



PROGRAMME PLAN & EVALUATION

SCHOOL:	Cumbrae Primary School	STAFF:	Jacqueline
PROGRAMME:	Eggs 4-Ways Cooking Group		
FAMILY OUTCOMES:	<p><u>HEALTHY</u> Family knows how their child/ young person can lead a healthy lifestyle.</p> <p><u>NURTURED</u> Family relationships improve as Parent/Carer interacts more positively through play/interactions.</p> <p><u>INCLUDED</u> Family is more involved in their school community through attending a range of school and family learning opportunities.</p>		
PROGRAMMES OUTCOMES:	<ul style="list-style-type: none"> To be able to co-operate and communicate together to teach each other their acquired skills and collaborate to produce an end result. To be able to replicate the recipes at home as a family. To be able to have more confidence when it comes to cooking. Parents and carers will have an idea of what products gives you more value for money. 		
TARGET AUDIENCE & DATA:	Parents/Carers/Adults and Children		
DATES:	4 Sessions face to face	TIME:	1 hr 30mins
WEEK 1: TIMINGS:	INTRODUCTION		RESOURCES
15 mins	<ul style="list-style-type: none"> Welcome and sign-in. Explain how the next 4 weeks will run idea of eating all different ways focusing on one main ingredient. After each week look at following week's recipe and what is needed and will be provided. 		<ul style="list-style-type: none"> Sign-in sheet
MAIN DELIVERY			
30 mins	<ul style="list-style-type: none"> Introduction to Health and Safety in the kitchen <p>Basic equipment & ingredients found in house to be used most weeks:</p> <ul style="list-style-type: none"> Hob / Oven Saucepan & Frying pan Chopping board 		<ul style="list-style-type: none"> Hand soap Towel / paper towels

	<ul style="list-style-type: none"> • Knives • Sieve • Wooden/ Plastic Utensils • Washing up liquid • Tea Towels • Cleaner • Sponge/cloth • Measuring jug • Salt • Pepper • Oil • Sugar <p>PANCAKE PIZZA DIPPERS</p> <ul style="list-style-type: none"> • Parents/carers will prep ingredients and then start cooking • Whilst cooking, encourage parents to share ideas, recipes, alternatives ideas. • Can look at the Eatwell plate • Families to clean and tidy away whilst food is cooking, ensuring an eye is kept on the food regularly. • Parents/carers will start to produce a portfolio/scrapbook of recipes, ideas and the best deals and where to go to get these deals and bargains. They will also include what products give you more value for money. 	<p>INGREDIENTS:</p> <ul style="list-style-type: none"> • All-purpose Flour • Eggs • Baking Powder • Dried Italian Seasoning • Granulated Sugar • Salt • Garlic Powder • Milk • Olive Oil • Mozzarella Cheese • Marinara Sauce (Heated) <p>RESOURCES:</p> <ul style="list-style-type: none"> • Portfolio/scrapbooks • Eat well plate information & strive for 5 	
PLENARY			
10 mins	<ul style="list-style-type: none"> • Thank parents for coming and allow for discussions on following questions: • Was the session how you imagined it to be? Encourage parents/carers to expand on answer if necessary. • Families to try food and upload photos if possible. Children can draw in scrapbook. • Write shopping list together for next week's session. 		
		SAME FAMILIES	
		NEW FAMILIES	
EVALUATION:	<ul style="list-style-type: none"> • <i>How do you know that the families were engaged during the session?</i> • <i>What outcomes were met during the session?</i> 		

	<ul style="list-style-type: none"> • <i>What barriers were faced and how did you manage them?</i> • <i>Next steps</i> 					
IMPACT STATEMENTS:						
WEEK 2: TIMINGS:	INTRODUCTION	RESOURCES				
15 mins	<ul style="list-style-type: none"> • Welcome and sign-in. • Recap on last week's recipe and how it went. • Look at recipe card for today and what is required. 	<ul style="list-style-type: none"> • Sign-in sheet 				
MAIN DELIVERY						
5 mins Cook meal	<ul style="list-style-type: none"> • Health & safety recap <p>ONE BOWL BANANA AND CHOCOLATE CHIP MUFFINS</p> <p>Instructions</p> <ul style="list-style-type: none"> • Preheat oven to 350°F (180°C). Line 12 muffin cups with paper liners; set aside. • In large bowl, mash bananas; whisk in eggs, oil and vanilla until well blended. Whisk in sugar until combined. • Stir in flour, baking soda and salt just until combined. Fold in chocolate chips. • Spoon into prepared muffin cups. Bake until tester comes out clean, about 30 to 35 minutes. Let cool in pan on wire rack for 10 minutes before turning out muffins. Let the muffins cool completely and then store in airtight containers for up to 2 days or freeze for up to 1 month. 	<ul style="list-style-type: none"> • Hand soap • Paper Towels <p><u>INGREDIENTS:</u></p> <ul style="list-style-type: none"> • 3 ripe bananas (about 1 1/3 cups/325 mL) mashed • 2 eggs • vegetable oil • 1 tsp (5 mL)vanilla • 1 cup granulated sugar • 1 1/2 cups all-purpose flour • 1 tsp baking soda • ½ tsp salt • ½ cup chocolate chips 				
PLENARY						
10 mins	<ul style="list-style-type: none"> • Thank families for coming. • Invite feedback. • Ask families questions around some of their learning today. Some of the questions may include: <ul style="list-style-type: none"> ○ How do you feel about cooking banana muffins at home – 	<table border="1"> <tr> <td>SAME FAMILIES</td> <td></td> </tr> <tr> <td>NEW FAMILIES</td> <td></td> </tr> </table>	SAME FAMILIES		NEW FAMILIES	
SAME FAMILIES						
NEW FAMILIES						

	<p>maybe add other ingredients – give examples?</p> <ul style="list-style-type: none"> ○ Was making the muffins easier/harder than you imagined? 		
EVALUATION:	<ul style="list-style-type: none"> • How do you know that the families were engaged during the session? • What outcomes were met during the session? • What barriers were faced and how did you manage them? • Next steps 		
IMPACT STATEMENT			
WEEK 3: TIMINGS:	INTRODUCTION	RESOURCES	
	<ul style="list-style-type: none"> • Welcome and sign-in. 	<ul style="list-style-type: none"> • Sign-in sheet 	
MAIN DELIVERY			
40 mins	<ul style="list-style-type: none"> • Health and Safety recap. <p>FRENCH TOAST KEBABS</p> <p>Instructions</p> <ul style="list-style-type: none"> • Whisk eggs and cinnamon in shallow bowl until blended. Whisk in milk and vanilla. <hr/> <ul style="list-style-type: none"> • Spray large skillet with cooking spray. Heat skillet over medium heat. • Dip one slice of bread at a time into egg mixture, turning to coat both sides. Remove from egg mixture, letting excess drip off. Place bread on hot skillet. Cook until bottom is golden brown, 1 to 2 minutes. Turnover and cook other side until browned. • Remove bread from skillet and place on cutting board. Cut each slice into three equal strips, then each strip into three cubes. Cut each banana into six slices. • Thread a cube of bread onto 8-inch (20 cm) wooden skewer. Alternately add fruit and bread so skewer has three bread cubes and three portions 		<ul style="list-style-type: none"> • Hand soap • Paper Towels <p>Ingredients:</p> <ul style="list-style-type: none"> • 3 eggs • ¼ tsp ground cinnamon • ½ cup milk • ½ tsp vanilla • 4 thick slices day-old whole grain bread • 3 medium bananas • 18 strawberries • ¾ cup fruit-flavoured or vanilla yogurt

	<p>of fruit. Repeat with remaining bread cubes and fruit, making 12 skewers.</p> <ul style="list-style-type: none"> • Serve with yogurt for dipping. 					
PLENARY						
10 mins	<ul style="list-style-type: none"> • Thank parents/carers for coming. • Invite feedback. • Ask families questions around some of their learning today. Some of the questions may include: <ul style="list-style-type: none"> ○ How do you feel about cooking the kebabs at home – maybe add other ingredients – give examples? • Was making the easier Kebabs easier/harder than you imagined? 	<table border="1"> <tr> <td style="background-color: #FFD700;">SAME FAMILIES</td> <td></td> </tr> <tr> <td style="background-color: #FFD700;">NEW FAMILIES</td> <td></td> </tr> </table>	SAME FAMILIES		NEW FAMILIES	
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IMPACT STATEMENTS						
WEEK 4: TIMINGS:	INTRODUCTION	RESOURCES				
	<ul style="list-style-type: none"> • Welcome and sign-in. • 	<ul style="list-style-type: none"> • Sign-in sheet 				
MAIN DELIVERY						
40 mins	<ul style="list-style-type: none"> • Health and Safety recap. <p>SIMPLE OMELETTE</p> <ul style="list-style-type: none"> • Spray a 10- or 12-inch non-stick or cast-iron skillet with a thin coating of cooking spray and heat over medium heat. • Beat eggs, water, salt, and pepper until light and fluffy. • When skillet is hot (but not smoking), pour egg mixture in. • As omelette starts to set, lift an edge of the omelette with a clean spatula and tilt pan so that the runny, unset portion of omelette can run underneath and start to set. • Repeat on the other side • If adding vegetables or meats, do so now. 	<ul style="list-style-type: none"> • Hand soap • Paper Towels <p><u>Ingredients:</u></p> <ul style="list-style-type: none"> • Cooking spray, or butter • 3 large eggs • 1 teaspoon water • 1/4 teaspoon kosher salt • 1/4 teaspoon freshly ground black pepper • Meat, or vegetables (such as sliced sausage, onions, bell pepper etc.), optional • 1/2 cup shredded cheddar cheese 				

	<ul style="list-style-type: none"> • When omelette is just about completely set, sprinkle the cheese over half of the omelette. • Then fold other half of omelette over the cheese half. • Serve 		
PLENARY			
10 mins	<ul style="list-style-type: none"> • Thank parents/carers for coming. 		
		SAME FAMILIES	
		NEW FAMILIES	
EVALUATION:	<ul style="list-style-type: none"> • How do you know that the families were engaged during the session? • What outcomes were met during the session? • What barriers were faced and how did you manage them? • Next steps 		
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