

Lesson:

Food transformations

Egg and vegetable burrito

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
- understand how food items can be transformed
- work together as a team
- manage time
- evaluate a food product.

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

- select seasonal vegetables to make a healthier egg burrito
- chop and slice vegetables
- scramble eggs
- understand that different cooking methods transform eggs in different ways
- describe key attributes of my dish
- work with my team to make an egg and vegetable burrito safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?

What could be improved?