

Lesson 1:

Getting started with healthier cooking

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?