

FEAST PRACTICAL GUIDE FOR TEACHERS

FEAST (Food Education and Sustainability Training) is an OzHarvest developed program designed to teach students 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 Technologies in Design and Technologies, Food Specialisations Learning areas and Cross Curriculum Priority: Sustainability.

The recipes included can be made in class with or without commercial kitchen facilities, making the cooking and food education components accessible to all students 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.

CONTENTS

FEAST RISK ASSESSMENT CHECKLIST	3
RISK ASSESSMENT (STEPS, MATRIX, AND PRIORITY)	7
Risk Assessment Steps:	7
Risk Assessment Matrix (To determine Risk Level)	7
Risk Level of Priority	7
CHECKING ALLERGIES, INTOLERANCES, AND DIETARY REQUIREMENTS	8
Common allergies and intolerances include:	8
How to substitute ingredients in recipes:	9
GENERAL FOOD SAFETY TIPS	10
Use these food safety tips with students to avoid sickness and injury:	10
GENERAL KNIFE SAFETY TIPS	11
FOOD COST-SAVING TIPS	12
Cost-saving tips:	12
Letter to local supermarket requesting support:	12
FOOD WASTE REDUCTION TIPS	13
PREPARATION BEFORE/DURING/AFTER SESSIONS	14
FEAST PRACTICAL ORDER GUIDE	17

FEAST RISK ASSESSMENT CHECKLIST

This risk assessment checklist helps to ensure that when undertaking the practical component of the FEAST program the students, 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 is to ensure they have a clear understanding of any student allergies prior to beginning the FEAST unit. Teachers must provide an 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 have an identifiable intolerance	Classroom teacher’s responsibility is 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 persons must be briefed as to where the emergency meeting point in the school is.	Medium	Classroom teacher	

PRACTICAL GUIDE



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, and wear single-use food-grade latex gloves, if necessary. Correct hand washing products used including soaps and hand drying products.	Medium	Classroom teacher, staff and students	
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 students	
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 dried, not left in soapy water.	Low to Medium	Classroom teacher, staff and students	
Electric frypans	Participants burning themselves	Appropriate training of staff and students of the risk of working with electric frypans including a safety briefing. Never turn electric frypans up to full heat; do not exceed medium heat. Ensure staff are always supervising electric frypan use.	Medium	Classroom teacher, staff and students	
Electric frypans	Electrocution	Equipment routinely monitored to ensure it is in good working order, and any faulty equipment to be reported and removed by staff immediately. It is the school's responsibility to ensure electric frypans are tested and tagged; records are to be kept and test/tag updated on a regular basis. OzHarvest does not take responsibility for faulty electric frypans. Plugging in six frypans may overload the power and cause power outages.	Medium	Classroom teacher, staff and students	
Boiling water	Scalding	Appropriate training of staff and students of the risk of working with boiling water including a safety briefing. Never leave boiling water unattended and ensure pot handles are not protruding and causing a hazard. Ensure staff are always supervising use of stovetops and students boiling water.	Medium	Classroom teacher, staff and students	

PRACTICAL GUIDE



HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
Challenging behaviours	Psychological / physical	Have additional support staff participate in the practical component of the FEAST program; provide background briefing to support staff.	Medium to High	Classroom teacher	
Lifting kitchen kits, boxes, and heavy objects	Muscle or skeletal damage	Trolleys to carry equipment; more than one person to lift heavy objects, if required. Follow safe lifting procedures - keep the load close to the body and lift using the legs, not the back.	Low to Medium	Classroom teacher, staff and students	
Wet tea towels, cloths, and 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 students	
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 are required to wear appropriate footwear. Work areas kept clean and tidy, and all spills cleaned up 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 students	
Food safety - storage and cross-contamination	Contamination / food poisoning	Food transported within the correct temperature zones, under 5 degrees celsius 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 students	

PRACTICAL GUIDE



HAZARD	POSSIBLE HARM	CURRENT CONTROLS	RISK LEVEL	RESPONSIBLE PERSON	RISK ASSESSED
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 administration office before assisting in the classroom FEAST program.	Low to Medium	School undertaking the FEAST program	

RISK ASSESSMENT (STEPS, MATRIX, AND PRIORITY)

Risk Assessment Steps:

1. **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 more harmful hazards?
2. **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, or different people, affect 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, AND DIETARY REQUIREMENTS

Common allergies and intolerances include:

- Wheat intolerance - substitutions will need to be made for recipes containing wheat flour, soy sauce, grains, noodles and bread
- Gluten intolerance or gluten sensitivity – an intolerance to wheat and gluten. Substitutions will need to be made for recipes containing wheat, rye, barley, oats, soy sauce, noodles, and bread
- Coeliac Disease - a severe allergy to gluten; substitutions must be made for recipes containing wheat, rye, barley, and oats. Due to risk of cross-contamination, separate equipment is required for students with Coeliac Disease.
- Lupin - find substitutes for recipes containing pasta, bread, and sauces
- Dairy intolerant - find substitutes for recipes containing milk, butter, margarine, yoghurt, cream, ice cream, and omit cheese from other recipes
- Onion intolerant – must omit all onions, shallots, spring onions, and chives from recipes
- Egg intolerant – must find substitutes for egg in recipes
- Sesame allergy – substitute butter bean hummus recipe with guacamole or salsa
- Peanuts and tree nuts - while our recipes do not include these ingredients if you, the teacher, modify a recipe, please ensure that nuts are not present in your modified recipe
- Soy - substitutes required for recipes where dairy and soy allergies are present

PRACTICAL GUIDE



How to substitute ingredients in recipes:

- Substitutes for wheat flour include gluten free flour, buckwheat, rice and coconut flour. (Note: using coconut flour may increase the requirement for liquid in the recipe)
- Use rice noodles instead of wheat-based noodles and substitute oat granola for a gluten free version (Carman's® gluten free muesli)
- Substitutes for dairy yoghurt include soy or coconut yoghurt
- Substitute soy sauce with gluten free soy sauce or tamari to make gluten free
- Cow's milk can be substituted with soy, coconut or rice milk
- Use Nuttelex™ or another dairy free spread 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 do not cook French toast

It is the classroom teacher's responsibility to provide awareness and brief any additional staff 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

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 or meat
- 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 students especially when using sharp objects and knives
- Supervise students when opening canned food due to sharp edges
- Supervise students when boiling water on stove tops
- Remind children to be careful when using electric frypans and never turn electric frypans to full heat, use 2/3 as a maximum
- Make sure vegetables are properly washed before use
- Remind students not to taste the food before it is ready, not to put fingers in their mouth, and to wash their hands immediately if they do

GENERAL KNIFE SAFETY TIPS

Share the following tips with students before cooking begins and throughout the demonstrations.

By taking 3-4 minutes to cover knife safety, teachers and supervisors will feel much more comfortable with students using knives. These are practices students 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 following videos are a great scaffold to help students learn how to use a knife safely and effectively:

- [Knife Skills: Chopping, Slicing and Dicing](#) by OzHarvest (2.47min)
- [Knife Safety](#) by OzHarvest (1:17min)
- [Basic Knife Skills](https://youtu.be/G-Fg7l7G1zw) by Tasty <https://youtu.be/G-Fg7l7G1zw> (6.34 min)
- [50 People Try To Dice An Onion](https://youtu.be/KdD2Vm3pzeo) by Epicurious <https://youtu.be/KdD2Vm3pzeo> (3.20 min)
- [3 Ways To Chop Onions Like A Pro](https://youtu.be/0LJb66aYtG8) by Tasty <https://youtu.be/0LJb66aYtG8> (5.11 min)

FOOD COST-SAVING TIPS

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 or omit meat from Taco Salad and Spaghetti Bolognese recipes.
- 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 with the least food waste at the end of the practical lesson.
- Put a 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 their dishes.

#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 this preparation list. 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 EpiPen® and first aid kit.	
If you are engaging volunteer support, Volunteers must be informed of the practical dates and times, appropriate clothing and footwear, and their role as a supervisor.	
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.	

PRACTICAL GUIDE



ONE WEEK prior to the practical session	
Use the food order list to purchase all the ingredients you need for the recipe. By purchasing from Woolworths online, the ingredients can be delivered to your school.	
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.	
Decide on student groups – recipes serve 2 students.	
ON THE DAY before session begins	
Print copies of the recipe ready for class.	
Wipe down all cooking surfaces and preparation areas using a disinfectant spray and clean cloth.	
Set up cooking stations with correct utensils, bowls and equipment listed in each recipe. Make sure you have set up a hand washing station and cleaning station with washing up sponges, detergent, and tea towels.	
Set up cooking stations with cooking ingredients. To save time you may want to measure out the ingredients for each group.	
Keep cold items refrigerated for as long as possible.	
If using the hot recipes and you do not have access to stovetops, set up electric frypans on benches with power cords close to the 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.	

PRACTICAL GUIDE



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

PRACTICAL GUIDE



FEAST PRACTICAL ORDER GUIDE

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 2 students:	Ingredients per 24 students:	Equipment	Costings*
Fruit Bites Preparation time: 10 minutes	Kitchen Skills: Kitchen hygiene, safety, mixing and slicing Cooking method: Double-boiling, chopping	- 1 banana - 4 strawberries - Optional: 2 slices of fresh/canned pineapple - ¼ cup dark chocolate (for melting) - Toothpicks (for assembling)	- 12 bananas - 48 strawberries - Optional: 24 slices of fresh/canned pineapple - 3 cups dark chocolate (for melting) - Toothpicks (for assembling)	- Plastic spatula - Measuring cups - Heat-proof medium mixing bowl - Small saucepan - Chopping board - Knife - Stovetop - Dinner plate	Per 2 students: \$2.15 Per 30 students: \$25.84
Beetroot and Cottage Cheese Dip Preparation time: 15 minutes	Kitchen Skills: Kitchen hygiene, safety, mixing and slicing Cooking method:	- 1 x 425g can sliced beetroot, drained - ½ cup cottage cheese - 1 tbsp. dried dill - 2 tbsp. lemon juice - ½ tsp. pepper - Assorted vegetable sticks - To serve: wholemeal pita bread	- 12 x 425g can sliced beetroot, drained - 6 cups cottage cheese (1.4kg) - 12 tbsp. dried dill (12g) - 24 tbsp. lemon juice (480mL) - 6 tsp. pepper (14g) - Assorted vegetable sticks - To serve: wholemeal pita bread	- Colander - Medium bowl - Knife - Chopping board - Measuring spoons - Measuring cups - Masher - Can opener	Per 2 students: \$2.29 Per 30 students: \$27.47

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Tzatziki Dip with Vegetable Sticks Preparation time: 10 minutes	Kitchen Skills: Kitchen hygiene, safety, mixing and slicing Cooking method: Slicing, dicing, measuring, mixing	Tzatziki dip: - ½ cup low-fat Greek yoghurt - ½ cucumber diced - 1 tsp. lemon juice - 1 tsp. olive oil Vegetable sticks: - 1 carrot - 1 celery stick - ½ cucumber	Tzatziki dip: - 6 cups low-fat Greek yoghurt (1.76kg) - 6 cucumbers, diced - 12 tsp. lemon juice (mL) - 12 tsp. olive oil (60mL) Vegetable sticks: - 12 carrots - 12 celery sticks - 6 cucumbers (note: 15 x cucumbers required for whole recipe)	- Fork - Medium bowl - Knife - Chopping board - Measuring spoons - Measuring cups	Per 2 students: \$3.13 Per 30 students: \$37.51
Spaghetti Bolognaise Preparation time: 35 minutes	Kitchen Skills: Kitchen hygiene, safety, dicing, mincing and draining Cooking method: Boiling, browning and frying	- 250g wholemeal spaghetti - 1 tbsp. olive oil - ½ brown onion - 1 clove garlic - ½ cup mixed vegetables, diced or grated (fresh, frozen, or canned) - 250g lean beef mince - 1 can lentils - 1 can diced tomatoes - ½ tbsp. dried mixed herbs - ½ tsp. pepper - 1 tbsp. balsamic vinegar To serve: - low-fat cheese, grated - fresh parsley or basil, chopped	- 6 x 500g packets wholemeal spaghetti - 12 tbsp. olive oil (240mL) - 6 brown onions - 12 clove garlic - 6 cup mixed vegetables, diced or grated (fresh, frozen, or canned) (1.125kg) - 3kg lean beef mince - 12 x 425g cans lentils - 12 x 400g cans diced tomatoes - 6 tbsp. dried mixed herbs (31g) - 6 tsp. pepper (14g) - 12 tbsp. balsamic vinegar (240mL) To serve: - low-fat cheese, grated - fresh parsley or basil, chopped	- Stovetop - Medium saucepan - Medium frypan - Knife - Tongs - Colander - Chopping board - Can opener - Wooden spoon - Measuring cups - Measuring spoons - Mixing bowl	Per 2 students: \$7.88 Per 30 students: \$94.52

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Fast Veggie Fritters Preparation time: 30 minutes	Kitchen Skills: Kitchen hygiene, safety, egg-cracking and whisking Cooking method: Frying	<ul style="list-style-type: none"> - ¾ cup wholemeal self-raising flour - ¾ cup low-fat milk - 3 eggs - ½ tsp. pepper - pinch of salt - 1 tsp. dried mixed herbs or spices (paprika, turmeric, coriander, chilli) - 1 cup mixed vegetables, chopped or grated (fresh or frozen) - ¼ cup low-fat crumbled feta or grated tasty cheese - ¼ cup chopped fresh herbs (coriander, spring onion or parsley) - 1 tbsp. olive oil To serve: - low-fat Greek yoghurt of guacamole Fritter options: - peas & corn - zucchini & feta - sweet potato	<ul style="list-style-type: none"> - 9 cups wholemeal self-raising flour (1.4kg) - 9 cups low-fat milk (2.3L) - 36 eggs - 6 tsp. pepper (14g) - 1 tsp salt (3.7g) - 12 tsp. dried mixed herbs or spices (paprika, turmeric, coriander, chilli) (15.6g dried mixed herbs) - 12 cup mixed vegetables, chopped or grated (fresh or frozen) (1.8kg) - 3 cups low-fat crumbled feta or grated tasty cheese (240g) - 3 cups chopped fresh herbs (coriander, spring onion or parsley) (173g) - 12 tbsp. olive oil (240mL) To serve: - low-fat Greek yoghurt of guacamole Fritter options: - peas and corn - zucchini and feta - sweet potato	<ul style="list-style-type: none"> - Large non-stick frypan - Wooden spoon - Measuring spoons - Measuring cups - Large mixing bowl - Small mixing bowl - Chopping board - Damp cloth or equivalent - Knife - Fork - Spoon - Egg-flip - Medium baking dish - Grater 	Per 2 students: \$3.42 Per 30 students: \$41.05

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Taco Salad Preparation time: 20 minutes	Kitchen Skills: Kitchen hygiene, safety, draining, mixing, dicing, shredding, and measuring Cooking method: Browning	<ul style="list-style-type: none"> - ½ tbsp. olive oil - 125g beef mince - ¼ can lentils, washed and drained - 2 tbsp. water - 2 tsp. taco seasoning (*see below recipe panel to make your own) - ½ can corn kernels, drained - ½ head of iceberg lettuce (4 cups) - ½ tomato - ¼ packet (50g) corn chips To serve: <ul style="list-style-type: none"> - 2 lemon wedges - 2 tbsp. light sour cream or guacamole - Salt and pepper Optional: Homemade taco seasoning <ul style="list-style-type: none"> - 2 tsp. chilli powder - ¼ tsp. garlic powder - ⅛ tsp. onion powder - ¼ tsp. dried oregano - ¼ tsp. paprika - ¾ tsp. ground cumin - ½ tsp. salt - ½ tsp. pepper 	<ul style="list-style-type: none"> - 6 tbsp. olive oil (120mL) - 1.5kg beef mince - 3 x 420g cans lentils, washed and drained - 24 tbsp. Water (480mL) - 48 tsp. taco seasoning (*see below recipe panel to make your own) (48g) - 6 x 420g can corn kernels, drained - 6 heads of iceberg lettuce, shredded (1.9kg) - 6 tomatoes, diced - 600g corn chips To serve: <ul style="list-style-type: none"> - 24 lemon wedges - 24 tbsp. light sour cream or guacamole - Salt and pepper Optional: Homemade taco seasoning <ul style="list-style-type: none"> - 24 tsp. chilli powder (48g) - 3 tsp. garlic powder (4.8g) - 1 ½ tsp. onion powder (3.5g) - 3 tsp. dried oregano (7.8g) - 3 tsp. Paprika (7.8g) - 9 tsp. ground cumin (18g) - 6 tsp. salt (37g) - 6 tsp. pepper (14.4g) 	<ul style="list-style-type: none"> - Stovetop - Medium frypan - Wooden spoon - Measuring cups - Knife - Chopping board - Small bowl - Medium bowl 	Per 2 students: \$2.55 Per 30 students: \$61.23

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Spanish Pan Omelette Preparation time: 55 minutes	Kitchen Skills: Kitchen hygiene, safety, boiling, slicing, and whisking Cooking method: Boiling, frying and baking	- 1 tbsp. olive oil - 1 brown onion, finely diced - 2 medium potatoes - ½ capsicum - ¼ cup green olives, pitted and chopped - 4 eggs - 2 tsp. smoked paprika - 1 tsp. dried oregano - ½ cup low-fat milk - Pinch of pepper - Pinch of salt	- 12 tbsp. olive oil (240mL) - 12 brown onions, finely diced - 24 medium potatoes (1.8kg) - 6 capsicums - 3 cups green olives, pitted and chopped (420g) - 48 eggs - 24 tsp. smoked paprika (62g) - 12 tsp. dried oregano (31g) - 4 cups low-fat milk (1L) - 2 tsp. pepper (4.8g) - 2 tsp. salt (12g)	- Oven - Stovetop - Medium saucepan - Medium frypan - Fork - Knife - Wooden spoon - Measuring cups - Chopping board - Mixing bowl - Pot holders	Per 2 students: \$5.45 Per 30 students: \$65.39
Quick Pickled Vegetables Preparation time: 20 minutes	Kitchen Skills: Kitchen hygiene, safety, measuring, slicing, mixing, pickling, preserving Cooking method: Pickling	- ⅔ cup water - ⅔ cup white vinegar - 3 tsp. sugar - 3 tsp. salt - ½ carrot - ½ cucumber - 5 green beans Optional: - 1 teaspoon celery seeds - 1 tsp. coriander seeds - Fresh dill or parsley stalks from your home or school garden	- 8 cups water (2L) - 8 cups white vinegar (2L) - 36 tsp. sugar (158g) - 36 tsp. salt (219g) - 6 carrots - 60 cucumber - 60 green beans (300g) Optional: - 12 tsp. celery seeds (24g) - 12 tsp. coriander seeds (20.3g) - Fresh dill or parsley stalks from your home or school garden	- Chopping board - Knife - 2 x 250mL jars, washed and dried - Measuring cups - Measuring spoons - Mixing bowl - Mixing spoon	Per 2 students: \$1.45 Per 30 students: \$17.42

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
<p>Honey Soy Noodle Stir Fry</p> <p>Preparation time: 20 minutes</p>	<p>Kitchen Skills: Kitchen hygiene, safety, working with heat, grating, measuring, mixing, slicing</p> <p>Cooking method: Stir frying</p>	<ul style="list-style-type: none"> - 125g Hokkien noodles (soaked in warm water for 2 minutes) - 1 tsp. olive oil - 1 egg, lightly beaten - ¼ red capsicum - ¼ zucchini - ¼ carrot - 1 tsp. honey soy sauce - 1 tsp. water 	<ul style="list-style-type: none"> - 1.5kg Hokkien noodles (soaked in warm water for 2 minutes) - 12 tsp. olive oil (60mL) - 12 egg, lightly beaten - 3 red capsicum - 3 zucchini - 3 carrot - 12 tsp. honey soy sauce (60mL) - 12 tsp. water (60mL) 	<ul style="list-style-type: none"> - Medium bowl - Knife - Chopping board - Electric frypan - Measuring cups - Measuring spoons - Plastic tongs - Mixing spoons 	<p>Per 2 students: \$1.75</p> <p>Per 30 students: \$26.19</p>
<p>Wholemeal Pita Pizzas</p> <p>Preparation time: 20 minutes</p>	<p>Kitchen Skills: Kitchen hygiene, safety</p> <p>Cooking method: Baking</p>	<ul style="list-style-type: none"> - 2 wholemeal pita bread - 2 tbsp. tomato paste - 1 tomato - ½ cup baby spinach - 5 Kalamata olives - ½ capsicum - 1/4 cup low-fat mozzarella cheese - 1 tsp. dried mixed herbs - Pinch of pepper 	<ul style="list-style-type: none"> - 24 wholemeal pita bread - 24 tbsp. tomato paste - 15 tomatoes - 6 cups baby spinach (180g) - 60 Kalamata olives (150g) - 6 capsicums - 3 cups low-fat mozzarella cheese (240g) - 12 tsp. dried mixed herbs (15.6g) - 1 tsp. pepper (2.4g) 	<ul style="list-style-type: none"> - Oven - Baking tray - Baking paper - Metal spoon - Knife - Chopping board - Measuring cups - Measuring spoons 	<p>Per 2 students: \$4.71</p> <p>Per 30 students: \$70.65</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
<p>Chickpea and Lentil Kofta Pita Pockets</p> <p>Preparation time: 20 minutes</p>	<p>Kitchen Skills: Kitchen hygiene, safety, chopping, dicing, mixing and shaping</p> <p>Cooking method:</p>	<ul style="list-style-type: none"> - ¼ can lentils - ¼ can chickpeas - ¼ red onion - 1 small or ½ a large garlic clove - 2 sprigs parsley - ½ tomato - 2 tsp. olive oil - ¼ cucumber - 1 sprig mint - ¼ cup low-fat Greek yoghurt - ¼ tsp. cumin - 1 wholemeal pita bread, cut in half 	<ul style="list-style-type: none"> - 3 x 420g cans lentils - 3 x 420g cans chickpeas - 3 red onion - 12 small garlic cloves - 24 sprigs parsley (1 pkt.) - 6 tomato - 24 tsp. olive oil (120mL) - 3 cucumbers - 12 sprigs mint (19g) - 3 cups low-fat Greek yoghurt (780g) - 3 tsp. cumin (6g) - 12 wholemeal pita bread, cut in half 	<ul style="list-style-type: none"> - Chopping board - Damp cloth or equivalent - Child-friendly knife - Measuring cups - Measuring spoons - Can opener - Fork - 3 x mixing bowls - Spoons - Colander to drain lentils and chickpeas 	<p>Per 2 students: \$3.24</p> <p>Per 30 students: \$38.86</p>
<p>French Toast</p> <p>Preparation time: 20 minutes</p>	<p>Kitchen Skills: Kitchen hygiene, safety, whisking, egg-cracking and mixing</p> <p>Cooking method: Frying</p>	<ul style="list-style-type: none"> - 2 eggs - ¾ cup low-fat milk - ½ tsp. cinnamon - ½ tsp. vanilla extract - pinch of lemon zest (optional) - 4 slices wholemeal bread - 1 tsp. canola oil <p>To serve: - fruit and low-fat Greek yoghurt</p>	<ul style="list-style-type: none"> - 24 eggs - 9 cups low-fat milk (2.2L) - 6 tsp. Cinnamon (1.56g) - 6 tsp. vanilla extract (30mL) - pinch of lemon zest (optional) - 48 slices wholemeal bread (2 loaves) - 12 tsp. canola oil (60mL) <p>To serve: - fruit and low-fat Greek yoghurt</p>	<ul style="list-style-type: none"> - Large non-stick frypan - Measuring spoons - Measuring cups - Large mixing bowl - Chopping board - Knife - Fork - Spoon - Grater - Egg-flip - Stovetop or electric frypan 	<p>Per 2 students: \$1.64</p> <p>Per 30 students: \$19.67</p>

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Hummingbird Muffins Preparation time:	Kitchen Skills: Kitchen hygiene, safety, measuring, mixing Cooking method: baking	- 1 egg - ¼ cup white sugar - ½ cup low-fat Greek yoghurt - 1 ripe banana - ½ cup crushed canned pineapple in juice - 1 tsp. vanilla extract - ¾ cup white self-raising flour - ¾ cup wholemeal self-raising flour - 1 tsp. cinnamon - Olive oil or canola oil spray (for muffin tray)	- 12 eggs - 3 cups white sugar (675g) - 6 cup low-fat Greek yoghurt (1.6kg) - 12 ripe bananas - 6 cup crushed canned pineapple in juice (1.4kg) - 12 tsp. vanilla extract (60mL) - 9 cups white self-raising flour (1.4kg) - 9 cup wholemeal (1.4kg) self-raising flour - 12 tsp. cinnamon (32.3g) - Olive oil or canola oil spray (for muffin tray) (60mL)	- Large non-stick muffin tin (holds minimum of 9 muffins) - Wooden spoon - Measuring spoons - Measuring cups - Large mixing bowl - Fork - Oven - Can opener	Per 2 students: \$3.90 Per 30 students: \$46.82
Handmade Ricotta Preparation time: 20 minutes	Kitchen Skills: Kitchen hygiene, safety, measuring, mixing, boiling, straining Cooking method: Boiling	- 1 litre milk - 1 tsp. salt - ½ tbsp. water (10 mL) - 50 mL white vinegar	- 12 litres milk - 12 tsp. salt (60g) - 6 tbsp. water (120 mL) - 600 mL white vinegar	- Thermometer - Saucepan - Measuring spoons - Large metal spoon - Colander - Damp Chux cloth or equivalent	Per 2 students: \$1.30 Per 30 students: \$15.55

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Pumpkin and Tomato Quiches Preparation time: 40 minutes	Kitchen Skills: Kitchen hygiene, safety, dicing, finely chopping, whisking and rolling Cooking method: Baking	<ul style="list-style-type: none"> - Olive oil spray - 1 tbsp. olive oil - 1 cup pumpkin, finely diced - 6 slices thin cut wholemeal bread - 1 medium tomato - 2 eggs - ¼ cup low-fat cream cheese, softened - 2 tbsp. low-fat milk - 1 tbsp. spring onion - ½ tsp. dried mixed herbs - Pinch of pepper - Pinch of salt - To serve: salad 	<ul style="list-style-type: none"> - Olive oil spray (60 mL) - 12 tbsp. olive oil (240 mL) - 12 cups pumpkin, finely diced (2.7kg) - 72 slices thin cut wholemeal bread, crusts removed (3 loaves) - 12 medium tomato - 24 eggs - 3 cups low-fat cream cheese, softened (714g) - 24 tbsp. low-fat milk (480 mL) - 12 tbsp. spring onion (79g) - 6 tsp. dried mixed herbs (7.8g) - 1 tsp. pepper (2.4g) - 1 tsp. salt (4.8g) To serve: salad 	<ul style="list-style-type: none"> - Oven - Baking tray - Baking paper - 12-Hole muffin tin - Knife - Chopping board - Rolling pin - Wooden spoon - Spoon - Large mixing bowl - Measuring spoons - Measuring cups 	Per 2 students: \$3.42 Per 30 students: \$41.01
Vegetable Fried Rice Preparation time: 20 minutes	Kitchen Skills: Kitchen hygiene, safety, Cooking method:	<ul style="list-style-type: none"> - 2 tsp. olive oil - 1 clove garlic, minced - 2 cups frozen vegetables - 1 cup, brown rice, cooked - 1 tbsp. salt-reduced soy sauce - 1 spring onion - 1 egg - lemon juice - ½ tsp. Chinese five spice - Pinch of pepper 	<ul style="list-style-type: none"> - 24 tsp. olive oil (120mL) - 12 cloves garlic, minced - 24 cups frozen vegetables (3.6kg) - 12 cups, brown rice, cooked - 12 tbsp. salt-reduced soy sauce (240mL) - 12 spring onions - 12 eggs - lemon juice - 6 tsp. Chinese five spice (8.5g) - 1 tsp. pepper (2.4g) 	<ul style="list-style-type: none"> - Stovetop - Medium saucepan - Medium frypan - Fork - Knife - Wooden spoon - Measuring cups - Chopping board - Mixing bowl - Pot holders 	Per 2 students: \$1.97 Per 30 students: \$29.55

PRACTICAL GUIDE



Activity	Description	Ingredients per 2 students:	Ingredients per 24 students:	Equipment	Costings*
Easy Cheesy Frittata Preparation time: 55 minutes	Kitchen Skills: Kitchen hygiene, safety, Cooking method: Dicing, mincing, chopping and grating	- ½ tbsp. olive oil - ¼ onion - 1 clove garlic, minced - 1 cup mixed vegetables, chopped or grated (fresh or frozen) - 1 cup spinach - 3 eggs - ¼ cup low-fat milk - ½ tsp. mixed herbs - Salt and pepper - ¼ cup low-fat cheese, grated - Olive oil or canola spray (for baking dish)	- 6 tbsp. olive oil (120mL) - 3 onions, diced - 12 cloves garlic, minced - 12 cup mixed vegetables, chopped or grated (fresh or frozen) (1.8kg) - 12 cups spinach (360g) - 36 eggs - 3 cups low-fat milk (750mL) - 6 tsp. mixed herbs (7.8g) - Salt and pepper - 3 cups low-fat cheese, grated (240g) - Olive oil or canola spray (for baking dish) (60mL)	- Large non-stick frypan - Wooden spoon - Measuring spoons - Measuring cups - Large mixing bowl - Chopping board - Knife - Fork - Medium baking dish - Grater - Oven	Per 2 students: \$2.68 Per 30 students: \$32.18
Poached Eggs in Tomato Sauce Preparation time: 30 minutes	Kitchen Skills: Kitchen hygiene, safety, dicing, chopping, mincing, poaching Cooking method: Frying and baking	- 1 tbsp. olive oil - ¼ brown onion - 1 clove garlic, minced - 2 eggs - ½ capsicum - 1 tsp. turmeric - 1 tsp. paprika - ½ tsp. dried mixed herbs - 400g can diced tomatoes - ½ tsp. pepper and salt - 1 cup baby spinach or 1 block frozen chopped spinach Optional: - fresh parsley, chopped - wholemeal bread or pita bread	- 12 tbsp. olive oil (240mL) - 3 brown onions - 12 cloves garlic - 24 eggs - 6 capsicums - 12 tsp. turmeric (40.7g) - 12 tsp. paprika (31.2g) - 6 tsp. dried mixed herbs 7.8g) - 12 x 400g can diced tomatoes - 6 tsp. pepper (14.4g) - 1 tsp. salt (4.8g) - 12 cups baby spinach (360g) or 12 blocks frozen chopped spinach Optional: - fresh parsley, chopped - wholemeal bread or pita bread	- Stovetop - Large, deep frypan with lid - Knife - Chopping board - Damp cloth or equivalent - Wooden spoon - Measuring cups - Measuring spoons - Can opener - Small bowl	Per 2 students: \$3.55 Per 30 students: \$42.55

