Activity - recipe for a healthy relationship

Class to use *Relationship cake recipe -*Activity sheet to help them with this activity.

Have an example of a cake recipe displayed on the whiteboard (there are lots of excellent, suitable examples on the BBC Food website).

Point out the list of **ingredients** needed to make the cake. Highlight that there are different types of measurements in the recipe. e.g. grams, cups, teaspoons, pinch of, handful.

This is followed by the baking process which is set out step by step - this is sometimes called the**method**.

Using the *Relationship cake recipe -*Activity sheet, children start by making their own list of all the ingredients that are needed to make a healthy positive relationship.

Using the view of the cake from above, divide the cake into slices and label each slice with an ingredient (a bit like a pie chart). Slices can vary in size, according to how important the ingredient is, e.g. if a child thinks that laughter is very important, then this could be a big slice.

Underneath the picture write the recipe's method - the things that need to happen to help make a positive healthy relationship. (E.g. First mix together some laughter and smiles, etc.)

Encouraging the use of dictionaries and Thesaurus during the activity will help to support National Curriculum English requirements listed on this lesson plan (for schools in England).