

# Cooking: Soup

## Early Learning Goals:

### 3-4:

- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.
- Show a preference for a dominant hand.

### Reception:

- Understand how to listen carefully and why listening is important.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently.

## Key Facts:

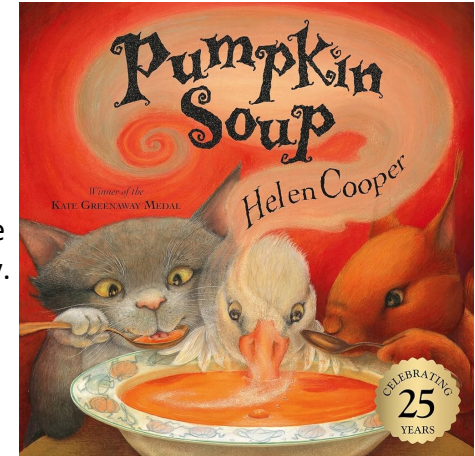
- Fruits and vegetables are an important part of our diet and are part of our 5-a day.
- When prepping food hands and surfaces must be cleaned both before and after.
- Soup is a liquid food made from other foods which have been chopped, blended, or simmered.

## Key Skills:

- Understand the ingredients that go into a pumpkin soup recipe (as well as other soups).
- Name, identify and explore a variety of fruits and vegetables using their 5 senses.
- Use taste tests to establish preference and choice when choosing ingredients for their own soups.
- Understand basic hygiene rules needed for food preparation as well as the safety requirements of using cutting tools and cooking.
- Cut and prepare fruits and vegetables.
- Have discussions about their finished soup, identifying what they like and dislike about it.

## Possible experiences:

- Pumpkin picking
- Parent taster workshop



## Key Vocabulary

Chop	To cut into smaller pieces.
Recipe	Instructions for making food.
Safety	Not being hurt or in danger.
Hygiene	Keeping yourself and the surroundings clean for food.
Preparation	Getting things ready for cooking.

## Linked Texts:

- Quill Soup by Alan Durant
- Our Little Kitchen by Jillian Tamaki
- Chicken Soup with Rice by Maurice Sendak