

# Lesson 2 – Healthier Pikelets



## Overview:

This lesson provides an opportunity to discuss healthier eating habits and different ways to incorporate more vegetables and fruit into our diet. Through a combination of theory and practical, hands-on activities, students will include vegetables and / or fruit into a classic baking recipe.

## Recipes

- Blueberry pikelets
- Kūmara and date loaf

## Preparation and cooking skills

- Fry
- Mash
- Mix
- Whisk
- Thicken
- Bake
- Reduce

## Elements and resources

- **Visual food guide activity** – this resource provides an opportunity to discuss the importance of a varied diet for energy, growth, health and wellbeing.
- **Recipes** – select one of the two baking recipes for students to prepare. Both recipes provide the opportunity to discuss the inclusion of vegetables and fruit into classic recipes, incorporating more vegetables and fruit in the diet and potentially creating a healthier version of the dish.
- **Food skills card** – this pictorial resource card illustrates the process for mashing a vegetable in preparation for the cooking element to follow.
- **Self-evaluation form** – provides students with the opportunity to reflect and review the end product and the process.
- **Blueberry pikelets recipe video** – <https://www.youtube.com/watch?v=TZ49gfk2NH8>
- **Kumara and date loaf recipe** – <https://www.youtube.com/watch?v=lteSjKODU-s>