

Lesson 1 – Welcome to the kitchen



Overview:

This is the perfect introductory lesson to familiarise students with the kitchen space. This lesson comprises of both theory and practical hands-on activities to introduce students to various equipment and its use, in addition to practicing safe knife skills.

Recipes

- Rainbow salad jar
- Colourful fruit jar

Preparation and cooking skills

- Dice
- Peel
- Grate
- Slice
- Assemble

Elements and resources

- **Equipment find 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 used in food preparation.
- **Recipes** – teachers can select one of the two simple recipes for the students to prepare. Students will utilise equipment they have recently located in the equipment find challenge, and food preparation skills already discussed. The recipe cards also contain extra tips and information for further discussion on seasonality of ingredients and nutrition.
- **Cabbage, carrot, cucumber, iceberg lettuce, sweetcorn, tomato information cards** – detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Activity sheet** – A food skills word search and a food preparation / knife skills picture identity activity.
- **Self-evaluation form** – provides students with the opportunity to reflect and review the end product and the process.
- **Rainbow salad jar recipe video** – <https://www.youtube.com/watch?v=pFO9PoMnKgY>
- **Colourful fruit jar recipe video** – <https://www.youtube.com/watch?v=OEzCu6WH8rs>