

Lesson 6 - Cooking eggs



Overview:

This lesson focuses on the transformation an egg undergoes through the cooking process. Using a combination of theory and practical, hands-on activities, students will explore the different attributes of a cooked egg, learn how to cook an egg, and create a healthy, complete meal with a boiled egg and seasonal vegetables.

Recipes

- Stuffed egg salad

Preparation and cooking skills

- Boil
- Cut
- Dice
- Mix
- Peel
- Slice
- Use of herbs and spices
- Deseed

Elements and resources

- **Recipe** – stuffed egg salad recipe provides students with the opportunity to put theory into practice by boiling an egg and incorporating it into a healthy, complete meal. The recipe card includes extra information on nutrition.
- **Food skills cards** – four pictorial resource cards, three of which illustrate a different cooking method for eggs – boiling, poaching, scrambling; with the fourth card dedicated to herbs.
- **Iceberg lettuce, cucumber, tomato information cards** – detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Sensory evaluation activity** – provides an opportunity to discuss the different senses utilised when eating, a series of descriptive words prompts students to reflect on and discuss the attributes of a cooked egg and their dish, and for students to tap into their own preferences.
- **Self-evaluation form** – providing students with the opportunity to reflect and review the end product and the process.
- **Recipe video**
- **How to chop parsley video**
- **How to chop a tomato**
- **How to chop a capsicum**