

Lesson 2:

Attributes of a healthy and tasty meal

Courgette fritters

We are learning to:

- use seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- describe key attributes of a food product
- work safely in the kitchen, using good hygiene practices
- work together as a team
- manage time effectively
- evaluate a food product.



Success criteria: “I am successful when I can...”

- use courgettes or other seasonal vegetables to make healthier fritters
- grate vegetables using a large-hole grater
- form similar-sized fritters, fry and then share these evenly amongst my team
- describe key attributes of courgette fritters
- work with my team to make healthier fritters safely, within time constraints.

Evaluate the outcome:

What went well?

What did not go well?

What could be improved?