

# Lesson 4 - Sketch a meal concept



## Overview:

In this lesson students are required to create an effective working drawing of their dish before preparing and cooking it. The featured recipe offers many topics of discussion such as nutrition and the advantages and benefits of home-made alternatives to fast food.

## Recipes

- Wedges and tomato salsa

## Preparation and cooking skills

- Dice
- Mix
- Roast
- Slice

## 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** – Wedges and tomato salsa.
- **Potato and tomato information cards** - ingredient cards detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Working drawings activity** – provides the opportunity for students to map out their dish, considering each component, ingredients required and key attributes. Students are required to draw a visual conceptual design, plan the construction and consider the advantages and disadvantages of the dish.
- **Sensory evaluation form** - provides students with the opportunity to use sight, smell and taste to review and rate their wedges and tomato salsa dish and reflect on potential improvements.
- **Recipe videos**