



Discover A Burns Supper

Suggested participants – Third level

A Burns Supper is a traditional Scottish celebration held in honour of the poet Robert Burns, usually on or around January 25th - his birthday. One of the most important parts of this event is the meal, which features several traditional Scottish foods.

This lesson plan highlights some activities to try in your classroom with links to the Gaelic language.

What this pack contains:

- All the resources to undertake the 'Discover a Burns Supper' activity with your class.
- Learning Intentions, Success Criteria and Suggested Experiences & Outcomes.
- Learning for Sustainability links.
- Lesson plan.
- Suggested additional activities.
- Teacher information and learner worksheets.

Learning Outcomes

- We are developing understanding of the history, heritage and culture of Scotland.
- We are learning how vegetables contribute to a healthy diet.
- We are investigating where different foods come from.
- We are preparing food and considering healthy eating.

Success Criteria

- I can try new foods.
- I can share information about where different foods come from.
- I can understand the role of different foods in a healthy diet.
- I can understand the heritage and culture associated with Burns Supper.

Experiences and Outcomes

- **HWB 3-30a** By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs.
- **HWB 3-31a** Through practical activities using different foods and drinks, I can identify key nutrients, their sources and functions, and demonstrate the links between energy, nutrients and health.

Learning for Sustainability

- **Goal 2 Zero Hunger** End hunger, achieve food security and improved nutrition and promote sustainable agriculture.
- **Goal 4 Quality education:** achieve literacy and numeracy.



Discover A Burns Supper Lesson Plan

Introduction

- Share/discuss the learning intentions and success criteria.
- Find out more about Burns Supper with [learner worksheet 1](#) and explore the ingredients in haggis and how potatoes are grown using the links below:
[The story of the haggis](#)
[Discover how potatoes are grown](#)
- Look at the gaelic words used around the context of a Burns Supper.
- Find out more about the careers behind producing a Burns Supper with '[The future in food - Building a Burns Supper resource](#)'.

Suggested discussion points

- Why is haggis a sustainable product? Can you look at the nutritional label of a haggis online - what nutrition does it contain? Where in the eatwell plate would haggis sit?
- What do you think a vegetarian haggis is made from? Where in the world do the key ingredients in this come from?
- Where in Scotland do we grow potatoes and swedes?
- Why is Burns Night culturally significant in Scotland?

Learning

- **Health & Wellbeing:** The ability to explore and discover where foods come from.
- **Social studies:** The ability to discuss the importance of different types of agriculture in the production of these foods.
- The ability to understand the history, heritage and culture of Scotland, and an appreciation of my local and national heritage within the world.

Additional tasks

- Can you cook the 3 components of a Burns Supper for your class to try or perhaps compare a meat and vegetarian haggis. You might want to try a [vegetable tasting session](#) with your class including swede and potatoes.
- Have a go at making [Spiced apple and carrot cranachan](#).

More information

- You can find more information about potatoes, swedes and other vegetables on our [Story of Vegetables learning resource page](#) including our seasonal [Scottish vegetable calendar](#).

Social media

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

Discover A Burns Supper Learner worksheet 1

The star of the show is haggis, a savoury dish traditionally made from offal (sheep's heart, liver, and lungs) mixed with onions, oats, and spices, then cooked in a sheep's stomach or casing. Today haggis is also made using pork and beef offal. Vegetarian haggis is also available and it usually includes lentils, beans, or nuts (like walnuts) for protein and texture. Oats are still a key ingredient, just like in the traditional recipe, helping to give it that distinctive crumbly texture. Vegetarian haggis also includes onions, carrots, mushrooms, and other vegetables, along with spices like black pepper and nutmeg.

"Neeps and tatties" mashed swedes and mashed potatoes are traditionally served with haggis.

The meal is often served with a dram of **Scotch whisky**, as it's traditional to toast the haggis and Robert Burns himself.

Desserts can vary, but a common sweet treat is **cranachan**, made with whipped cream, oats, raspberries, and a touch of whisky. Together, these ingredients make the Burns Supper not just a meal, but a cultural celebration of Scottish food, poetry, and pride.

The integration of Gaelic highlights the deep cultural ties between Scotland's linguistic history and the enduring legacy of its most beloved poet.



English word	Gaelic word
Burns Super	Suipear Burns
Haggis	Taigeis
Neep	Snèap (or Turnip, traditionally a yellow swede)
Potato	Buntàta
Cream	Uachdar
Raspberries	Smeuran-dearg no Subhan-làir
Oats	Coirce
Cranachan	Crannachan

Spiced apple and carrot cranachan



Ingredients

- 3 teaspoons reduced-fat spread, suitable for baking
- 1 medium eating apple, peeled, cored cubed
- ½–1 teaspoon cinnamon
- 2 teaspoons sugar
- 30g Scottish porridge oats
- 130g Greek yoghurt
- 3 drops vanilla extract
- 4 teaspoons of lemon juice
- 2 grated carrots

Equipment

- Teaspoon
- Peeler
- Grater
- Chopping board
- Vegetable knife
- Small saucepan
- Wooden spoon
- Baking paper

How to make it

1. Melt 1 teaspoon of spread in a small saucepan, over a medium heat.
2. Add cubed apple and grated carrot, and sprinkle with the cinnamon and 1 teaspoon of sugar.
3. Cook for 3-4 minutes, stirring regularly, until the apple is soft and golden brown. Add a splash of water if needed.
4. Remove from the heat and place the spiced apple in a bowl to cool.
5. In the same pan, melt the rest of the spread.
6. Add the oats and the rest of the sugar. Cook for about 5 minutes, until the oats start to brown.
7. Spread the oats over a piece of baking paper and leave to cool.
8. Put the vanilla yoghurt, Greek yoghurt, vanilla and lemon juice into a bowl, and mix thoroughly.
9. Layer apple and carrot mix with the oats and the yoghurt mix.
10. Serve