

# Frittata fingers

## KS2 | Teacher guide



**The recipe in this pack is designed to help children explore cooking in a fun, practical and safe way.**

**An adult should be present for all activities. Adults should carry out or closely supervise any steps involving using knives, handling hot trays or operating the oven, to ensure children's safety.**

**Choose recipes that are suitable for your children's abilities, so they can take part safely and enjoy the experience.**

This recipe is designed for a class of 30 KS2 children to make frittata fingers. It focuses on preparing a healthy savoury snack. Children will take part in the food preparation while learning about healthy eating choices and following instructions.

### Before you begin:

Group children into groups of 5. Check the class for food allergies and any dietary restrictions.

The following steps could be completed by a classroom assistant if available whilst the teacher is delivering an input or setting up the classroom with the children. If possible, this could also be done during the previous lesson.

Preheat the oven to 180°C (160°C fan/gas mark 4). Measure out 150g per group of the cheddar cheese, courgette, ham, red onion, self-raising flour and sweetcorn.

Grate the cheddar and the courgette. Chop the ham into small pieces. Dice the red onion. Place each ingredient into small bowls.

Set up each groups' workstation providing each with the bowls of ingredients and equipment.

### Curriculum link:

Cooking and Nutrition – prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

### Ingredients for 30 children/ 6 groups of 5:

- 30 large British Lion eggs
- 900g cheddar cheese, grated
- 4 courgettes, grated
- 900g ham, chopped
- 5 red onions
- 900g self-raising flour
- 900g tinned sweetcorn
- Sunflower or vegetable oil

### Equipment:

- 6 mixing bowls (1 per group)
- 6 lined baking trays with greaseproof paper (1 per group)
- 6 forks or whisks (1 per group)
- Plates or napkins (1 per child)
- Oven (adult use only)
- Paper towels
- Table coverings or mats
- Aprons (if available)



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## Step 1

- Explain to the children that they are going to be making frittatas. Ask the children if they know what a frittata is and if they have ever had one before. After taking children's thoughts, explain that a frittata is an egg dish from Italy that is a bit like a large omelette that doesn't fold.
- The teacher and classroom assistant can circulate to support as appropriate.

## Step 2

- Explain to the children that the ingredients have all been pre-measured. Start by cracking the eggs into the mixing bowl. Tap the egg on the side of the bowl and carefully break open the shell. Check the bowl for any shell and remove it with fingers or a small piece of the shell.

## Step 3

- Add your choice of the other ingredients and then fold together. This is a gentle way of mixing so that we can make sure all the ingredients get combined.

## Step 4

- Pour the mixture into the lined baking tray. Scrape all of the mixture out of the bowl using a spoon and smooth it out in the tray. Explain that only adults should touch the oven. Each groups' mixture will now be cooked in the oven. Explain that as the mixture cooks, the heat will change the texture and colour of the food. Cook in the oven for 30 minutes at 180°C.

## End the lesson

- Once cooked, allow the frittata to cool for 5 minutes in the tray before lifting out onto a plate or chopping board. Cut each frittata into fingers and distribute onto plates. Talk to the children about the taste, texture and smell of the food. Ask if they would make any changes to the recipe next time.

### Optional extension:

- Whilst the frittata is cooking, the children could complete an activity looking at the raw ingredients and how they predict they will change once cooked. Once cooked, they can check their predictions.

### Future learning:

- Children could write their own short recipe with the instructions in their own words.
- This could also form the basis for a lesson on proteins, vitamins and the importance of vegetables in meals.