

LESSON PLAN: DIY OATY FRUITY CEREAL

LEARNING INTENTIONS:

- To understand why breakfast is important
- To explore how much sugar can be found in popular breakfast cereal
- To make DIY oaty fruity cereal or Bircher muesli

KEY SKILLS:

- Measuring
- Chopping
- Mixing
- Grating

TO PLAN THE LESSON:

- Read through the lesson plan in full
- Order the ingredients
(see the Ingredients & equipment list)
- Gather the equipment
(see the Ingredients & equipment list)
- Print 1 copy of the DIY oaty fruity cereal recipe per pupil
- Bring in popular examples of sugary cereal



BEFORE THE LESSON:

- Set up the classroom. We find it works well to set up a display table. Children will share equipment in pairs, but we find it works well to have three pairs per table.
- Set up each table with the equipment needed. For each table (on the basis that you have 6 children per table), you will need:
 - 3 chopping boards (1 between 2 children)
 - 3 knives (1 between 2 children)
 - 1 large mixing bowl
 - optional: measuring spoons
 - 1 wooden spoon
 - 6 airtight containers
 - 3 box graters (1 between 2 children)



- Portion out the following ingredients per table, then divide equally among each child's station:
 - 50g dried fruit, such as sultanas, raisins, dried apricots
 - 35g mixed unsalted nuts, such as almonds, hazelnuts, walnuts
 - 35g mixed seeds, such as pumpkin, sunflower, sesame, poppy
 - 200g porridge oats
 - optional: 1/8 teaspoon ground cinnamon
 - 1 ½ eating apples
 - 1 litre semi-skimmed milk (if making bircher muesli)

IMMEDIATELY BEFORE THE LESSON:

Each child must:

- Tie hair back
- Take jewellery off
- Put aprons on
- Wash their hands

RUNNING ORDER:

1. Welcome the class and introduce the lesson
2. Ask children to raise their hand if they had breakfast this morning. Ask them to raise their hand if they have breakfast every day
3. Ask children why it is important to eat breakfast. **A: Breakfast is the most important meal of the day. While you've been asleep, your body hasn't taken in any food, so it needs a good, balanced meal to kick-start the day. A balanced breakfast is one that covers as many food groups as possible**
4. Ask children how they feel when they eat a good breakfast. **A: A good breakfast gives us energy and helps us to concentrate better so that we are ready for the day ahead**
5. Ask children what makes a good breakfast. Come up with some ideas. Possible answers could include: egg on wholewheat toast, peanut butter on wholewheat toast, unsweetened cereal with natural yoghurt and a sliced banana
6. Investigate how much sugar is in breakfast cereal:
 - Invite volunteers to represent each of the breakfast cereals on display
 - Ask volunteers to line up the cereals based on how much sugar they think is in each one, from the least sugar to the most sugar. Ask the children to validate the volunteer's choices
 - Test the hypothesis by asking children to measure out, in a plastic cup, how much sugar is in 100g of each cereal. Get volunteers to line up the cereals in the correct order
7. Explain that: today we are going to make our own do-it-yourself breakfast cereal, flavoured with natural sugars from fruit only. We're then going to turn that cereal into bircher muesli by adding milk and letting it soak overnight so that you can eat it tomorrow morning for breakfast.
8. Explain that we are going to be using knives and run through any knife safety applicable to your



class. If you are not comfortable using knives, nuts can be bashed in a pestle and mortar, and dried fruit can be cut using a clean pair of food-safe scissors

9. If working with younger children, you may want to demonstrate the recipe in its entirety while the children are gathered. If not, divide children among tables
10. Working in pairs and sharing one knife and one chopping board, roughly chop any larger dried fruit and nuts, then place into a large bowl
11. Add the seeds, oats and cinnamon (if using) and mix it all together. If you're only making the DIY oaty fruity cereal, portion it into airtight containers for children to take home
12. If making the bircher muesli, place a box grater on the chopping board, then work in pairs to coarsely grate half of an eating apple
13. Add the apple to the oaty cereal
14. Slowly pour over enough milk to cover, then take turns to mix well.
15. Spoon the bircher muesli into airtight containers in even portions. Be sure to include adequate milk in each container for soaking
16. Pop the containers in the fridge until the end of the day, instructing children to refrigerate over night. If you are short on fridge space, we recommend covering the large bowl with cling film and portioning up at the end of the school day

TERMS AND TECHNIQUES:

- **Chopping:** See the **All about knives: safety tips** handout for more information
- **Bircher muesli:** Bircher muesli is a Swiss-German breakfast dish, typically consisting of raw oats, fresh or dried fruit, seeds and nuts. It's soaked overnight in milk, yoghurt or sometimes fruit juice. It was developed around 1900 by a Swiss doctor as a healthy breakfast for patients during their treatment. It became popular in the 1960s as public awareness for healthy food grew

PLENARY/FOLLOW-UP:

- **PSHE:** Continue to explore healthy breakfasts using the **Breakfast poster**
- **D&T:** Use Jamie's DIY oaty fruity cereal as a canvas for creating your own versions. Children can develop their own recipe, giving it a name and designing a cereal box complete with a tagline to go with it.