

# Lesson 5 - Using spices



## Overview:

Through a combination of theory and practical hands-on activities, students will learn the attributes of different spices and how to make healthy ingredient substitutions within a recipe.

## Recipes

- Saagwala curry

## Preparation and cooking skills

- Chop
- Blend
- Dice
- Simmer
- Stir
- Using spices to flavour dishes

## Elements and resources

- **Recipe** – Saagwala curry recipe provides the opportunity to identify, assess and discuss the different spices featured in the recipe.
- **Heart Foundation's guide to ingredients and healthy substitutes** – this resource provides the opportunity to discuss common ingredients, healthier substitutes and the associated benefits of using them. Use this to discuss the healthy swaps suggested in the saagwala curry recipe.
- **Onions, spinach, tomato information cards** – detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Self-evaluation form** – providing students with the opportunity to reflect and review the end product and the process.
- **Recipe video**
- **How to chop a tomato video**