

Lesson 1 - Getting started with healthier cooking



Overview:

This is the perfect introductory lesson to get students familiar with the kitchen space and the concept of healthier cooking. Both theory and practical hands-on activities will introduce students to the equipment available, how to safely use it for food preparation / cooking. Introducing the class to the food groups and visual food guide provides the opportunity to discuss healthier ways of eating.

Recipes

- Rainbow vege kebabs OR
- Pick 'n' mix smoothie

Preparation and cooking skills

- | | | |
|-----------------------|----|---------|
| • Peel | OR | • Blend |
| • Roast | | • Chop |
| • Slice | | • Peel |
| • Thread onto skewers | | |

Elements and resources

- **Learning objectives and lesson evaluation form** – highlighting the key learning opportunities and what success looks like. The evaluation section provides students with the opportunity to reflect on all aspects of the lesson and evaluate the outcomes.
- **Recipes** – Rainbow vege kebabs OR Pick 'n' mix smoothie.
- Carrot, courgette, tomato information cards – ingredient cards detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Equipment-find activity challenge** - this resource provides an opportunity for the students to familiarise themselves with the kitchen space and available equipment. It also provides an opportunity to discuss how the equipment can be safely used in food preparation.
- **The visual food guide activity** – provides an opportunity to discuss food categories and the importance of variety and balance in the diet.
- **Sensory evaluation form** - provides students with the opportunity to use sight, smell and taste to review and rate their food product and reflect on potential improvements.