

FEAST PRACTICAL GUIDE FOR TEACHERS AND VOLUNTEERS

FEAST (Food Education and Sustainability Training) is an OzHarvest developed program designed to teach kids about sustainability, food waste and nutrition.

Through cooking and inquiry-based learning, FEAST educates and empowers Australian school aged students via improved nutritional literacy, food waste awareness and environmental responsiveness.

With fun and interactive activities, FEAST invites students to explore the role food plays in our everyday lives and wider society, whilst also considering our ecological footprint. The program is presented within a beautiful classroom inquiry-based unit, focused on detailed lesson planning tools and recipes that align with Australian Curriculum STEM and English Learning areas and Cross Curriculum Priority: Sustainability.

All of the recipes can be made in class and do not require a kitchen, making the cooking and food education components accessible to all children and school communities.

ACCESS, SAFETY AND EQUITY:

- *Except as otherwise expressly required by law, OzHarvest Limited does not accept any liability for personal injury, property damage or loss sustained by any participation at the service due to cause whatsoever unless caused by the proven negligence of OzHarvest Limited, its Directors or Employees.*

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FEAST RISK ASSESSMENT CHECKLIST

The risk assessment checklist helps to ensure that when undertaking the practical component of the FEAST program the children, volunteers and staff are working in a safe environment. Before commencing the practical component of the FEAST program, complete the FEAST Risk Assessment Checklist and ensure a complete first aid kit with EpiPen®, fire extinguisher and fire blanket is present in the classroom. It is the teacher’s responsibility to supervise their class. **If you do not comply with the minimum safety and hygiene standards and pass the risk assessment to a satisfactory level, you may be required to forfeit your participation in the delivery of the FEAST program.**

HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
Allergies	Students, teachers or volunteers have a mild to severe allergic reaction	Classroom teacher’s responsibility to ensure they have a clear understanding of any student allergies prior to beginning the FEAST unit. Teachers must provide awareness brief to staff and volunteers regarding student’s allergies and where to access an epi pen if required. Classroom must have an ASCIA Action Plan for Anaphylaxis (personal) and ASCIA Action Plan for Anaphylaxis (general) in view. Visit: https://www.allergy.org.au/hp/anaphylaxis/ascia-action-plan-for-anaphylaxis	High	Classroom teacher	
Intolerances	Students, teachers or volunteers has an identifiable intolerance	Classroom teacher’s responsibility to ensure they have a clear understanding of any intolerances students may have prior to beginning the practical unit. Teachers must provide a suitable alternative ingredient where possible (view page 8 substitute ingredients in recipes).	Medium	Classroom teacher	
Fire/Emergency	Fire in classroom setting	Fire blanket and extinguisher present in the classroom setting and all volunteers and staff are aware of where it is stored and how to use it. All external members must be briefed as to where the emergency meeting point in the school is.	Medium	Classroom teacher	

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HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
Hygiene and food handling	Contamination, sickness	Appropriate training of staff and students of the risk of working with food products and food safety procedures - Brief on good hygiene practices- clean apron, enclosed shoes, hair tied back, wear single use food grade latex gloves if necessary. Correct hand washing products used to include; soaps and hand drying products. Hand washing and drying is re-enforced through all kitchen activities.	Medium	Classroom teacher, staff and student participants	
Kitchen space	Movement, knives, hot equipment, etc.	Safety briefing, no running, appropriate supervision. Take into consideration where students wash their hands, ensure there is a washing up area nearby and access to a fridge to store cold food.	Medium	Classroom teacher, staff and student	
Hot water	Participants scalding themselves	Safety briefing, make sure hot water is only handled by volunteers or teachers. No hot water facilities are to be made accessible to children.	Low to Medium	Classroom teacher, staff and student	
Use of knives	Participants cutting themselves or injuring others	Appropriate training of the risks when working with knives including; knife demonstration, safety briefing, and first aid kit in class. Store knives in a safe container and count that all knives have been returned at the end of the lesson. Under no circumstance are external knives that are not part of the FEAST kitchen kit to be used.	Medium	Classroom teacher, staff and student participants	
Graters	Grating skin	Appropriate training of staff and students of the risk of working with graters including; safety briefing, correct storage, supervision. Ensure that graters are washed individually and not left in soapy water.	Low to Medium	Classroom teacher, staff and student participants	

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HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
Electric frypans	Participants burning themselves	Appropriate training of staff and students of the risk of working with electric frypans including; safety briefing, never turn the frying pans up to full heat. Ensure volunteers and staff are supervising electric frypan use at all times.	Medium	Classroom teacher, staff and student participants	
Electric frypans	Electrocution	Equipment regularly monitored to ensure maintenance and any faulty equipment to be reported and removed by staff immediately. It is the school's responsibility to ensure frying pans are tested and tagged, records to be kept and test/tag updated on a regular basis. OzHarvest does not take responsibility for faulty electric frypans. Plugging in 6 frying pans may overload the power and cause power outages.	Medium	Classroom teacher, staff and student participants	
Trip hazards from frying pan power cords	Injury related to tripping hazards	No obstructions to walkways. Power cords must be taped down to avoid trip hazards or placed close to power outlets. Where trip hazards cannot be removed or taped down it is the school's responsibility to ensure hazard cones or other appropriate signage is present.	Low to Medium	Classroom teacher	
Challenging behaviours	Psychological/physical	Have additional support staff participate in the practical component of the FEAST program, background briefing to volunteers.	Medium to High	Classroom teacher	
Lifting kitchen kits, boxes and heavy objects	Muscle or skeletal damage	Trolleys to carry equipment, more than one person lift heavy objects if required. Follow safe lifting procedures - keep load close to body and lift using the legs, not the back.	Low to Medium	Classroom teacher, staff and students	
Wet tea towels, cloths & aprons	Transferring heat, hygiene	Safety briefing, supervision. It is the responsibility of the classroom teacher to ensure all tea towels, dishcloths and aprons are clean at the beginning of each lesson and to ensure the classroom has enough clean tea towels for the practical sessions.	Low to Medium	Classroom teacher, staff and student participants	

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HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
Spills, slips and falls	Injury causing broken bones or concussion	Appropriate training of staff and students of the risk of spilt substances and trip hazards. Staff and students required to wear appropriate footwear. Work areas kept clean and tidy, all spills cleaned immediately and correctly. Correct cleaning equipment available. It is desirable that schools purchase slip mats for the washing up area.	Low to Medium	Classroom teacher, staff and student participants	
Food safety - storage and cross contamination	Contamination/food poisoning	Food transported within the correct temperature zones, under 5 degrees for cold produce, washing of fruit and vegetables, frozen food thawed in the fridge. Correct washing of utensils, knives and chopping boards. Do not store cooking equipment in tubs when wet or dirty. Teachers to inspect all equipment regularly and to remove defective equipment immediately.	Medium to High	Classroom teacher, staff and student participants	
Hazardous cleaning chemicals, prolonged use of detergents.	Skin/eye irritation, breathing problems from vapour	General cleaning of kitchen equipment and utensils, ensure the correct cleaning equipment is used for example; only use hand wash for hands and dishwashing liquid for cleaning utensils	Medium to High	Classroom teacher	
Student safety	Unsafe individual working with children in the school setting	All volunteers, OzHarvest staff members and external members of the public must have a current Working with Children Check and 100 points of ID that they present at the front office before entering the school. All external members must sign in at the school's front office before assisting in the classroom FEAST program.	Medium to Low	School undertaking the FEAST program	

RISK ASSESSMENT (STEPS, MATRIX AND PRIORITY)

Risk Assessment Steps

A. CONSEQUENCES: How severely could the hazard harm? Consider - what type of harm could occur - How many people are exposed - Could the hazard event lead to other more harmful hazards?

B. LIKELIHOOD: How likely is the consequence (in step 1)? Consider – How often the task is done – How often people are near the hazard – Whether it has happened before, anywhere – How effective existing controls are – Whether the work environment, organisational changes, the way people act, different people affects the likelihood?

Risk Assessment Matrix (to determine Risk Level)

	Step A) CONSEQUENCE/s How severely could someone be harmed?				
Step B) LIKELIHOOD How likely is the consequence going to happen?	Negligible (First aid only required)	Minor (Minor medical treatment injury / LTI)	Moderate (Serious injury causing hospitalisation)	Major (Life-threatening injury or multiple serious injury)	Severe (Fatality or life-threatening injuries)
Almost certain (likely to occur more than once a year)	Medium	Medium	High	Very High	Very High
Likely (likely to occur approx once a year)	Low	Medium	High	High	Very High
Possible (likely to occur approx once every 5 years)	Low	Medium	High	High	High
Unlikely (likely to occur approx once every 5-10 years)	Low	Low	Medium	High	High
Rare (likely to occur less frequently than once every 10 years)	Low	Low	Medium	Medium	High

Risk Level of Priority

Very High – Unacceptable risk, required to be controlled immediately. Restrict access & exposure until level lowered to LOW. No work allowed.

High – Unacceptable risk, required to be controlled immediately. Restrict access & exposure until level lowered to LOW. No work allowed.

Medium – Unacceptable risk, except when residual & only if further reduction impracticable, lower risk level to LOW within 14 days.

Low – Acceptable risk, implement controls to eliminate risk if practicable within 28 days.

CHECKING ALLERGIES, INTOLERANCES OR DIETARY REQUIREMENTS

Common allergies and intolerances

- Coeliac disease and gluten intolerance –an intolerance to wheat and gluten. Substitutions will need to be made for recipes containing flour, oats, soy sauce, grains, noodles and bread
- Dairy intolerant - find substitutes for recipes containing milk, butter, margarine, yogurt, cream, ice cream and omit cheese from other recipes
- Onion intolerant – must omit shallots & onion from recipes
- Egg intolerant – must find substitutes for egg in recipes
- Sesame allergy – substitute butter bean hummus recipe with guacamole or salsa

Substituting ingredients

- Substitutes for wheat flour include buckwheat, rice and coconut flour
- Use rice noodles instead of wheat-based noodles and substitute oat granola for a gluten free version (Carman’s gluten free muesli)
- Substitutes for yoghurt include soy and coconut yoghurt.
- Substitute soy sauce with tamari to make gluten free
- Cow’s milk can be substituted with soy, coconut or rice milk
- Use Nutelex or another dairy free butter and leave out cheese from recipes
- Leave out onions and shallots from recipes if necessary
- Instead of one egg you can use 2 tablespoons of water, 1 teaspoon oil and 2 teaspoons of baking powder when making fritters, add an extra ½ banana in pikelets and omit from stir fry and French toast

It is the classroom teacher’s responsibility to provide awareness brief to staff and volunteers regarding student’s allergies and where to access an EpiPen if required. **Classrooms must have an ASCIA Action Plan for Anaphylaxis (personal) and ASCIA Action Plan for Anaphylaxis (general) in view. Visit:**

<https://www.allergy.org.au/hp/anaphylaxis/ascia-action-plan-for-anaphylaxis>

GENERAL FOOD SAFETY TIPS

In general, there should be one parent or volunteer to a maximum of 5 children. Teachers should contact parents/carers of students, asking them to volunteer for the 6-week cooking component of the FEAST program. If this is not possible, please contact OzHarvest one month prior to the program launch to provide volunteers to assist with the program.

Use these food safety tips with students to avoid sickness and injury:

- Always wash hands with soapy water and dry thoroughly before cooking
- Ensure food is completely cooked before eating, especially foods containing eggs
- Always use clean chopping boards and knives, wash after use
- Tie back long hair
- Clean up as you go, including wiping spills and putting aside used containers and utensils for washing after cooking
- Supervise children especially when using sharp objects and knives
- Do not allow children to open tinned food due to sharp edges
- Remind children to be careful when using electric fry pans and never turn electric frypans to full heat, use 2/3 as a maximum
- Make sure vegetables are properly washed before use
- Remind children not to taste the food before it is ready, not to put their fingers in their mouth, and to wash their hands immediately if they do

GENERAL KNIFE SAFETY TIPS

Before students use knives, ensure you only provide the FEAST child friendly knives. Share the following tips with students before cooking begins and throughout the demonstrations.

By taking 3-4 minutes to cover knife safety, teachers, parents and supervisors will feel much more comfortable with children using knives. These are also practices the kids can continue when they are cooking in their own home.

When covering these tips demonstrate the correct and incorrect ways to handle knives. Seeing how to handle knives will ensure that the students fully understand knife safety.

- Always cut with the blade of the knife angle away from you
- Always use a cutting board
- Show children how to hold knives properly
- Keep knives on the table and never carry them around the room
- Make a flat surface with round objects e.g., cut the apple in half
- Remember graters are sharp too
- Hand-wash your knives and dry thoroughly. Never leave knives in a sink filled with soapy water
- Always ensure all knives are accounted for at the end of the lesson and store them in a container separate from the other utensils

The 'OzHarvest FEAST How To' YouTube videos are a great scaffold to help students learn how to: Use Knives safely. <https://youtu.be/rNAf4npfgUw> (1:17min) and Chopping, Slicing and Dicing Skills. https://youtu.be/4MpHqYN_FLE (2:46min).

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FOOD COST SAVING TIPS

OzHarvest estimates that for a class of 30 students to undertake six practical sessions it will cost \$300. We understand that some schools do not have the budget to cover the costs associated with the practical component of the program. That is why we have developed some great cost saving tips for your school.

Cost saving tips

- Contact your local supermarket they may be willing to support your school. See our example letter requesting support below.
- Look for price reductions on produce. Fruits and vegetables are often marked down at the end of the day or are cheaper when in season.
- Encourage students to bring in a food item to contribute, for example when making fruit skewers they can bring in a piece of fruit.
- Substitute with produce from your school garden.
- Ask parents/caregivers for a student participation fee of \$5-\$10 per student.
- Reduce the quantities in the recipes, which will in turn reduce the amount of ingredients required to purchase.

Letter to local supermarket requesting support

Dear _____,

I am writing on behalf of **[Insert School Name]** to request a donation of food for our food waste avoidance and healthy eating program by OzHarvest. We will be teaching **[Insert Number of Students]** to cook healthy and nutritious recipes over a [Insert Number] week period, beginning [Insert date]. We would greatly appreciate any donation you can make. Your business will be recognised in our school newsletter.

If you have any questions or need further information, please contact me at: **[insert phone number]** and/or **[Insert email address]**.

On behalf of the students, parents and faculty at [Insert school], thank you for your consideration.

Sincerely, **[Insert name, role at school and school name]**

FOOD WASTE REDUCTION TIPS

Introducing a food waste plan into your practical sessions not only benefits our environment, it also helps schools reduce costs and improves quality of life for the community.

This guide outlines actions that can be undertaken by your class before, during and after the lesson to reduce food waste.

Prepare your class and store your food correctly

- **Asking** your students to bring in a container, fork and spoon for each practical session is an environmentally friendly and economical solution to eating their meals in class or taking it home.

Investigate and measure your class's food waste!

- Tell students there will be a class competition for the cooking group that has the least food waste at the end of the practical lesson. Put scrap bowl on each cooking group table for students to dispose of their food scraps. At the end of the lesson, ask each group to bring their scrap bowl to measure which group has the least food waste.
- Remind students to keep the skin on some fruits and vegetables such as cucumbers and carrots. Students can also use food items as garnish such as celery leaves to decorate the tzatziki.

#nofoodtolandfill- recycle or compost what cannot be saved, avoid putting ANY food waste in the landfill bin.

PREPARATION BEFORE/DURING/AFTER SESSIONS

It doesn't matter what task you are doing, being prepared is the key to a successful, incident-free day. Have a read through. Is everything we've listed possible in your school environment? You may wish to add some further tasks relevant to your school.

TASK	TASK DONE?
ONE MONTH before beginning the FEAST program	
Undertake the OzHarvest Risk Assessment.	
Ensure you have appropriate space to undertake the practical cooking activities. Take into consideration where the students will wash their hands, ensure there is a washing up area nearby and that there is access to a fridge to store cold food items.	
If you are using electric frypans, you must have six electrical outlets, extension cords or power cords close to power outlets. Cords must be taped down to avoid trip hazards. It is the school's responsibility to ensure that the electric frypans have been checked by the school's electrical safety officer. OzHarvest recommends that you speak to the maintenance staff prior to conducting the hot practical sessions. Plugging in six electric frypans in a classroom may overload the power and cause power outages.	
Ensure you have a clear understanding of any allergies or intolerances students may have prior to beginning the practical unit, access to an epi pen and first aid kit.	
Caregivers or volunteers must be informed of the practical dates and times, appropriate clothing and footwear and their role as supervisor to a maximum of five students.	
Choose the recipes you will be cooking with your students, taking into consideration students' abilities and the preparation and/or cooking time.	
Purchase additional cooking items such as paper towels, washing detergent, hand wash and tea towels.	

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TASK	TASK DONE?
ONE WEEK prior to the practical session	
<p>Use the food order list to purchase all the ingredients you need for the recipe.</p> <p>By purchasing from Woolworths online, the ingredients can be delivered to your school.</p>	
<p>Remember the concept of seasonal substitution, if you do not have all the ingredients listed, think about what you have that's in season or what you may have in your school garden.</p>	
<p>Decide on student groups – 6 groups of 5 for a class of 30</p>	
ON THE DAY before session begins	
<p>Print seven copies of the recipe and laminate them ready for class.</p>	
<p>Wipe down all cooking surfaces and preparation areas with a disinfectant spray and clean cloth.</p>	
<p>Set up cooking stations with correct utensils, bowls and equipment listed in each recipe. Ask the volunteers to help with this. Make sure you have set up a hand washing station and cleaning station with washing up sponges, detergent, and tea towels.</p>	
<p>Set up cooking stations with cooking ingredients. To save time you may want to measure out the ingredients for each group. Ask the volunteers to help with this.</p>	
<p>Keep cold items refrigerated for as long as possible.</p>	
<p>If using the hot recipes, set up electric fry pans on benches with power cords close to power outlet and tape cords down to avoid trip hazards. It is the school's responsibility to ensure that the electric frypans have been checked by the school electrical safety office.</p>	

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TASK	TASK DONE?
DURING	
Allocate students into their planned groupings	
Ensure students are following the safety guidelines. Remind students not to touch their hair, face or mouth and instruct hand washing if necessary.	
Allow students to do most of the work but supervise them the entire time, assist when necessary.	
If using the electric frypan, turn on for students and supervise use.	
Assist students to break eggs, ensuring no shells fall into mixtures.	
Remind students to wait until the end of class to eat as a group, cover food with foil to keep warm or refrigerate to keep cold until it is time to eat together.	
AFTER	
Help students to clean up and make lunch/recess packs with any leftovers.	
Thoroughly wipe down all surfaces after cooking.	
Make sure all furniture is returned and floors are cleaned after cooking.	
Ensure all equipment is dried and packed away in the kitchen tubs, that all kitchen items are accounted for, checking and counting that all knives have been returned.	

COLD RECIPES: SHOPPING LISTS AND EQUIPMENT

Do not forget to order additional ingredients to demonstrate the practical activity to your class groups.

**The costings are an estimate.*

Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings*
<p><u>Peach parfait</u></p> <p>Preparation time: 10 minutes</p>	<p>Teaches students the importance of basic kitchen hygiene and safety and skills: mixing and layering.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 15 peach slices (About 10 slices per 410g can) <input type="checkbox"/> 1 ½ cups untoasted muesli (nut and seed free) <input type="checkbox"/> 2 ½ cups low-fat Greek yoghurt <input type="checkbox"/> 1 cup frozen or fresh blueberries <input type="checkbox"/> 5 large cups and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> 90 peach slices (About 9 x 410g cans) <input type="checkbox"/> 9 cups (1000g) untoasted muesli (nut and seed free) <input type="checkbox"/> 15 cups (3.75 litres) low-fat Greek yoghurt <input type="checkbox"/> 6 cups (840g) frozen or fresh blueberries <input type="checkbox"/> 30 large cups and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Can opener <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$7.54</p> <p>Per 30 students: \$45.24</p>
<p><u>Fruit Skewers with Natural Yoghurt</u></p> <p>Preparation time: 10 minutes</p>	<p>Teaches basic knife skills: dicing and slicing.</p> <p>Teaches students about science and chemistry in food production.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 apple <input type="checkbox"/> 2 medium bananas <input type="checkbox"/> 1 orange <input type="checkbox"/> ½ cup low-fat Greek yoghurt <input type="checkbox"/> 10 small wooden skewers <input type="checkbox"/> 5 paper plates and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 apples <input type="checkbox"/> 12 bananas <input type="checkbox"/> 6 oranges <input type="checkbox"/> 900ml low-fat Greek yoghurt <input type="checkbox"/> 60 small wooden skewers <input type="checkbox"/> 30 paper plates and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Chopping boards <input type="checkbox"/> Knives <input type="checkbox"/> Measuring cups <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$4.40</p> <p>Per 30 students: \$26.40</p>

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Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>Muesli Bliss Balls</u></p> <p>Preparation time: 15 minutes</p>	<p>Students learn how to stop wasting food and kitchen skills: measuring, mixing & shaping.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 bananas <input type="checkbox"/> 1 ¾ cups quick oats <input type="checkbox"/> ½ cup sultanas <input type="checkbox"/> ½ cup shredded coconut <input type="checkbox"/> ½ teaspoon cinnamon <input type="checkbox"/> 1 teaspoon cocoa (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 bananas <input type="checkbox"/> 10 ½ cups quick oats (1kg) <input type="checkbox"/> 3 cups sultanas (510g) <input type="checkbox"/> 3 cups shredded coconut (215g) <input type="checkbox"/> 3 teaspoons cinnamon (9g) <input type="checkbox"/> 6 teaspoons cocoa (18g) 	<ul style="list-style-type: none"> <input type="checkbox"/> Large mixing bowl <input type="checkbox"/> Fork <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Mixing spoon <input type="checkbox"/> Chopping board 	<p>Per 5 students: \$3.70</p> <p>Per 30 students: \$22.20</p>
<p><u>Tzatziki dip with vegetable sticks</u></p> <p>Preparation time: 10 minutes</p>	<p>Students learn how to stop wasting food and kitchen skills: measuring, mixing and dicing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> ½ cup low-fat Greek yoghurt <input type="checkbox"/> ½ cucumber <input type="checkbox"/> 1 teaspoon lemon juice <input type="checkbox"/> 1 teaspoon of olive oil <input type="checkbox"/> Optional: salt and pepper <input type="checkbox"/> 1 carrot <input type="checkbox"/> 1 celery sticks <input type="checkbox"/> ½ cucumber <input type="checkbox"/> 5 small plates 	<ul style="list-style-type: none"> <input type="checkbox"/> 900ml low-fat Greek yoghurt <input type="checkbox"/> 6 large cucumbers <input type="checkbox"/> 6 teaspoons lemon juice (30ml) <input type="checkbox"/> 6 teaspoons olive oil (30ml) <input type="checkbox"/> Optional: salt and pepper <input type="checkbox"/> 6 carrots <input type="checkbox"/> 1 bunch celery <input type="checkbox"/> 30 small plates 	<ul style="list-style-type: none"> <input type="checkbox"/> Fork <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Knives <input type="checkbox"/> Chopping boards <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$3.06</p> <p>Per 30 students: \$18.36</p>
<p><u>Quick pickle vegetables</u></p> <p>Preparation time: 20 minutes</p>	<p>Students learn to measure, slice, mix and pickle and preserve food.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 ½ cups water <input type="checkbox"/> 1 ½ cups white vinegar <input type="checkbox"/> 1 ½ tablespoons sugar <input type="checkbox"/> 1 ½ teaspoons salt <input type="checkbox"/> 1 carrot <input type="checkbox"/> 1 cucumber <input type="checkbox"/> 10 green beans <input type="checkbox"/> 1 teaspoon celery seeds (optional) <input type="checkbox"/> 1 teaspoon coriander seeds (optional) <input type="checkbox"/> Fresh dill or parsley from (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 9 cups water (2.25ltr) <input type="checkbox"/> 9 cups white vinegar (2.25ltr) <input type="checkbox"/> 9 tablespoons sugar (120g) <input type="checkbox"/> 9 teaspoons salt (45g) <input type="checkbox"/> 6 carrots <input type="checkbox"/> 6 cucumbers <input type="checkbox"/> 60 green beans <input type="checkbox"/> 6 teaspoons celery seeds/coriander seeds (18g) 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping boards <input type="checkbox"/> Knives <input type="checkbox"/> 5 x 250ml jars <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Mixing spoon 	<p>Per 5 students: \$2.10</p> <p>Per 30 students: \$12.60</p>

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Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>Bircher muesli with apples and banana</u></p> <p>Preparation time: 10 minutes</p>	<p>Students learn how to prepare a healthy breakfast and kitchen skills: slicing, soaking, mixing and measuring.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup quick cook oats <input type="checkbox"/> ¾ cup apple juice <input type="checkbox"/> 1 apple <input type="checkbox"/> 1 banana <input type="checkbox"/> 1 teaspoon cinnamon <input type="checkbox"/> ½ cup low-fat Greek yoghurt <input type="checkbox"/> 5 paper bowls and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 cups quick cook oats (500g) <input type="checkbox"/> 4 ½ cups apple juice (1.125ml) <input type="checkbox"/> 6 apples <input type="checkbox"/> 6 bananas <input type="checkbox"/> 6 teaspoons cinnamon (18g) <input type="checkbox"/> 900ml low-fat Greek yoghurt <input type="checkbox"/> 30 paper bowls and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Chopping boards <input type="checkbox"/> Knives <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$2.67</p> <p>Per 30 students: \$16.02</p>
<p><u>Rainbow salad roll</u></p> <p>Preparation time: 10 minutes</p>	<p>Students learn how to follow steps in preparing a recipe and kitchen skills: grating and slicing</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 5 wholemeal bread rolls <input type="checkbox"/> 1 tomato <input type="checkbox"/> ½ carrot <input type="checkbox"/> 8 iceberg lettuce leaves <input type="checkbox"/> 5 slices low-fat tasty cheese <input type="checkbox"/> 5 slices beetroot <input type="checkbox"/> 2 tablespoons low-fat mayonnaise <input type="checkbox"/> 5 brown paper bags 	<ul style="list-style-type: none"> <input type="checkbox"/> 30 wholemeal bread rolls <input type="checkbox"/> 6 tomatoes <input type="checkbox"/> 3 carrots <input type="checkbox"/> 2 iceberg lettuces <input type="checkbox"/> 30 slices low-fat tasty cheese (1kg block) <input type="checkbox"/> 2 tins beetroot slices <input type="checkbox"/> 12 tablespoons low-fat mayonnaise (180g) <input type="checkbox"/> 30 brown paper bags 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping boards <input type="checkbox"/> Knives <input type="checkbox"/> Grater <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$4.68</p> <p>Per 30 students: \$28.08</p>
<p><u>Sandwich Sushi</u></p> <p>Preparation time: 30 minutes</p>	<p>Students learn how to use a rolling pin in rolling food, layering, folding and grating and chopping skills.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 10 slices wholemeal bread <input type="checkbox"/> 2 ½ tablespoons low-fat mayonnaise <input type="checkbox"/> 10 leaves iceberg lettuce <input type="checkbox"/> 10 low-fat cheese slices <input type="checkbox"/> 1 carrot 	<ul style="list-style-type: none"> <input type="checkbox"/> 60 slices wholemeal bread (3 loaves) <input type="checkbox"/> 15 tablespoons low-fat mayonnaise (225g) <input type="checkbox"/> 60 leaves iceberg lettuce <input type="checkbox"/> 60 low-fat cheese slices (2 x 1kg blocks) <input type="checkbox"/> 6 carrots 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Grater <input type="checkbox"/> Rolling pin <input type="checkbox"/> Measuring spoon 	<p>Per 5 students: \$3.70</p> <p>Per 30 students: \$22.20</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 5 students:	Ingredients per 30 students	Resources	Costings
<p><u>Chickpea and lentil kofta pita pockets</u></p> <p>Preparation time: 20 minutes</p>	<p>Students learn kitchen skills: chopping, dicing, mixing and shaping.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> ½ can lentils <input type="checkbox"/> ½ can chickpeas <input type="checkbox"/> ½ red onion <input type="checkbox"/> 1 garlic clove <input type="checkbox"/> ¼ bunch parsley <input type="checkbox"/> 1 tomato <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> ½ cucumber <input type="checkbox"/> ¼ cup mint <input type="checkbox"/> ½ cup low-fat Greek yoghurt <input type="checkbox"/> ½ teaspoon salt and pepper <input type="checkbox"/> ½ teaspoon cumin <input type="checkbox"/> 2 ½ wholemeal pita breads 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 cans lentils <input type="checkbox"/> 3 cans chickpeas <input type="checkbox"/> 3 red onions <input type="checkbox"/> 6 garlic cloves <input type="checkbox"/> 1 ½ bunch parsley <input type="checkbox"/> 6 tomatoes <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 3 cucumbers <input type="checkbox"/> 1 ½ bunch mint <input type="checkbox"/> 3 cups low-fat Greek yoghurt (750ml) <input type="checkbox"/> 3 teaspoons salt and pepper (15g) <input type="checkbox"/> 3 teaspoons cumin (9g) <input type="checkbox"/> 15 wholemeal pita breads 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Can opener <input type="checkbox"/> Fork <input type="checkbox"/> 3x mixing bowls <input type="checkbox"/> Spoons <input type="checkbox"/> Sieve to drain lentils and chickpeas 	<p>Per 5 students: \$7.01</p> <p>Per 30 students: \$42.06</p>
<p><u>Crunchy noodle salad</u></p> <p>Preparation time: 15 minutes</p>	<p>Students learn kitchen skills: mixing, grating, knife skills</p>	<ul style="list-style-type: none"> <input type="checkbox"/> ¼ small Chinese cabbage <input type="checkbox"/> 1 large carrot <input type="checkbox"/> ½ red capsicum <input type="checkbox"/> ½ cup coriander or parsley <input type="checkbox"/> ½ cup mint leaves <input type="checkbox"/> 100g Changs crunchy noodles <input type="checkbox"/> 1 tablespoon salt reduced soy sauce <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> 1 tablespoon lemon juice <input type="checkbox"/> 1 tablespoon water <input type="checkbox"/> 5 large cups and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 ½ Chinese cabbages <input type="checkbox"/> 6 large carrots <input type="checkbox"/> 3 red capsicums <input type="checkbox"/> 3 bunches coriander or parsley <input type="checkbox"/> 3 bunches of mint leaves <input type="checkbox"/> 600g Changs crunchy noodles <input type="checkbox"/> 6 tablespoons salt reduced soy sauce (90ml) <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 6 tablespoons lemon (90ml) <input type="checkbox"/> 6 tablespoons water (90ml) <input type="checkbox"/> 30 large cups and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Chopping boards <input type="checkbox"/> Knives <input type="checkbox"/> Fork <input type="checkbox"/> Plastic tongs <input type="checkbox"/> Grater <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$8.05</p> <p>Per 30 students: \$48.30</p>

HOT RECIPES: SHOPPING LISTS AND EQUIPMENT

Don't forget to order additional ingredients to demonstrate the practical activity to your class groups.

**The costings are an estimate.*

Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings*
<p><u>Banana pikelets</u></p> <p>Preparation and cooking time: 20 minutes</p>	<p>Students learn kitchen skills: working with heat, mixing and slicing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup wholemeal self-raising flour <input type="checkbox"/> 2 tablespoons olive oil <input type="checkbox"/> 1 egg beaten <input type="checkbox"/> ¾ cup low-fat milk <input type="checkbox"/> 1 banana <input type="checkbox"/> 1 tablespoon honey <input type="checkbox"/> 1 teaspoon vanilla essence <input type="checkbox"/> pinch of salt <input type="checkbox"/> Optional: 1 tablespoon cinnamon/sugar mix <input type="checkbox"/> 5 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 cups wholemeal self-raising flour (750g) <input type="checkbox"/> 12 tablespoons oil (180ml) <input type="checkbox"/> 6 eggs <input type="checkbox"/> 1.5 litres low-fat milk <input type="checkbox"/> 6 bananas <input type="checkbox"/> 6 tablespoons honey (132g) <input type="checkbox"/> 6 teaspoons vanilla essence (30ml) <input type="checkbox"/> 3 teaspoons salt (15g) <input type="checkbox"/> Optional: 6 tablespoons sugar/cinnamon mix (1 part cinnamon: 2 parts sugar) (75g) <input type="checkbox"/> 30 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> Large bowls <input type="checkbox"/> Forks <input type="checkbox"/> Electric frypan <input type="checkbox"/> Spatula <input type="checkbox"/> Measuring Cups <input type="checkbox"/> Measuring Spoons <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$2.72</p> <p>Per 30 students: \$16.32</p>
<p><u>Turkish carrot and yoghurt dip</u></p> <p>Preparation and cooking time: 15 minutes</p>	<p>Students learn kitchen skills: working with heat, grating, frying, measuring and mixing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 medium carrot <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> 1 teaspoon cumin powder <input type="checkbox"/> ½ cup low-fat Greek yoghurt <input type="checkbox"/> ½ tablespoon lemon juice <input type="checkbox"/> 1 garlic clove finely chopped <input type="checkbox"/> Salt and pepper (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 medium carrots <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 6 teaspoons cumin powder (18g) <input type="checkbox"/> 3 cups low-fat Greek yoghurt (750g) <input type="checkbox"/> 3 tablespoons lemon juice (45ml) <input type="checkbox"/> 6 garlic cloves finely chopped <input type="checkbox"/> Salt and pepper (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> Grater <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Electric frypan <input type="checkbox"/> Mixing bowl & spoons <input type="checkbox"/> Measuring cups & spoons <input type="checkbox"/> Spatula 	<p>Per 5 students: \$2.98</p> <p>Per 30 students: \$17.88</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>Fast fritters</u></p> <p>Preparation and cooking time: 25 minutes</p>	<p>Teaches students the importance of safety when working with heat. Science and chemistry in food production.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> ¾ cup wholemeal self-raising flour <input type="checkbox"/> ½ cup low-fat milk <input type="checkbox"/> 1 egg <input type="checkbox"/> ½ cup frozen peas and corn (defrosted) <u>or</u> 1 can corn <input type="checkbox"/> ½ cup grated low fat tasty cheese <input type="checkbox"/> 2 spring onions chopped <input type="checkbox"/> 2 tablespoons olive oil <input type="checkbox"/> Optional: pinch of salt and pepper <input type="checkbox"/> 5 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 ½ cups or 600g of wholemeal self-raising flour <input type="checkbox"/> 3 cups or 750ml of low-fat milk <input type="checkbox"/> 6 eggs <input type="checkbox"/> 3 cups of frozen peas and corn (450g) <u>or</u> 3 small cans of corn <input type="checkbox"/> 3 cups reduced fat cheese (375g) <input type="checkbox"/> 12 spring onions <input type="checkbox"/> 12 tablespoons olive oil (180ml) <input type="checkbox"/> Optional: Salt and pepper <input type="checkbox"/> 30 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Forks <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> Electric frypan <input type="checkbox"/> Plastic spatula <input type="checkbox"/> Wooden spoon <input type="checkbox"/> Can opener <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$2.31</p> <p>Per 30 students: \$13.86</p>
<p><u>From-the-fridge omelette</u></p> <p>Preparation and cooking time: 30 minutes</p>	<p>Teaches students how to follow steps in preparing a recipe and skills such as dicing, frying, measuring, whisking and working with heat.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> 5 eggs <input type="checkbox"/> ½ cup frozen peas <input type="checkbox"/> ½ cup crumbled feta <input type="checkbox"/> 1 tablespoon low-fat milk <input type="checkbox"/> ½ teaspoon salt <input type="checkbox"/> ½ teaspoon pepper 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 zucchinis <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 30 eggs <input type="checkbox"/> 3 cups frozen peas (500g) <input type="checkbox"/> 3 cups crumbled feta (600g) <input type="checkbox"/> 6 tablespoons low-fat milk (100ml) <input type="checkbox"/> 3 teaspoons salt (15g) <input type="checkbox"/> 3 teaspoons pepper (15g) 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Spatula <input type="checkbox"/> Electric frypan <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Fork <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons 	<p>Per 5 students: \$4.30</p> <p>Per 30 students: \$25.80</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>French toast</u></p> <p>Preparation and cooking time: 20 minutes</p>	<p>Students learn how to stop wasting food and kitchen skills: frying and whisking.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 5 slices wholemeal bread <input type="checkbox"/> 2 eggs <input type="checkbox"/> 1 teaspoon vanilla essence <input type="checkbox"/> ½ cup low-fat milk <input type="checkbox"/> 3 tablespoons olive oil <input type="checkbox"/> 1 banana <input type="checkbox"/> Optional: 1 tablespoon cinnamon/sugar mix <input type="checkbox"/> 5 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> 30 slices wholemeal bread (17-25 per loaf) <input type="checkbox"/> 12 eggs <input type="checkbox"/> 30ml vanilla essence <input type="checkbox"/> 750ml reduced fat milk <input type="checkbox"/> 270ml olive oil <input type="checkbox"/> 6 bananas <input type="checkbox"/> Optional: 6 tablespoons cinnamon/sugar mix (1 part cinnamon: 2 parts sugar) (75g) <input type="checkbox"/> 30 small plates and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Measuring cups and spoons <input type="checkbox"/> Electric frypan <input type="checkbox"/> Plastic spatula <input type="checkbox"/> Forks and knives <input type="checkbox"/> Chopping boards <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$2.69</p> <p>Per 30 students: \$16.14</p>
<p><u>Wholemeal Burrito Wrap</u></p> <p>Preparation and cooking time: 30 minutes</p>	<p>Students learn to be creative with different vegetables and kitchen skills: working with heat, mixing, measuring, chopping, folding, frying.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> ¼ can kidney beans <input type="checkbox"/> ¼ can corn kernels, drained, or ¼ cup frozen corn (60g) <input type="checkbox"/> ¼ onion <input type="checkbox"/> ¼ packet Mexican Spice mix <input type="checkbox"/> ½ can crushed tomatoes <input type="checkbox"/> ¼ cup water <input type="checkbox"/> 5 large wholemeal tortilla wraps <input type="checkbox"/> 2 cups lettuce (eg cos, iceberg, spinach) <input type="checkbox"/> 1 large tomato <input type="checkbox"/> 1 cup low-fat tasty cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 2 cans kidney beans <input type="checkbox"/> 2 cans corn kernels, drained, or 1 and a half cups frozen corn <input type="checkbox"/> 2 onions <input type="checkbox"/> 2 packets Mexican Spice mix <input type="checkbox"/> 3 cans crushed tomatoes <input type="checkbox"/> 2 cups water <input type="checkbox"/> 30 large wholemeal tortilla wraps <input type="checkbox"/> 12 cups lettuce (eg cos, iceberg, spinach) <input type="checkbox"/> 6 large tomatoes <input type="checkbox"/> 6 cups low-fat grated tasty cheese (600g) 	<ul style="list-style-type: none"> <input type="checkbox"/> Strainer <input type="checkbox"/> Can opener <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Electric frypan <input type="checkbox"/> Mixing spoon <input type="checkbox"/> Spatula <input type="checkbox"/> Dinner spoon <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons 	<p>Per 5 students: \$2.10</p> <p>Per 30 students: \$12.60</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>Honey soy noodle stir fry</u></p> <p>Preparation and cooking time: 20 minutes</p>	<p>Students learn how to follow steps in preparing a recipe and kitchen skills: working with heat, mixing and slicing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 250g Hokkien noodles <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> 1 egg <input type="checkbox"/> ½ red capsicum <input type="checkbox"/> ½ zucchini <input type="checkbox"/> ½ carrot <input type="checkbox"/> 1 tablespoon honey soy sauce <input type="checkbox"/> 5 bowls and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> 1.5 kg Hokkien noodles <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 6 eggs <input type="checkbox"/> 3 red capsicums <input type="checkbox"/> 3 zucchinis <input type="checkbox"/> 3 carrots <input type="checkbox"/> 6 tablespoons honey soy sauce (90ml) <input type="checkbox"/> 30 bowls and forks 	<ul style="list-style-type: none"> <input type="checkbox"/> Knives <input type="checkbox"/> Chopping boards <input type="checkbox"/> Electric frypan <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Plastic tongs <input type="checkbox"/> Wooden spoon <input type="checkbox"/> Mixing bowls <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$4.54</p> <p>Per 30 students: \$27.24</p>
<p><u>San Choy Bau (Asian style lettuce cups)</u></p> <p>Preparation and cooking time: 30 minutes</p>	<p>Students learn new ingredients and kitchen skills: working with heat, chopping, dicing, slicing and grating.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 250g hard tofu <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> 1 garlic clove <input type="checkbox"/> 1 cm ginger <input type="checkbox"/> ½ can sliced water chestnuts (110g) <input type="checkbox"/> ½ red capsicum <input type="checkbox"/> 2 tablespoons light salt-reduced soy sauce <input type="checkbox"/> 5 iceberg lettuce leaves <input type="checkbox"/> 1 tablespoon fresh coriander or mint (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 1.5 Kg hard tofu <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> 6 garlic cloves <input type="checkbox"/> 6 cm ginger <input type="checkbox"/> 3 cans sliced water chestnuts (110g) <input type="checkbox"/> 3 red capsicums <input type="checkbox"/> 12 tablespoons light salt-reduced soy sauce (180ml) <input type="checkbox"/> 30 iceberg lettuce leaves <input type="checkbox"/> 6 tablespoons fresh coriander or mint (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> Chopping board <input type="checkbox"/> Knife <input type="checkbox"/> Grater <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Spoon <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Spatula <input type="checkbox"/> Electric frypan 	<p>Per 5 students: \$5.63</p> <p>Per 30 students: \$33.78</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 5 students:	Ingredients per 30 students:	Resources	Costings
<p><u>Tortilla wraps</u></p> <p>Preparation and cooking time: 25 minutes</p>	<p>Students learn kitchen skills: working with heat, kneading frying and mixing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups wholemeal flour <input type="checkbox"/> ¾ cup water <input type="checkbox"/> 6 tablespoons olive oil <input type="checkbox"/> ½ teaspoon of salt 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 cups wholemeal flour (2kg) <input type="checkbox"/> 1.5 litres water <input type="checkbox"/> 12 tablespoons olive oil (300ml) <input type="checkbox"/> 3 teaspoons salt (15g) 	<ul style="list-style-type: none"> <input type="checkbox"/> Large bowls <input type="checkbox"/> Measuring Cups <input type="checkbox"/> Measuring Spoons <input type="checkbox"/> Electric frypan <input type="checkbox"/> Spatula <input type="checkbox"/> Rolling pins <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$1.76</p> <p>Per 30 students: \$10.56</p>
<p><u>Butter bean hummus</u></p> <p>Preparation and cooking time: 10 minutes</p>	<p>Students learn kitchen skills including mixing and mashing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> ½ can butter beans - drained (keep the liquid) <input type="checkbox"/> 1 ½ tablespoons tahini <input type="checkbox"/> 1 tablespoon lemon juice <input type="checkbox"/> 1 tablespoon olive oil <input type="checkbox"/> Optional: pinch of salt and pepper for taste <input type="checkbox"/> 5 paper plates and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 cans butter beans <input type="checkbox"/> 9 tablespoons tahini (135g) <input type="checkbox"/> 6 tablespoons lemon juice (90ml) <input type="checkbox"/> 6 tablespoons olive oil (90ml) <input type="checkbox"/> Optional: salt and pepper (10g each) <input type="checkbox"/> 30 paper plates and spoons 	<ul style="list-style-type: none"> <input type="checkbox"/> Large bowls <input type="checkbox"/> Fork <input type="checkbox"/> Measuring Spoons <input type="checkbox"/> 6 tea towels <input type="checkbox"/> 6 wipes for tables 	<p>Per 5 students: \$1.74</p> <p>Per 30 students: \$10.44</p>