Instructions for primary vegan cookery activities

***Is it vegan?* cards**

Duration: 5 -10 minutes.

Suitable for KS1

Preparation

Order a set of laminated *Is it vegan?* cards from Animal Aid.

Alternatively, download the images from the School Speakers’ Resources webpage and make up the cards yourself. Note that for each card there are two images – on one side of the card is the ‘food’ and on the other side is the ‘source’, which is the plant that the food is grown on/obtained from (e.g. potatoes for chips), or the animal from whom the food originated (e.g. pig for pork sausages).

Procedure

Show the children the first of a series of cards (food pictures):

* Fish
* Pork sausages
* Cheese
* Eggs
* Raspberries
* Chips
* Bread
* Baked beans
* Vegan mince
* Peanuts
* Peas

Tell them to stand up if the food shown is vegan and to sit down if it is not vegan.

Stand up or sit down yourself to give the answer.

Ask them where the food comes from.

To give the answer show the reverse of the card which shows where the food comes from - either the plant that the food is grown on/obtained from (e.g. potatoes for chips), or the animal from whom the food originated (e.g. pig for pork sausages).

Do the same for each of the cards in the set.

**Food quizzes**

**KS1 quiz**

Duration: 20 minutes.

Preparation

Quizzes can be downloaded from the School Speakers’ Resources webpage, or ordered from Animal Aid.

There are 10 questions on the KS1 sheet. To answer questions 1 – 8, students identify ‘mystery foods’ in bags a - f. To answer questions 9 – 11 students, identify ‘mystery cooking utensils’ a, b and c. For question 10, one person in the group draws a picture of a fruit or vegetable that they all like.

You will need six plain cotton bags, each containing a different food item. (Animal Aid can provide white cotton bags if you require them.)

Suggested food items for the bags:

* Ginger
* Garlic
* Onion
* Coconut
* Avocado
* Sweet pepper

Suggested food utensils:

* Garlic crusher
* Spaghetti spoon
* Grater

Place an elastic band around the opening of each bag so that children can put their hand in but not easily see the food item inside.

Create labels for the bags by writing letters a to f on pieces of paper and, using sticky tape, adhere them to the outside of the bags. Write matching letters on pieces of paper to identify the location of the bags in the room.

Before the lesson starts, place the six ‘mystery food’ bags and two ‘mystery cooking utensils’ around the room next to the labels marking their positions.

When you give the children the instructions for the quiz, demonstrate what to do using one of the bags. Tell them to pick the bag up and put their hand inside to identify the food item by feel. Children should not walk around with the bag or look inside. Tell them that the mystery foods don’t need to be done in order.

When it is time to give the answers, ask the teacher to collect the bags and utensils so that you can reveal the food items and demonstrate the utensils.

Procedure

Hand out quiz sheets to children working in pairs or groups of three or four. Allow time for most to complete the sheet - approximately 10-15 minutes.

Run through the answers (5 min).

**KS2 quiz**

Duration: 20 minutes.

Preparation

Quizzes can be downloaded from the School Speakers’ Resources webpage, or ordered from Animal Aid.

There are 12 questions. To answer question 7, children identify ‘mystery foods’ in bags a – e. For question 8, children identify two ‘mystery cooking utensils’ a and b.

You will need five plain cotton bags, each containing a different food items. (Animal Aid can provide white cotton bags if you require them.)

Suggested food items for the bags:

* Garlic
* Onion
* Coconut
* Avocado
* Sweet pepper

Suggested food utensils:

* Garlic crusher
* Spaghetti spoon

Place an elastic band around the opening of each bag so that children can put their hand in but not easily see the food item inside.

Write a letter on paper labels for the bags and, using sticky tape, adhere the labels to the outside of the bags. Write matching letters on pieces of paper to identify the location or position of the bags in the room.

Before the lesson starts place the five ‘mystery food’ bags and two ‘mystery cooking utensils’ around the room, next to the labels marking their positions.

When you give the children the instructions for the quiz, demonstrate what to do using one of the bags. Tell them to pick the bag up and put their hand inside to identify the food item by feel. Children should not walk around with the bag or look inside. Tell them that the mystery foods don’t need to be done in order.

When it is time to give the answers, ask the teacher to collect the bags and utensils so that you can reveal the food items and demonstrate the utensils.

Procedure

Hand out quiz sheets to children working in pairs or groups of three or four. Allow time for most to complete the sheet - approximately 10-15 minutes.

Run through the answers (5 min).

Animal Aid October 2020