions and tasks to accommodate the Special Educational Needs student, providing necessary support and resources, such as visual aids or simplified instructions. Additionally, pay attention to any food allergies or dietary restrictions among the students, ensuring suitable alternatives are provided