

# Lesson 5 - Time management



## Overview:

This lesson focusses on the importance of effective time management in the kitchen and includes both theory and practical hands-on activities. The featured recipe provides the opportunity to discuss nutrition and the importance of a varied diet for health and growth.

## Recipes

- Savoury mince in lettuce cups

## Preparation and cooking skills

- Brown
- Dice
- Simmer
- Prepare and cook meat
- Stir
- Stir Fry

## 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** – Savoury mince in lettuce cups.
- **Iceberg lettuce, carrot, mince information cards** - ingredient cards detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Timeline activity** – provides the opportunity to discuss the importance and benefits of effective time management. Students are required to record their time by completing the food production timeline for the lesson.
- **Sensory evaluation form** - provides students with the opportunity to use sight, smell and taste to review and rate their savoury mince in lettuce cups dish and reflect on potential improvements.
- **Recipe video**