

Cooking - Making Soup

This cooking activity is to make different soups. Choose the ASDAN Life Skill challenge that best suits your child's needs and abilities. They are both for making soup but have slightly different outcome and assessment criteria.

I have put some recipes for you to try at the end of this document and below are some websites with a lot more recipes.

- <https://www.myfussyeater.com/20-kid-friendly-soups/>
- <https://www.bbcgoodfood.com/recipes/collection/kids-soup>

These are just examples of recipes and you don't need to use them if you have your own at home.

Notional learning hours	10
Level	Working Towards Entry 1
Subject area	Design and technology
Preparing for Adulthood pathway	Independent living and housing
Skill	Ability to learn; Literacy
Learning aim	The learner will participate in preparing four different soups with support.
Learning context	Practical activities, group activity, 1:1

Learning outcomes	Assessment criteria
<p>What the learner needs to know, understand or be able to do.</p> <p>The learner will:</p>	<p>What the learner needs to demonstrate in order to meet the learning outcome.</p> <p>The learner can:</p>
<p>1 Be able to make choices relating to ingredients for making soup.</p>	<ul style="list-style-type: none"> Choose from a range of ingredients to add to their soup Choose items to accompany their soup eg salt, pepper, bread, croutons
<p>2 Be able to prepare and make soup.</p>	<ul style="list-style-type: none"> Chop and prepare ingredients with support Add them to a bowl or pan for cooking Cook the soup with support
<p>3 Be able to make different soups.</p>	<ul style="list-style-type: none"> Make, taste, explore or share four different flavour soups

Assessment methodology	Linked to learning outcomes
Record of oral questioning	
Observation checklist	1 2 3
Labelled product, video or photographic evidence	

Learner name			
Challenge ref	3643	Level	Working towards entry 1

List the Assessment Criteria	How did the Learner meet the criteria? Give an example:
Be able to make choices relating to ingredients for making soup.	
Be able to prepare and make soup.	
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Be able to make choices relating to ingredients for making soup.	
Be able to prepare and make soup.	
Be able to make different soups.	
Be able to make different soups.	
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Be able to make different soups.	

Notional learning hours	10
Level	Working Towards Entry 1
Subject area	Design and technology
Preparing for Adulthood pathway	Independent living and housing
Skill	Ability to learn; Literacy
Learning aim	The learner will explore ingredients and equipment while making four different soups with support.
Learning context	Practical activities, group activity, 1:1

Learning outcomes	Assessment criteria
<p>What the learner needs to know, understand or be able to do.</p> <p>The learner will:</p>	<p>What the learner needs to demonstrate in order to meet the learning outcome.</p> <p>The learner can:</p>
<p>1 Be able to make a simple choice relating to a soup.</p>	<ul style="list-style-type: none"> Choose an ingredient from two items offered
<p>2 Be able to explore different ingredients used for soup.</p>	<ul style="list-style-type: none"> Use senses to explore different soup ingredients while preparing them with support
<p>3 Be able to explore different soups.</p>	<ul style="list-style-type: none"> Taste, explore or share four different flavour soups

Assessment methodology	Linked to learning outcomes
Record of oral questioning	
Observation checklist	1 2 3
Labelled product, video or photographic evidence	

Learner name			
Challenge ref	3643	Level	Working towards entry 1

List the Assessment Criteria	How did the Learner meet the criteria? Give an example:
Be able to make a simple choice relating to a soup.	
Be able to explore different ingredients used for soup.	
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Leftovers Soup

Turn tired-looking vegetables into a delicious, nutritious soup. You can use anything you may have in the fridge or veg rack; try lettuce, tomato, carrots, beans, broccoli, potatoes, peppers – in any combination you like. To save further food waste, we do not suggest peeling the vegetables (except for the onion), but this is entirely up to you.

Ingredients

- 1 onion
- 1 carrot
- 1 celery stick
- 2 medium potatoes
- Leftover vegetables (whatever you have available)
- 1 hot vegetable or chicken stock (made with a cube is fine)
- Salt and pepper

Method

1. Peel and chop the onion.
2. Wash and slice the carrot, celery and potatoes, and cut into small dice.
3. Roughly chop the remaining vegetables.
4. Heat a little oil in a large frying pan or casserole and add the onion, carrot and celery. Stir around in the hot oil, then turn the heat down, put on a lid and leave the vegetables to soften for 5 minutes.
5. Turn the heat up again, and add the potatoes and the remaining vegetables. Stir around and allow to become hot.
6. Add the hot stock and season to taste with salt and freshly ground pepper. Bring to the boil, then turn down the heat, replace the lid and cook for around 15–20 minutes, until the vegetables are soft.
7. Allow to cool slightly, then blitz carefully using a liquidizer or stick blender (you may need to do this in two batches).

Variations

- Add your favourite chopped herbs: woody herbs like rosemary or thyme should be added at the start of the simmering process, but softer herbs like basil or coriander can be added after the soup has cooked.
- Add rice or lentils instead of potato to thicken. If adding lentils, use the red variety and cook for around 30 minutes.
- Fry a little chopped bacon in the oil before you add the onion mixture. If you do this, you will probably need less salt to season.
- Swirl a little crème fraiche or natural yoghurt on top of the soup before serving.
- This soup freezes really well. Freeze it in portion-sized batches so you always have something for a quick meal.



Lovely Leek and Potato Soup

Serves 3-4

Ingredients

- a generous knob of butter
- 1 medium onion
- 2 leeks
- 1 large potato
- 1.2 litres of vegetable or chicken stock
- salt and pepper
- 100ml of fresh cream

Equipment

- one large pan
- wooden spoon
- hand-held blender

Method

1. Wash the leeks thoroughly and chop them.
2. Peel and finely chop the onion.
3. Peel and chop the potato into small chunks (about 1 cm cubes).
4. Put the butter into a large pan and heat until it is bubbling but not burning.
5. Add the onion, leeks and potatoes and stir so that the vegetables are coated with the butter.
6. Turn the heat right down, put a lid on the saucepan and 'sweat' the vegetables for 10 minutes until they have softened.
7. Meanwhile, boil a kettle of water for the stock. Mix the boiled water with the stock cubes and add to the pan.
8. Bring the soup to the boil, then simmer for about 15 minutes until the vegetables have cooked through.
9. Let the soup cool for 10 minutes then whizz with a blender. Add some more boiled water if the soup is too thick.
10. Reheat before serving, and stir in the cream over a gentle heat at the end.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.

EASY MICROWAVE TOMATO SOUP

Ingredients

3-4 fresh tomatoes, stemmed & wedged

Fresh basil

1 onion, wedged

2 tbsp. butter

2 tbsp. flour

3/4 c. milk

Method

Combine tomatoes, basil and onion in microwave safe dish.

Microwave on HIGH 8 minutes or until tomatoes are falling apart.

Puree mixture in blender. Put through sieve to remove skins and seeds. Set puree aside.

Melt butter in microwave. Add flour and stir briskly. Microwave on HIGH 1 minute. Slowly add milk. Microwave on HIGH 3 minutes or until thick. Stir after each minute. Gradually add tomato mixture to white sauce. Mix well. May add salt and pepper to taste. A great way to use up those extra garden tomatoes.

Slow Cooker



Super Carrot and Lentil Soup

Ingredients

2 tsp cumin seeds

pinch chilli flakes

2 tbsp olive oil

600g carrots, washed and coarsely grated

140g split red lentils

1l hot vegetable stock, from a cube

125ml milk

plain yoghurt and naan bread, or chunky bread

Method

1. Place half of the cumin seeds, half the chilli flakes, the oil, carrots, lentils and stock into your slow cooker, cover and set to cook on high for 3 hrs.
2. When cooked, stir in the milk and whizz the soup with a blender until smooth (or leave it chunky if you prefer).
3. Dry fry the remaining cumin seeds and chilli flakes until they start jumping around the pan.
4. Season to taste and finish with a dollop of yoghurt and a sprinkling of the toasted spices. Serve with warmed naan breads or toast.

