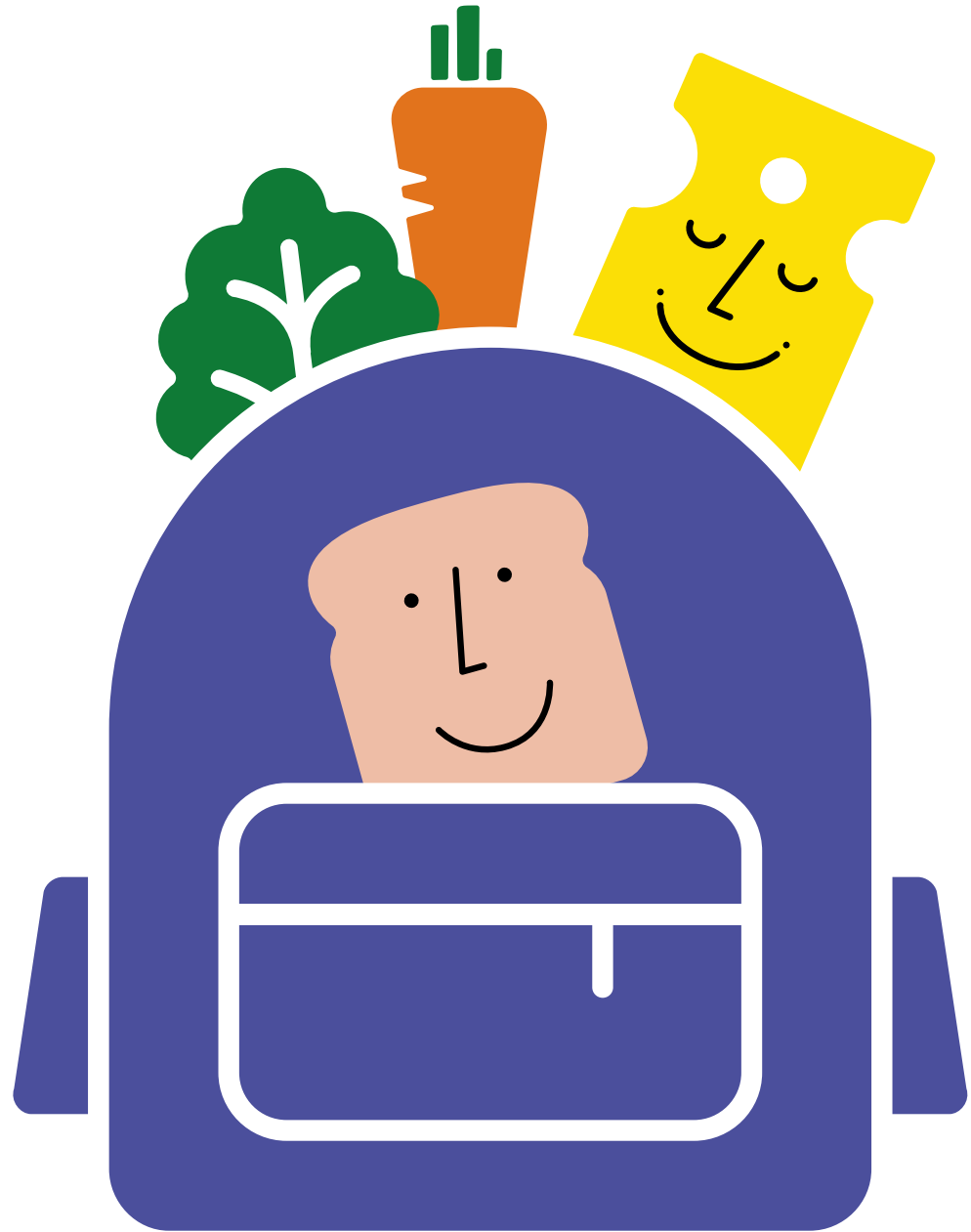




FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

LESSON
SIX



LESSON 6: GENERATING IDEAS



WELCOME TO LESSON 6 OF THE FEAST PROGRAM!

- Allocated time: 45 minutes
- Resources required:
Internet access including Youtube and Student Resources - electronic or paper
Link: <https://education.ozharvest.org/student-resources/>
- This lesson is where we apply everything we have learnt so far and begin designing a recipe that is simple, healthy and can help stop food waste.
- This is a great lesson to involve your family, so get them to join in, if you can.
- But before we begin designing let's revisit our;
 - **Student Resources: Task Sheet, Page 1 and Define the Task, Page 2.**
Download document at <https://education.ozharvest.org/student-resources/>
 - Have a look at some great examples of **FEAST school cookbooks** developed by schools that have completed the FEAST program.
Link <https://education.ozharvest.org/schools-cookbook/>



ACTIVITY 1: FACTORS TO CONSIDER



— Do you remember in lesson 1 you developed the factors to consider before creating your recipe?

— These factors may have included:

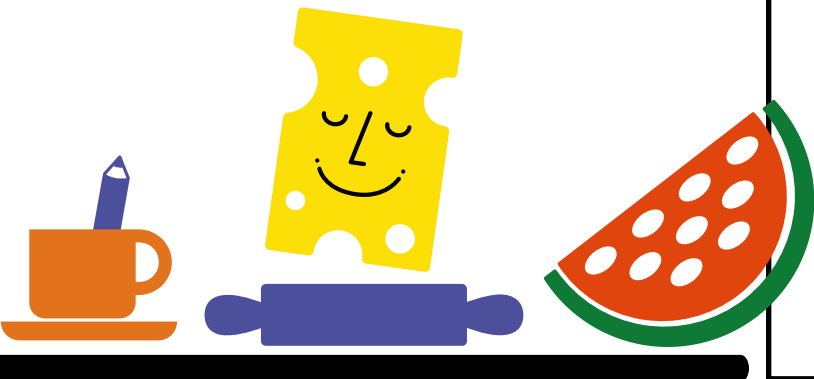
- Cultural needs of your classmates, for example, some Muslims eat halal food, some Jewish students eat kosher food and some Hindus do not eat meat or eggs.

- Allergies and intolerances your classmates may have. For greater understanding of allergies watch **Food Allergies** by Behind the News.

 Link: www.youtube.com/watch?v=bpSLdNPR9qw

- To ensure food is safe to prepare and eat, view the **OzHarvest Food Safety and Hygiene Extension Activity 9**.

Download at <https://education.ozharvest.org/student-resources/>



WRITE YOUR ANSWERS IN THE SPACE PROVIDED BELOW OR REVIEW YOUR ANSWERS FROM LESSON 1: DEFINE THE TASK - UNPACKING THE FEAST TASK ACTIVITY

FACTORS I MUST CONSIDER

1.

2.

3.

4.

5.

6.

ACTIVITY 2: DREAM POSSIBLE SOLUTIONS



➡ It's time to get creative! Use everything you have learnt about food that often goes to waste and how to use different ingredients to create recipes.

➡ Research recipes that are simple, healthy and can help stop food waste and begin to brainstorm your recipe ideas. To help you start thinking about recipe options ask your family if they have any recipe books or written family recipes.

➡ Why not search the internet for recipes by visiting:

● **FEAST Free Resources** on the OzHarvest FEAST website

Link: <https://education.ozharvest.org/free-resources/>

● **Healthy Kids Recipes** from the NSW Government Healthy Kids website

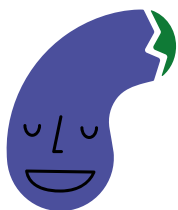
Link: <https://www.heartfoundation.org.au/search/%22recipes%22>

● **Taste Recipes** from Taste Magazine Link: www.taste.com.au/recipes/collections/kids-healthy-recipes

BEGIN BRAINSTORMING THE RECIPES YOU WOULD LIKE TO COOK AND EXPLAIN WHY YOU HAVE CHOSEN THEM. SEE EXAMPLE RECIPE.

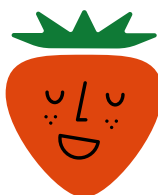
Example recipe: Banana and strawberry smoothie

How does the recipe address healthy eating and limits food waste? Bananas are one of the top wasted foods. Bananas and strawberries that are over ripe or bruised can be used in smoothies and taste delicious. I have also chosen this recipe to include natural yoghurt and low fat milk so it is healthy.



RECIPE NAME:

How does the recipe address healthy eating and limit food waste?



RECIPE NAME:

How does the recipe address healthy eating and limit food waste?



RECIPE NAME:

How does the recipe address healthy eating and limit food waste?



RECIPE NAME:

How does the recipe address healthy eating and limit food waste?

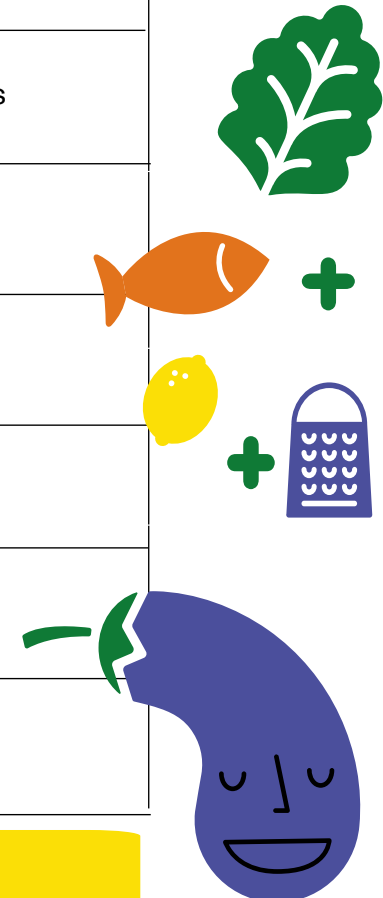
ACTIVITY 3: EVALUATE YOUR RECIPES



Now that you have picked your top 4 recipes that are simple, healthy and can help stop food waste, we need to evaluate whether the recipes meet the original criteria of the task.

WRITE THE NAME OF YOUR RECIPE IN THE TABLE BELOW AND DETERMINE WHETHER IT MEETS THE CRITERIA BY ANSWERING YES OR NO TO THE QUESTIONS.

RECIPE NAME	IS THE RECIPE HEALTHY?	DOES THE RECIPE HELP STOP FOOD WASTE?	DOES THE RECIPE CONSIDER MY CLASS MATES CULTURAL NEEDS?	DOES THE RECIPE CONSIDER MY CLASSMATES ALLERGIES AND INTOLERANCES?	IS THE RECIPE EASY TO PREPARE?
Banana and strawberry smoothie	Yes	Yes	Yes	Yes	Yes



NAME YOUR FAVORITE RECIPE: _____