

Lesson 2 - Attributes of a healthy and tasty meal



Overview:

This lesson provides the opportunity for students to identify and describe the key attributes of a healthy and tasty meal. With an emphasis on nutrients and their health benefits, the lesson comprises of both theory and practical hands-on activities.

Recipes

- Courgette fritters

Preparation and cooking skills

- Beat
- Fry
- Grate
- Stir

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.
- **Recipe** – Courgette fritters.
- Courgette and sweetcorn information cards – ingredient cards containing information related to seasonality, buying and storage tips, preparation and cooking techniques to discuss with the class.
- **Food and functions activity** – provides the opportunity to discuss the importance of a varied and balanced diet for health and growth. Students are required to evaluate a range of food types and identify the key nutrients and health benefits.
- **Sensory evaluation form** - provides students with the opportunity to use sight, smell and taste to review and rate their courgette fritters and reflect on potential improvements.
- **Recipe video**