

Lesson 3 - Colourful and Seasonal



Overview:

This lesson highlights the importance of incorporating a wide variety of vegetables into the diet, in addition to the advantages of eating seasonally and from your own garden. Through a combination of theory and practical, hands-on activities, students can practise their knife skills and make a healthy, complete meal that includes a variety of vegetables in addition to all the major food groups.

Recipes

- Build a salad bowl

Preparation and cooking skills

- Chop
- Peel
- Grate
- Slice
- Teamwork
- Measure
- Divide

Elements and resources

- **Food shopping maze and recipe activity** – this resource provides an opportunity to discuss how students can be involved in meal planning and shopping at home. The recipe activity requires students to think of a different dish for vegetable inclusion.
- **Recipe** – Build a salad bowl recipe. Ingredients can be substituted for what is in season / available from the school vegetable garden. As an extension activity, cooking the grains and making the salad dressings can be part of the class.
- **Food skills card** – this pictorial resource card illustrates the process of cooking rice.
- **Beetroot, 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.
- **Self-evaluation form** – provides students with the opportunity to reflect and review the end product and the process.
- **How to slice carrots video**
- **How to slice capsicum video**
- **How to chop a tomato video**
- **How to slice cabbage video**
- **How to chop parsley video**