

Add One More Vegetable lesson

Introduction

This vegetable-focused lesson is designed to teach students how to Add One More Vegetable to their meals. By designing and preparing their own poke bowl, students will learn how to make a healthy meal that is extremely adaptable and includes a wide variety of different vegetables.

The dish also incorporates a wide range of preparation, cooking, and technology skills for students to practice.

What to do

Before the practical, cooking elements of the lesson:

1. Ensure you have all the lesson resources available, including the activity sheets and recipe cards.
2. Select and prepare the vegetables available for students use today.
3. Amend the Design a Poke Bowl Activity depending on which ingredients you have available for each step.
4. Watch the lesson video with the students – this is the main source of information.
5. Encourage students to complete the Add One More Vegetable Activity Challenge.
6. Ask students to complete steps one to six of the Design a Poke Bowl Activity.

During the practical, cooking elements of the lesson:

1. Ask students to prepare the vegetables - depending on time available and their skill level, this may include peeling, grating, chopping, slicing.
2. Ask students to prepare the recipes - depending on time available and their skill level, this may include cooking rice, making a quick vegetable pickle, preparing a simple dressing, cooking vegetables.
3. Ask students to collect their ingredients as selected in the Design a Poke Bowl Activity.
4. Ask students to make the poke bowl recipe with their selected ingredients.
5. Ask students to evaluate their poke bowl and fill out the evaluation form.

Tips

- Use whichever vegetables are available to you – consider making use of your school garden if you have one, along with vegetables that are in season and fit within your budget.
- Growing and using vegetables and herbs from a school garden can help students learn more about vegetables, seasonality, sustainability, and how to make a meal within a budget.
- Encourage students to write a shopping list for their poke bowl the week before, you can collect and use this to plan the lesson.
- If you prefer, you can prepare some of the elements ahead of the student's practical session, eg. pre-cook the cooked vegetable options (if on offer), pre-cook the rice, quick vegetable pickle and simple dressings according to the recipe card instructions.
- If you do not have enough ingredients based on the student's selection, encourage students to consider swapping to another vegetable that is available.