

Lesson 6 - Healthier fast food



Overview:

This lesson focuses on the key differences between fast food and home-made alternatives. The lesson includes both theory and practical hands-on activities to highlight the health and cost benefits of cooking your own version of fast food at home.

Recipes

- Baked popcorn chicken with slaw

Preparation and cooking skills

- Bake
- Beat
- Marinate
- Mix
- Prepare, cook, poultry
- Slice
- Use herbs and spices to flavour dishes
- Zest

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.
- **Recipes** – Baked popcorn chicken, coleslaw.
- **Cabbage and carrot information cards** - ingredient cards detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Cost comparison activity** – provides the opportunity to compare and discuss the cost of fast food takeaway meals and homemade meals. Students are required to do some number calculations.
- **Sensory evaluation form** - provides students with the opportunity to use sight, smell and taste to review and rate their baked popcorn chicken with slaw dish and reflect on potential improvements.
- **Recipe video**