

Lesson Plan (1-2)

Lesson Title:

General theme: NATURE-BASED SOLUTIONS. Sustainable development.

Specific topic: Own orange marmalade.

Objectives:

- Understand that our food systems have an effect on the natural environment.
- Buy local and organic food to reduce the carbon footprint of transportation.
- Be mindful of the products you buy and try to buy products with minimal packaging or those made from sustainable materials.
- Use a reusable bottle to reduce waste.
- Take steps to reduce meat consumption or go vegetarian or vegan, as raising livestock for meat is a significant source of greenhouse gas emissions.

Materials Needed:

- Writing materials
- Access to research materials – books, smart devices

Introduction:

The way we grow, transport and eat our food has huge impacts on the natural environment as all three parts of the process generate emissions. Let your learners make their own orange marmalade to be more sustainable.

Outline of the lesson:

Collect the oranges that you are going to use to make the orange marmalade.



Put the oranges in water for 3 days and discard those that are soft.



Clean the oranges with a sponge without using detergent.





Cover the oranges with water and put them in a pot to boil.



The next day cut in half and remove the seeds.

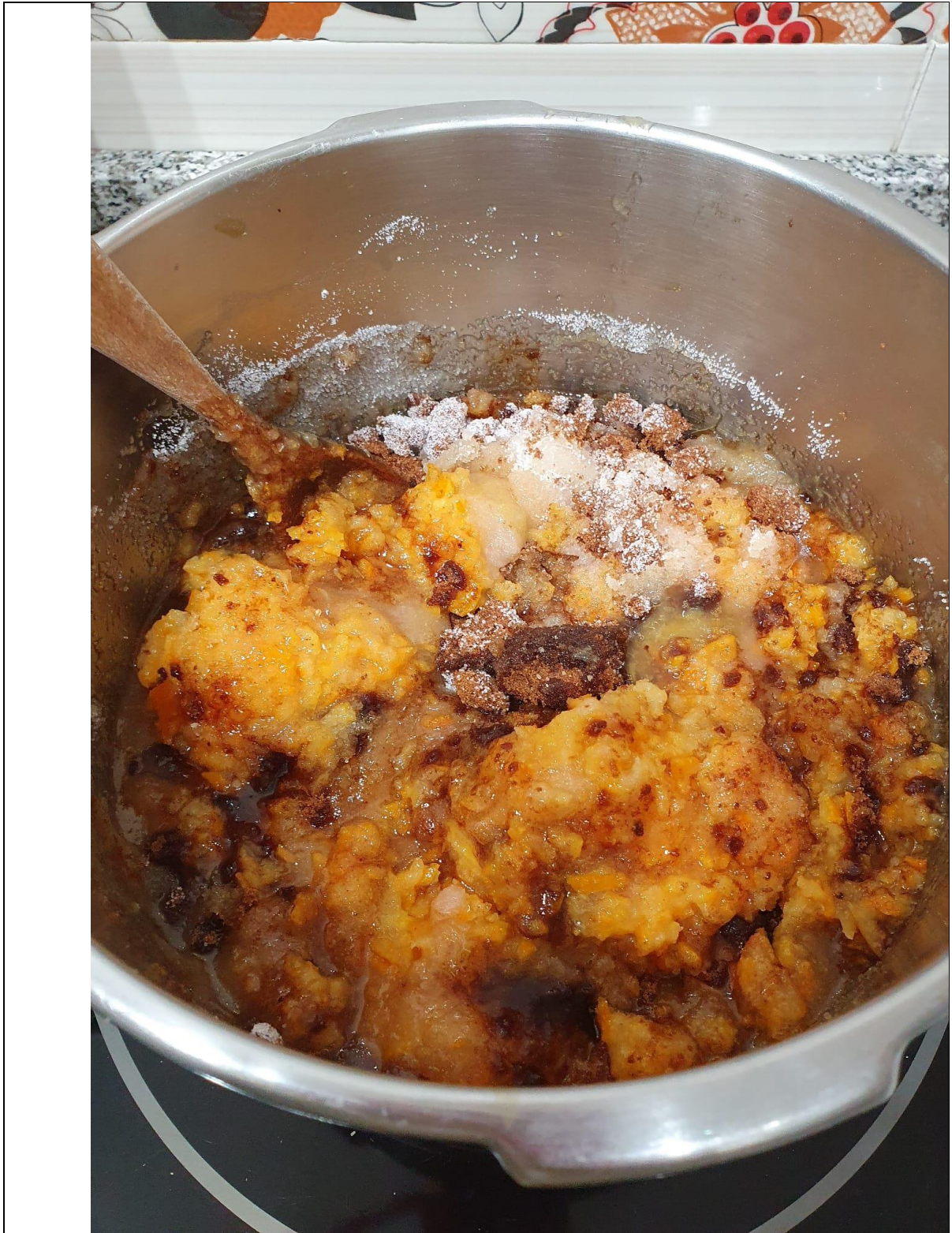
With a spoon extract the pulp, put it in a container . Put the skin in another container, mix the pulp and half of the skin.

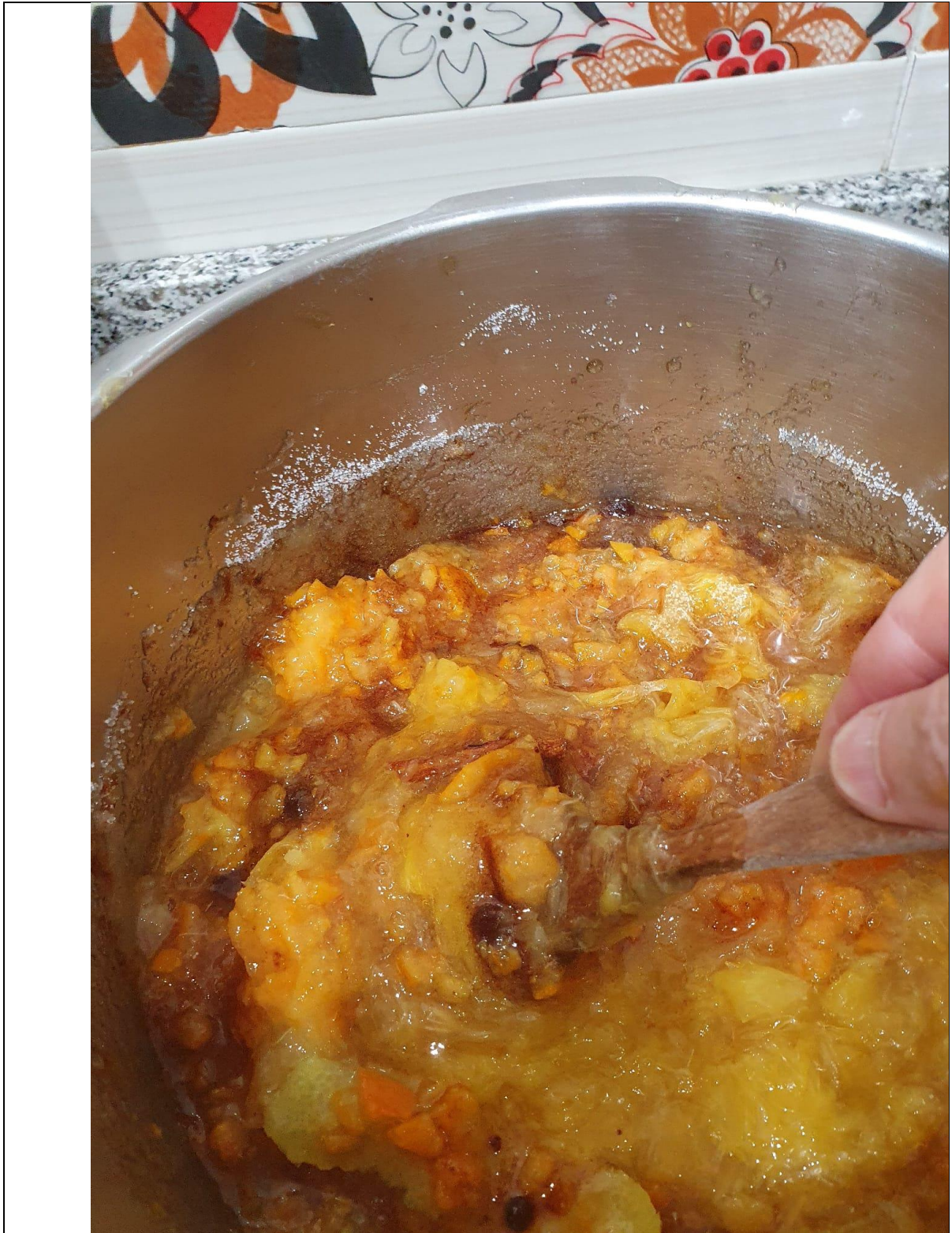
What weighs the mixture is added sugar.

Use a large pot to pour the mixture and add cinnamon and a splash of brandy, stirring continuously.

When they start to take the right texture, pour hot into clean glass jars. Flip slowly and let cool.









Assessment:

Taste the orange marmalade and...

Ready to eat!!!!

You can make other types of jams...

[PRESENTACIÓN RECETA COCINA \(genial.ly\)](#)