

Lesson 3 - Using seasonal vegetables



Overview:

In this lesson students learn ways to incorporate more seasonal vegetables into a meal. With an emphasis on the importance of a varied and balanced diet for health and growth, the lesson comprises of both theory and practical hands-on activities.

Recipes

- Veg-up macaroni cheese

Preparation and cooking skills

- Boil
- Chop
- Fry
- Grill
- Make sauces from scratch
- Mix
- Simmer
- Slice

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** – Veg-up macaroni cheese.
- **Broccoli, cauliflower, carrot information cards** – ingredient cards detailing seasonality, buying and storage tips, preparation and cooking techniques of each vegetable to discuss with the class.
- **Eat most activity** – provides the opportunity to discuss the importance of a varied and balanced diet for health and growth. Students are required to reflect on the vegetables and fruit they currently eat and those they would like to try.
- **Sensory evaluation form** – provides students with the opportunity to use sight, smell and taste to review and rate their veg-up macaroni dish and reflect on potential improvements.
- **Recipe video**