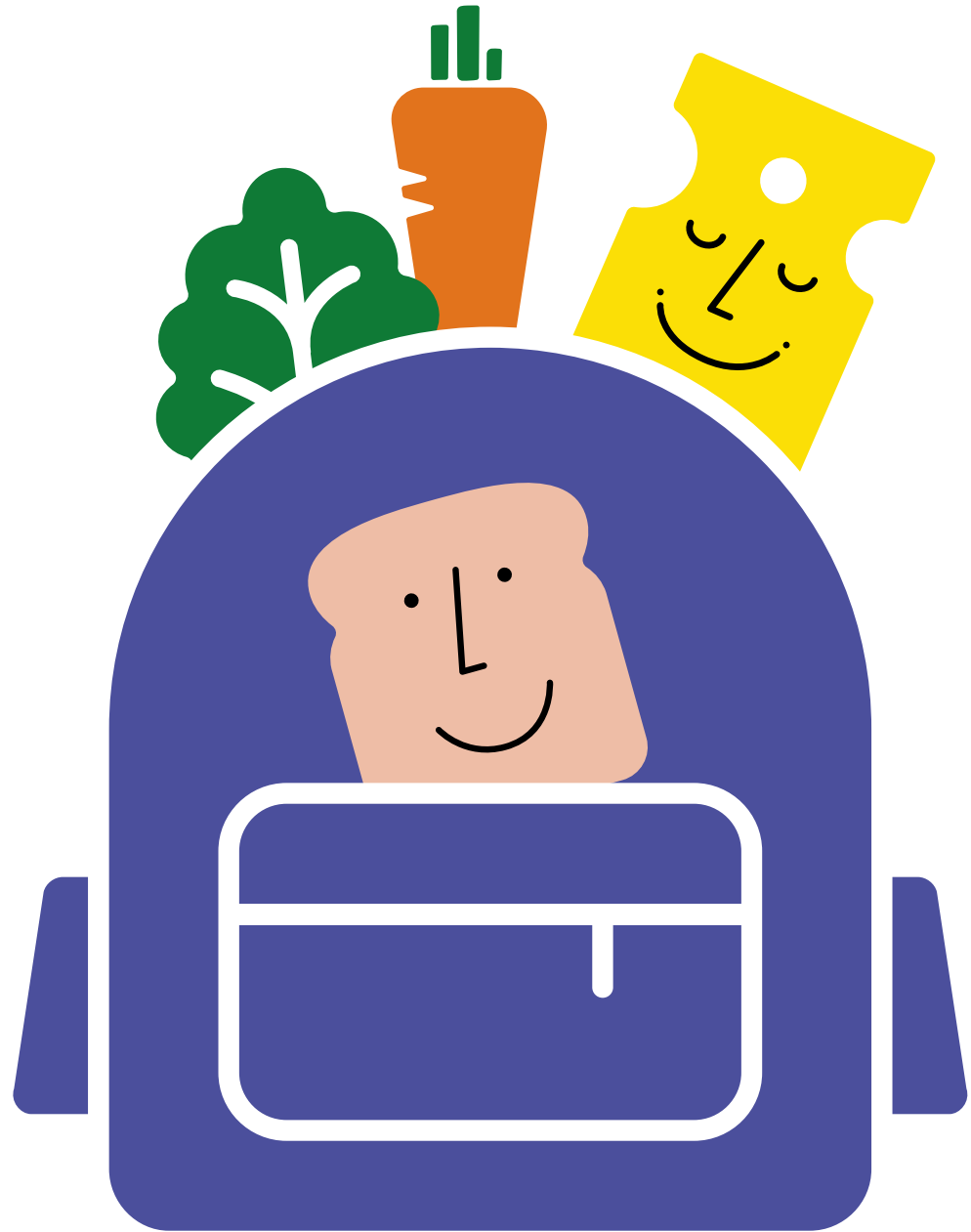




FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

LESSON SEVEN



LESSON 7: FINALISING THE RECIPE



WELCOME TO LESSON 7 OF THE FEAST PROGRAM!

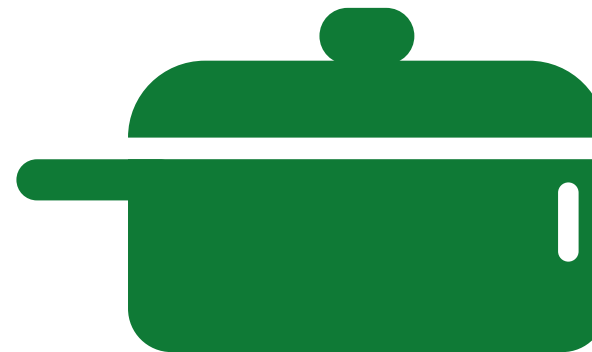
— Allocated time: 45 minutes

— Resources required:

Internet access including Youtube and Student Resources - electronic or paper

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

— Now it's time to bring our recipe to life. In this lesson we will finalise our chosen recipe ready to be published in our school cookbook.



ACTIVITY 1: DESIGNING YOUR FEAST RECIPE



— Now it's time to design your favourite recipe. Start by answering the questions on this page, or in the **Student Resource: Dream Possible Solution, Page 9 and 10.** Download document at <https://education.ozharvest.org/student-resources/>

THINK ABOUT THE BEST WAY TO DESIGN YOUR RECIPE, ANSWERING THESE QUESTIONS:

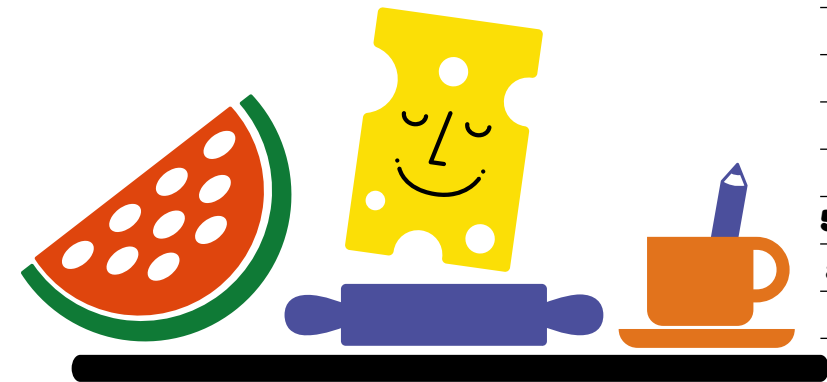
1. What ingredients are required?

2. What equipment is needed for the recipe?

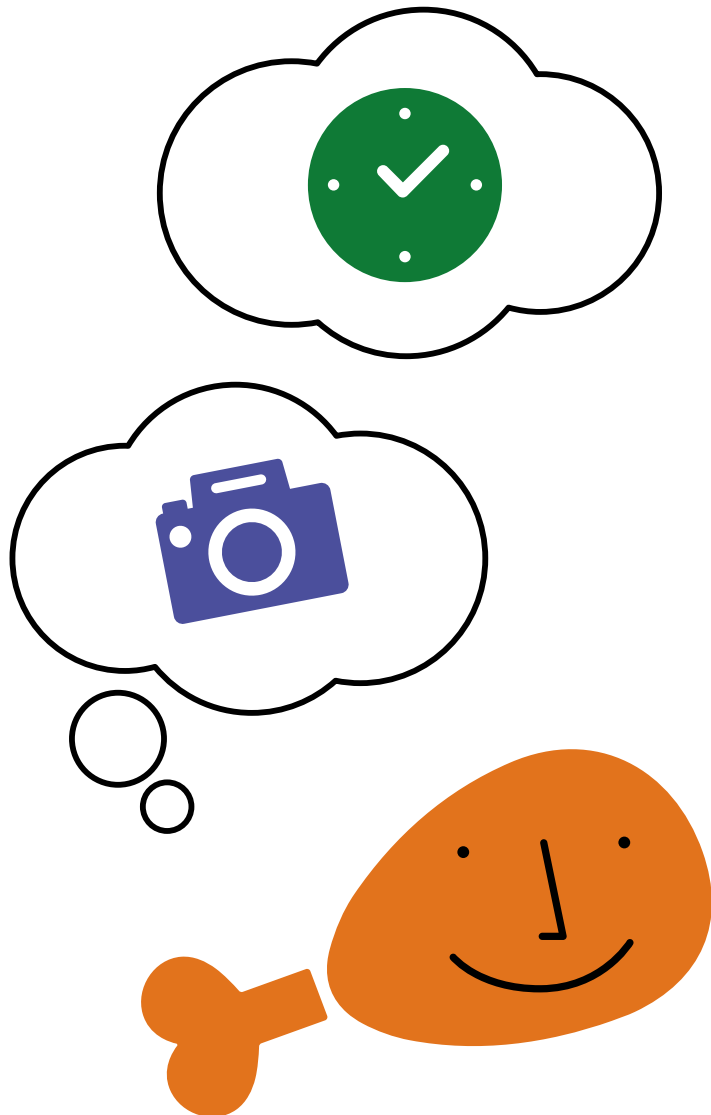
3. What is the best way to explain the cooking procedures?

4. What images do you need?

5. Will you use hand-drawn illustrations, photography, or video to help explain procedures and show the food involved?



ACTIVITY 1: DESIGNING YOUR FEAST RECIPE



6. What technology is needed for the design?

7. What messages and information do you need to help educate and inspire others to eat healthy and reduce food waste?

8. How long do you need to design and produce the recipe?

9. What safety procedures are you going to include?

ACTIVITY 2: DRAFT THE RECIPE

➡ Let's bring your recipe to life so it can be included in the School Cookbook.

➡ Begin drafting your chosen recipe by writing the full list of ingredients, equipment and steps involved to create the recipe using the template provided on page 4 and 5, or in the **Student Resource: Deliver your solution list ingredients and equipment**, Page 13 and **Student Resource: Deliver your solution: Steps to Create Recipe**, Page 14.

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

➡ Looking for inspiration? Check out great examples of other school cookbooks.
 Link: <https://education.ozharvest.org/schools-cookbook/>



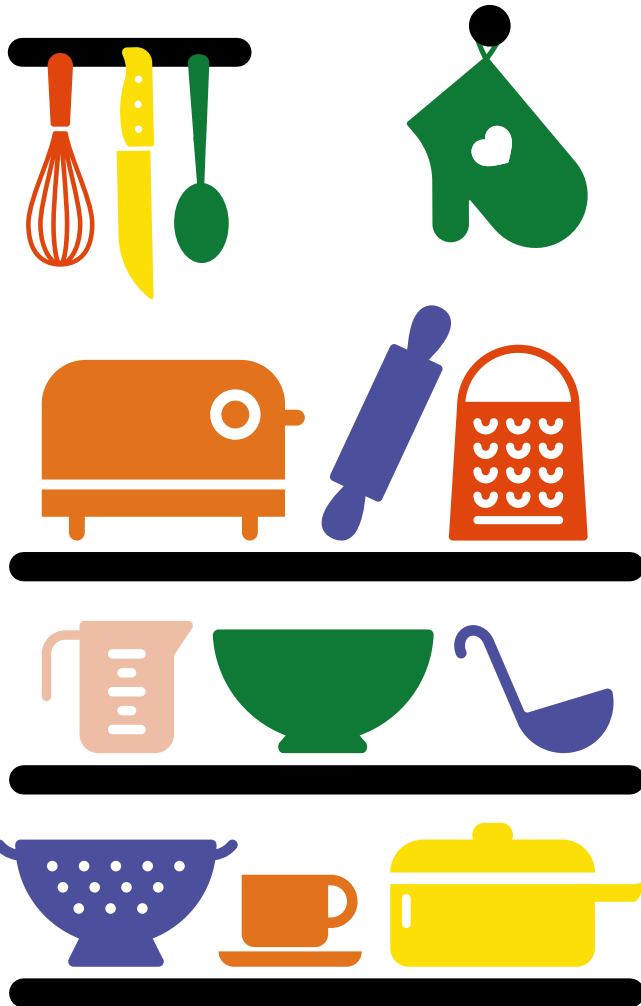
WRITE THE FULL LIST OF INGREDIENTS AND EQUIPMENT USED IN THE RECIPE. MAKE SURE YOU INCLUDE ALL THE QUANTITIES.

RECIPE NAME	
PREP TIME	SERVES
INGREDIENTS	EQUIPMENT

ACTIVITY 2: DRAFT THE RECIPE



— Write down all the steps involved to create the recipe.



1

2

3

4

5

6

ACTIVITY 3: FINAL RECIPE WRITE UP



➤ Now that you have drafted the steps, let's begin developing the recipe that will be published in the school cookbook to educate others about healthy eating and stopping food waste.

➤ Don't forget to mention how your recipe addresses food waste and healthy eating.

This could include information like:

- It contains one of the top 5 wasted foods

Link: Woolworths (2021), Top five wasted foods. <https://www.woolworths.com.au/shop/discover/food-savers/top-5-wasted-household-food-items>

- You have used a range of healthy ingredients, including fruits or vegetables
- You have considered the amount of people it will be for so that you have not over ordered
- You have left the skin on the fruits or vegetables so that they can be eaten and not wasted. The skin also contains lots of vitamins
**Remember to share your responses with your class or at home with a family member they may have some interesting facts to add.*

➤ Make your own recipe using the template on the next page, or write your recipe in the **Student Resource: Deliver your solution**, Page 17 template.

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

➤ Looking for inspiration? Check out great examples of other school cookbooks.

Link: <https://education.ozharvest.org/schools-cookbook/>



ACTIVITY 3: FINAL RECIPE WRITE UP



RECIPE NAME

CREATED BY

Prep time

Cook time

Serves

INGREDIENTS

EQUIPMENT

PROCEDURE

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

ACTIVITY 4: SHARING YOUR RECIPE



CONGRATULATIONS! YOU HAVE DONE A FANTASTIC JOB FINALISING YOUR RECIPE!

- Now it's time to share your recipe with your teacher on your school's digital platform or send your final recipe to your teacher via email.
- This is an important step for your teacher to develop a school cookbook!
- OzHarvest would also be delighted to see your final recipe. With adult permission please email your finished recipe to feast@ozharvest.org

