



Scottish Porridge Oats

Suggested Participants - Primary 3 children

Oats is one of the grains which are grown by farmers in Scotland. Oats can be planted in both spring and winter. Winter Oats are planted in early late September/early October, and Spring Oats are planted in late March or early April. Oats are a very healthy ingredient to use in cook – do you know why? What is quick, easy, tasty and nutritious to make with them?

What this pack contains:

- You will need to purchase a pack of oats for the class to cook with.
- Suggested Experiences and Outcomes, Learning Intentions & Success Criteria, Learning for Sustainability link.
- Suggested Learning Plan – with links to additional information.
- Suggested additional activities.

Learning Outcomes

- To understand different ways of weigh and measure ingredients.
- To make a healthy food using a recipe.

Success Criteria

- I can weigh and measure the different ingredients for a recipe.
- I can make a healthy food.

Experiences and Outcomes

- **MNU 1-11a** I can estimate how long or heavy an object is, or what amount it holds, using everyday things as a guide, then measure or weigh it using appropriate instruments and units.
- **HWB 1-30a** By investigating the range of foods available I can discuss how they contribute to a healthy diet.
- **HWB 1-30b** I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks.
- **HWB 1-35a** When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.

Learning for Sustainability

- **UN Goal 2** End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

Scottish Oats

You can [download the recipe](#).

Ingredients:
Porridge Oats
Raisins (or other dried fruit)
Milk (or apple juice)
Honey



Scottish Porridge Oats Lesson Plan

Introduction

- Share/discuss learning intentions/success criteria.
 - Use [The Amazing Oats wakelet link](#).
- The following resources will help to discuss the value of oats in our diet:
- Poster.
 - Video on How we grow oats in Scotland.
 - A season on an oat farm.
 - Overnight oats recipe.
 - Recipe book.
 - Quiz activity about the farm video.

Suggested discussion points

- Oats are grown in Scotland and are a healthy food to be using in our diet. What makes them healthy?
- Using oats which are grown locally - less food miles - what foods do others have for breakfast? What ingredients are used?
- Consider where in the world they come from?

Learning

- **Maths and numeracy outcomes:** Weighing and measuring of the ingredients.
- **Health and wellbeing outcomes:** Make a healthy food using a locally grown ingredient.

Additional tasks

- Video about making porridge - make some and taste it, what could you add to it?
- Recipe for flapjacks to make.
- Both activities would require cooking facilities.
- Using food packaging, look at the ingredients labels and see which ones have used oats to make them.
- Where on the list of ingredients does it occur? Indicating the quantity.

More information

- Other cereals grown in Scotland are Barley and Wheat - investigate how they are grown and what they are made into.
- Use the food packaging to do the similar task as above.

Social media

Please tag [therhet.bsky.social \(Bluesky\)](#) or [@TheRoyalHighlandEducationTrust \(Facebook\)](#) in your lesson photos/comments.