

Science – Year 3/4A Spring 2

Plants

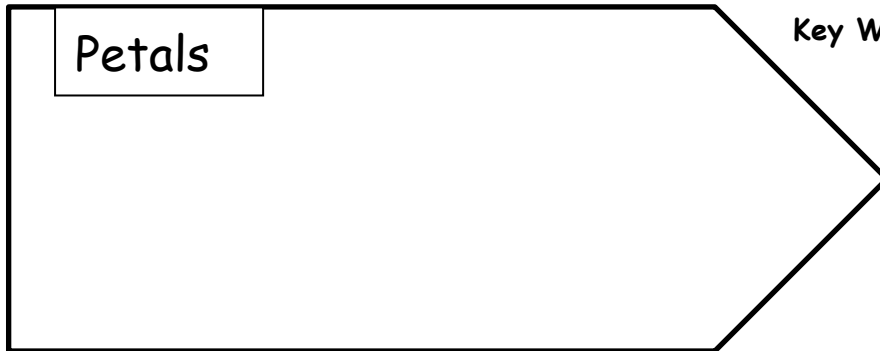
A Feast of Flowers, Fruits and Seeds

Session 2

Resource Pack

I can name the parts of a flower and explain their function

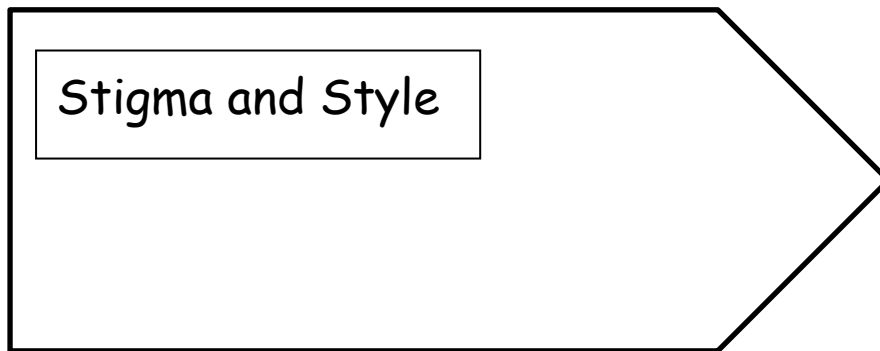
Write a sentence or two for each label. Try to explain the function of that part of the flower.



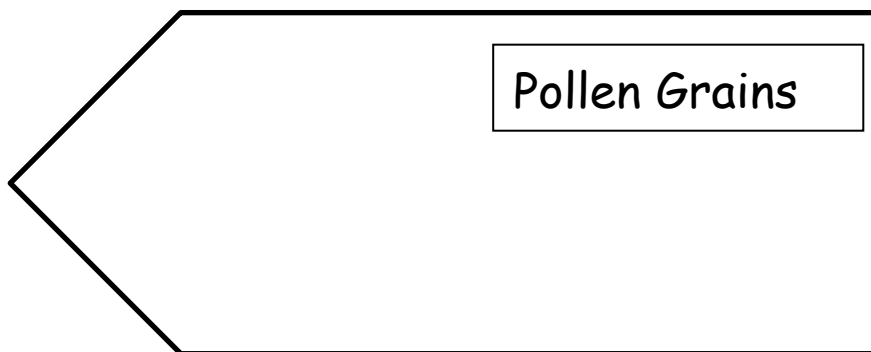
colourful
attract
insects



male
pollen grains



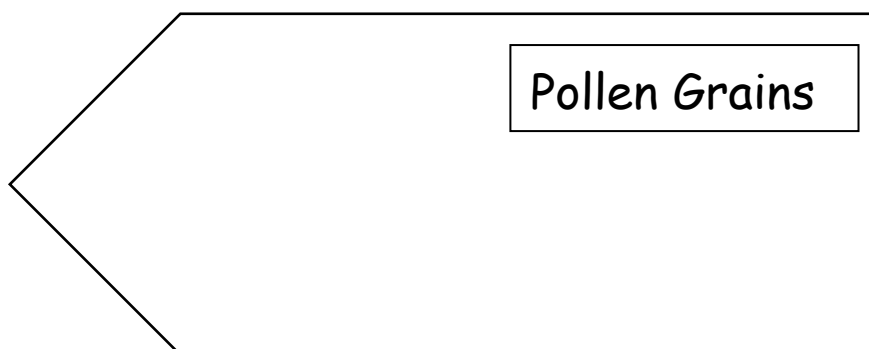
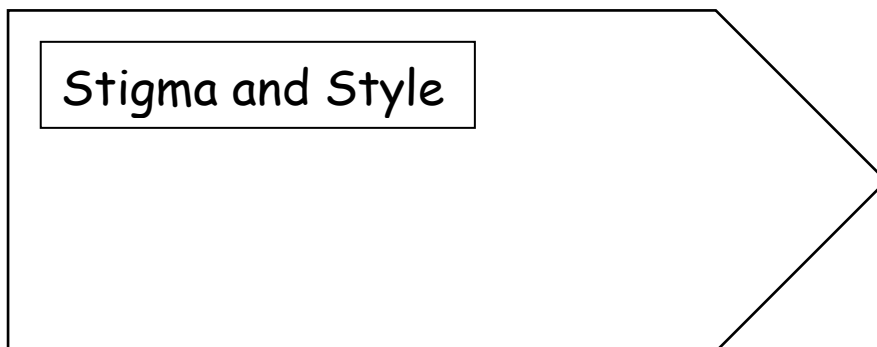
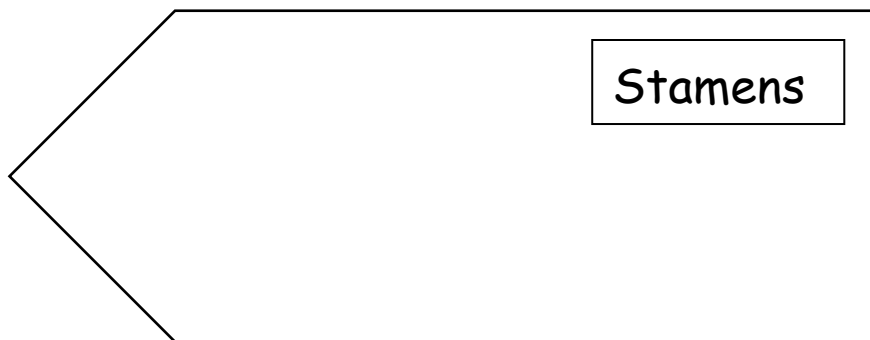
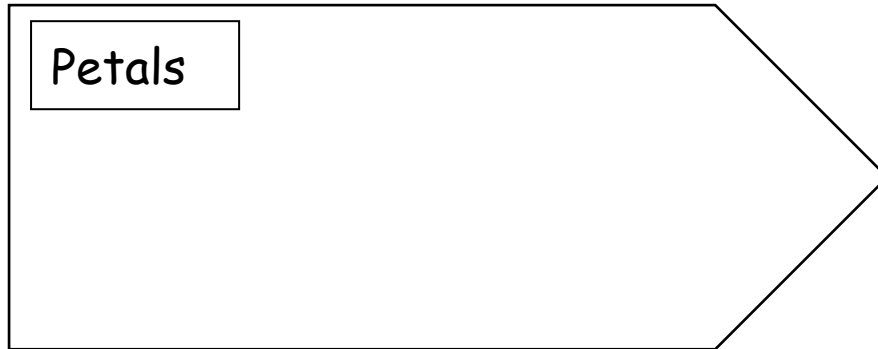
female
sticky



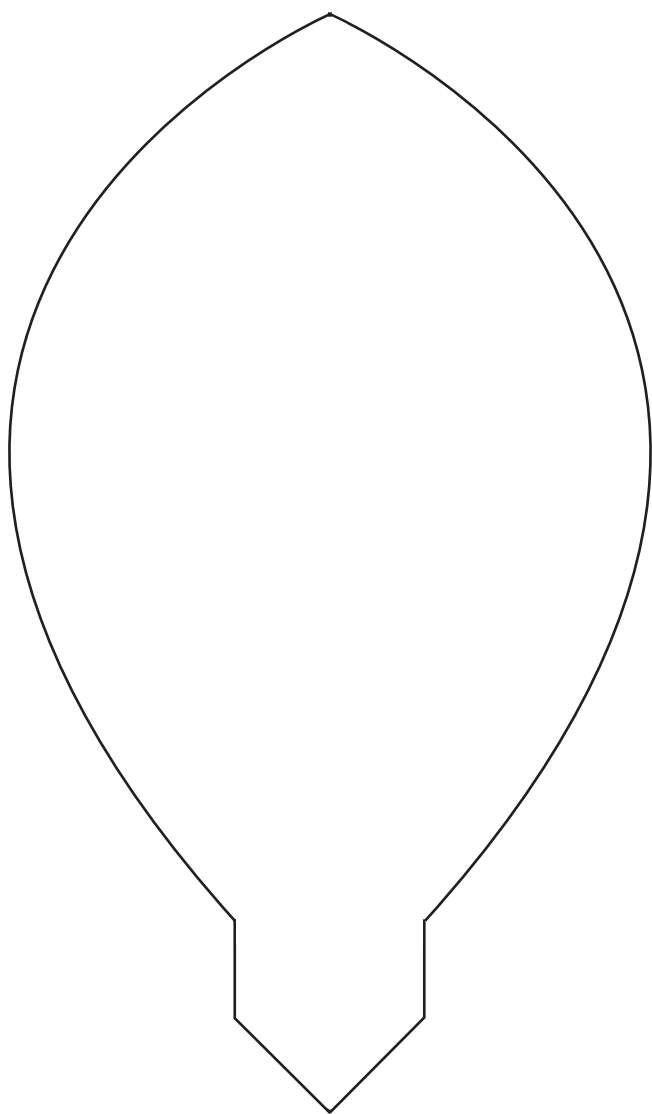
insects
transfer
pollination

I can name the parts of a flower and explain their function

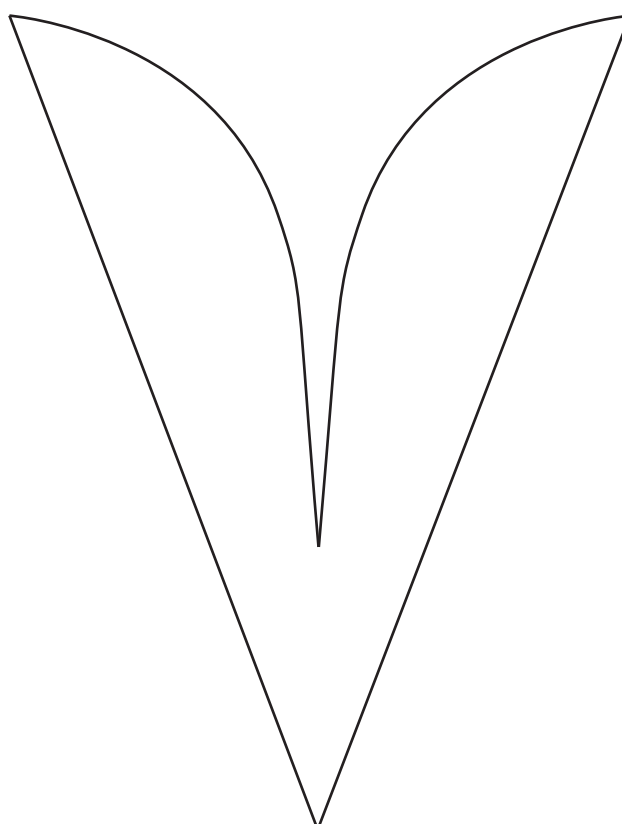
Write a sentence or two for each label. Try to explain the function of that part of the flower.



Petal templates



Photocopy onto card to use as templates for making flowers. See PowerPoint for further instructions.



Class Saffron Vegetable Paella

Enough for a class to have a tasting cup each

Ingredients

- 3 tablespoons olive oil
- 2 yellow and 2 red peppers (sliced)
- 2 onions (sliced)
- 2 cloves of garlic (crushed or finely chopped)
- 2 teaspoons paprika
- 1.2 litres of vegetable stock (2 stock cubes)
- Pinch of saffron
- 400g paella rice
- 2 lemons (grate the zest and squeeze the juice)
- A bunch or pack of fresh parsley (chopped)
- 300g of any mixed seasonal green veg, e.g. peas, sugar snaps, broccoli florets, French beans, spinach, spring greens (cut any large veg into bite sized chunks, top and tail fresh pea/bean pods)



Method

1. Sprinkle your saffron into the stock and set it aside to infuse.
2. Heat the oil in a large lidded saucepan and fry the onion, peppers and garlic for about 5 minutes until soft.
3. Add the rice and paprika to the pan and stir well, then turn up the heat and pour in the stock. Add the lemon zest and about half the lemon juice. Bring it to the boil, then turn down the heat and simmer for about 10 minutes without the lid on. Stir it occasionally.
4. Add the green vegetables. Then cover and cook for 3-4 minutes until the veg is tender. Remove from the heat and stir in the rest of the lemon juice and half the chopped parsley. Fork it through then cover and leave it to stand for 2 minutes.
5. Serve into individual cups or bowls and sprinkle with a little of the remaining parsley.

Enjoy!



Session 2 Teachers' Notes

Cooking Saffron Vegetable Paella

A recipe with saffron is suggested for this session as the focus is on floral reproductive parts and saffron is made from dried flower stigmas. A savoury recipe is recommended for health reasons and because it fits with the DT curriculum objectives to:

- I. *Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques*
- II. *Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed*

Saffron, vegetable paella is also dairy free, gluten free and vegan so it should be an inclusive choice for most children with dietary restrictions.

Management of cooking within the session

The cooking time of the paella is relatively short (about 20 minutes) but there are a lot of ingredients to slice, chop, grate and weigh in advance so it is suggested that children prepare the ingredients in small groups during your main activity session (swapping in and out from their other task). If you have an extra adult or two, e.g. a capable parent helper, they could take children out to prepare ingredients a few at a time during the session while you support the remainder of the class. This would work particularly well if you have a separate food preparation area in your school. If not, all the preparation tasks could all be done on separate disinfected tables within the classroom.

Below, the preparation has been divided into 30 children's tasks which are as follows:

- Slicing onions and peppers (up to 12 children working in pairs)
- Crushing or finely chopping garlic (up to 4 children in pairs)
- Grating zest and squeezing lemons (up to 4 children in pairs)
- Making 600ml each of veg stock and infusing it with saffron (up to 4 children in pairs)
- Weighing rice and stirring in 2 teaspoons of paprika (2 children)
- Weighing and preparing green veg (2 children)
- Chopping parsley (2 children)

In smaller classes children can take on extra tasks.

You will need to allow for a longer plenary than usual to enable you to cook and serve the paella. The cooking time is 20 minutes plus at least another 20 minutes to serve and eat it. The main teaching session has therefore been kept short to give enough time for the activities and plenary. Ideally cook the paella in front of the class and use the cooking time to discuss the sourcing, origins and seasonality of your ingredients.

Health and Safety

- Check on dietary restrictions ahead of the session
- Discuss the importance of good hygiene when preparing food
- Talk to children about the safe use of cooking equipment (particularly knives). A good technique to teach children cutting up fruits and vegetables with sharp knives is to use a fork to hold the food onto the chopping board and to use the knife in the other hand to slice between the prongs. This keeps all fingers well clear of the blade.

3D Flowers with labels

These are easy and very effective to make. They could make a stunning display with some green paper collage leaves and stems.