

Focus plan for Knowledge and understanding of the world

(Goals for exploration and investigation) Activity - Spotty couscous Date -

Learning intention

To begin to observe changes over time

Resources

Scales, heatproof mixing bowl, kettle, measuring jug, forks, knives, and aprons. Recipe ingredients: 200g couscous, 270 ml boiling water, 150g tin pineapple in juice - reserve 150 ml juice, 100g sultanas, 2 tablespoons runny honey, 150 ml natural yoghurt, mint leaves to garnish. (4 - 6 servings)

How the activity will be carried out

In small groups wash hands, put on aprons. Put the kettle on to boil, away from the children. With the children, measure the couscous into a heatproof bowl. When the water has boiled the adult should pour it into a measuring jug so the children can check the amount before you pour it over the couscous. Allow it to absorb the water and cool, while together you open the pineapple. A child can pour off the required amount of juice into the measuring jug. Invite the children to taste small amounts of each ingredient before measuring and mixing. Measure out the sultanas, add to the couscous and stir with a fork, add the reserved juice and honey. Mix well. Together, roughly chop the pineapple into fairly even-sized pieces, add to the couscous, stir and then add the yoghurt, mixing well. Check for taste and consistency, adding additional honey or yoghurt as necessary. Chill until required - the couscous will continue to absorb the liquid and become stiffer during chilling. Garnish with a few sprigs of mint before serving.

During the process, discuss the ingredients, drawing attention to consistency, moisture content, smells, texture etc. Compare the fragrance and taste of the pineapple, sultanas and raw couscous. At each stage invite the children to comment on what is happening, how things are changing, comparing each stage. Draw attention to safety issues such as the boiling water - observe the cooling process - steam etc. When you finally eat your couscous, recap on all the stages, the changes it has gone through in appearance, taste and temperature - has the smell changed at all? Eat and enjoy!

Questions to ask/Language to use

How does.... feel/smell? Does the wet couscous smell different? Dry, wet, smooth, grainy, soft, hard, hot, boil, care, mix, chop, reserve, measure, weigh, check, taste, consistency, chill, stiff, sloppy

Differentiation (Birth to Three)

Measure the quantities for the children, but show them what you are doing, explaining the purpose of scales and measuring jugs.

Extension

Invite the children to make a recipe card for the 'Spotty couscous' - they can choose to write their card or make a pictorial account, or a combination of the two. You could begin to compile a recipe folder of dishes you have made.

Evaluation