

Lesson 3:

Using seasonal vegetables

Veg-up macaroni cheese

We are learning to:

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- work together as a team
- manage time effectively
- evaluate a food product.

Success criteria: “I am successful when I can...”

- select a variety of fresh, seasonal vegetables to make healthier macaroni cheese
- chop and slice vegetables, and cook macaroni until firm to bite (al dente)
- make a cheese sauce from scratch
- work with my team to make vegetable macaroni cheese safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?

What could be improved?