

Add One More Vegetable

ADD ONE MORE



Overview:

This vegetable-focused lesson challenges students to find innovative ways to Add One More Vegetable to their meals.

Through a combination of theory and practical elements, students will learn about the health benefits of increasing the number of vegetables they eat each day; the benefits of cooking and eating with the seasons; and how to design and adapt a dish depending on their preferences, budget, skills, and availability of ingredients.

Recipes

Poke Bowl, Rice, Quick Pickled Vegetables, Lemon and Ginger Dressing, Sweet Chilli Dressing, Miso-mayonnaise.

Preparation and cooking skills

- Boil
- Peel
- Ribbon
- Chop
- Grate
- Slice
- Measure
- Pickle
- Roast
- Sauté
- Blanch

Recipes

- **Teacher resource** - this provides guidance and tips for how to prepare for the lesson.
- **Video** - an introduction to the Add One More Vegetable initiative; the origins of the poke bowl; a step-by-step guide to preparing and cooking the various recipes; tips and tricks to Add One More Vegetable to your poke bowl and your meals.
- **Add One More Vegetable activity** - this resource provides students with the opportunity to consider and discuss different ways to Add One More Vegetable to their favourite meals.
- **Design a poke bowl activity** - this resource prepares students for the practical elements of the lesson. By considering learnings from the video, and which ingredients are available to them, students are tasked with designing their own individual poke bowl.
- **Design a poke bowl recipe cards x4** - these resources support the practical preparation of the poke bowl dish and include recipes for – poke bowl, rice, a quick vegetable pickle, and three simple dressings.
- **Seasonal availability leaflet** - this resource provides guidance on which vegetables are abundant throughout each season.
- **Vegetable information cards** - detailing seasonality, buying and storage tips, preparation and cooking techniques of various vegetables.