

Lesson 4 - Know your noodles



Overview:

This lesson illustrates how easy it is to incorporate more vegetables into a meal. Through a combination of theory and practical, hands-on activities, students will learn how to use a range of different coloured vegetables to make healthy and colourful meals. They will learn about seasonality, different textures, and a range of vegetable cuts.

Recipes

- Veg-up noodles

Preparation and cooking skills

- Boil
- Chop
- Drain
- Grate
- Simmer
- Slice
- Soak
- Stirfry
- Rinse

Elements and resources

- **Eat your colours activity** – this gives an opportunity to discuss the importance of eating a wide variety of coloured vegetables, to help you eat a wide range of nutrients and stay healthy. Students can discuss their favourite vegetables and those they would like to try. Refer to our vegetables colours poster for inspiration.
- **Recipe** – Veg-up noodles. This recipe illustrates how easy it is to add extra vegetables to your favourite dish, as well as giving students the confidence to make a meal. Vegetables can be substituted for whatever is in season / available from the school vegetable garden. Students can choose from different noodle types and the cooking methods associated with each.
- **Food skills card** – this pictorial resource card illustrates the process for cooking different types of noodles.
- **Capsicum, courgette, broccoli, carrot, cauliflower, green beans, onions information cards** –detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Self-evaluation form** – provides students with the opportunity to reflect and review the end product and the process.
- **Recipe video**
- **How to chop broccoli video**
- **How to chop coriander video**
- **How to slice carrots video**
- **How to slice capsicum video**