

## Lesson 1:

# Getting started with healthier cooking

## Rainbow vege kebab

### We are learning to:

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- 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..."

- select a variety of fresh, seasonal vegetables to make a healthier kebab
- chop vegetables into similar sizes
- place an even amount of vegetables on each skewer according to the colours of the rainbow
- work with my team to make a vegetable kebab safely, within time constraints.

### Evaluate the outcome:

**What went well?**

**What did not go well?**

**What could be improved?**

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## Pick 'n' mix smoothie

### We are learning to:

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- 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..."

- select a variety of fresh, seasonal vegetables to make a tasty and healthier smoothie
- blend ingredients into a smooth and thicker-than-juice consistency
- pour an even amount of smoothie into each cup
- work with my team to make a healthier smoothie safely, within time constraints.

### Evaluate the outcome:

**What went well?**

**What did not go well?**

**What could be improved?**