

Lesson 1

Welcome to Lioness Lunch! During the week, you will be using the recipe you make and the filming you do today to teach about nutrition alongside instruction writing. Before beginning the week, you will need to choose the recipe (see the examples in lesson 1 folder) for the lunch you are going to make, and have the resources ready to make it.

Before you start: If time allows in the week before you start, you could choose to use the optional DT/science lesson where children can design their own healthy 'meal on the go' and discuss their choices. The teacher might also want to bring in examples of foods which would be healthy/unhealthy for discussion points. Otherwise, simply choose a recipe from the suggestions.

n.b. always log in to your account before starting teaching to ensure you have access to the videos.

Introduction (10 mins)

Watch the **L1 Project Introduction video** which explains the challenge for the week. Collect ideas for what might be included in healthy lunches, and briefly question the children about why they might be healthy, referring back to your previous DT / science lesson if possible. Also talk about why packed lunches need to be easily portable and eaten on the go.

Tweet us and let us know your class is tackling the challenge: [click to tweet!](#)

Main (40 mins) KS1 & KS2

The main body of this lesson can be run in different ways, depending on resources, groups, and number of adults. The important part is to ensure that, by the end of the lesson, there are **video clips of each section of the packed lunch being made**.

You could do one of the following:

- Make one example of the packed lunch at the front of the class, inviting children to carry out the different steps. Read the instructions aloud and film. There is a slide at the end of IWB01 to use as a backdrop for filming.
- Each group makes the packed lunch carrying out all the steps themselves as the teacher reads out the instructions and each group does their own filming.
- Each group makes the packed lunch carrying out all the step themselves but you film different sections with different groups to make one whole class film.

You do not need to record voiceover of the instructions at this point - this will come later in the week.

This is a perfect time to snap some photos of your class making and filming and tweet them to @LitFilmFest and @Lionesses!

Plenary (10 mins)

In books, make notes on how the recipe was made, as a record of ideas to refer to in subsequent lessons. Recap the key steps of the packed lunch in order.

KS1: For each key step, collect ideas of **imperative verbs** which could be used in later lessons (put, chop, mix...)

KS2: For each key step, collect ideas of **imperative verbs** and **adverbs of manner** which could be used in later lessons (slowly place, gently fold, generously sprinkle...)