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

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