

# COOKING CURRICULUM PROJECT

- vegetables.co.nz journey towards  
increasing vegetable consumption  
in New Zealanders

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## The Big Idea

- Teaching kids how to cook a meal – a skill for life
- Increase vegetable consumption

## The How

- Teaching kids to cook a healthy meal at year 7 and 8



## Todays Reality

- The curriculum
- Massey University research

## What should be taught?

- Engage subject experts HETTANZ and NZAIMS
- They agree 16 one and a half hour lessons



## How to support teachers to deliver it?

- Partner with Heart Foundation and HETTANZ to write lesson plans
- Develop a Professional Development program for teachers

*For teachers, by teachers*



# Supporting Resources

Interactive PDF

**Lesson 1: Getting started with healthier cooking**  
**Rainbow vege kebab**

**What are learning to:**

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- work safely in the kitchen, using good hygiene practices
- work as a team
- manage time effectively
- evaluate a food product

**Success criteria:** “I can make a successful rainbow kebab.”

**What went well?**

**What did not go well?**

**What could be improved?**

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Lesson Sheet

**Rainbow vege kebabs**



**Ingredients**

**Serves 4**

- 4 wooden skewers
- 2 mixed capsicums, deseeded, e.g. red, yellow, orange, green
- 1 carrot, peeled
- 1 large red onion, peeled
- 1 beetroot
- 1 tablespoon oil
- pepper to taste

**Method**

- Preheat the oven to 180°C. Cook wooden skewers in a shallow tray of water for 10 minutes.
- Prepare your vegetables: slice the capsicums, carrot, onion and beetroot into similar sized chunks (about 2-3cm pieces).
- Thread the vegetables onto skewers following the order of the rainbow.
- Place in roasting pan and sprinkle with oil and season with pepper.
- Roast in oven for 10-15 minutes or until beetroot is cooked through. Allow to cool for 10 minutes.

**Serving suggestion**

- Serve the kebabs with an Asian dipping sauce.

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Recipe Cards

# Supporting Resources

Interactive PDF's

**Deconstructed burger**

**Teacher Copy**

You may have heard the buzz-word “deconstructed” in food descriptions, especially on cooking shows. It is when traditional recipes or food combinations are taken apart (deconstructed) and presented in a different way. It is great to generate ideas and create new food products that may not be going to be found in a burger.

**Draw or paste** an image of the key parts of a burger, and then **label** each part.

HERE: use words to describe the attributes of each part.



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Activities

**Vege Masterchef – Year 8 assignment**



**Situation**

People often think that cooking healthy meals is difficult and costs too much money. However, knowing simple cooking skills and buying vegetables in season, helps families make healthy and affordable meals.

**Brief**

It is your turn to cook a meal for your whānau. Show off your cooking skills. You will be given a recipe to adapt and map out using seasonal vegetables.

**Specifications**

Groups (up to four students)

Your one-course meal must:

- use at least **three** different vegetables
- use at least **three** different colours
- include foods from at least **three** different food groups
- be healthy (e.g. no processed foods, no added sugar)
- be made, and ready to eat, within the time frame (\_\_\_\_\_).

You will be given a recipe by your teacher (or asked to find your own). You must adapt the recipe to make it healthy and affordable, so that it meets all the specifications before you present your final product.

You must **complete all assignment tasks set by your teacher.**

**During this unit and assignment you will continue to learn:**

- the technology process
- to modify and create meals using seasonal vegetables
- simple food preparation and cooking skills
- to describe the attributes of food products
- to work as a team and manage your time
- to evaluate food products

Use your knowledge of recipe modification, functions of ingredients and the technology process to complete each task.

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Assignment

## Supporting Resources



BEEF & VEGETABLE STEW

Recipe videos

### Bok Choy

#### Available

All year round.

#### Buy

Greens should be clean, fresh and crisp.

#### Store

In plastic bags in the fridge.

#### Prepare



Wash to remove the soil.



Cut in half.



Slice the whites finely and roughly chop the greens.

#### Cook

Can be:



Boiled



Stir-fried



Soup



Salad



Skills Cards

## Cooking Curriculum lesson plans currently being trialled

"Students made the veg-up macaroni cheese recipe in groups of three, splitting the jobs between them. They loved this recipe and those who were sceptical about eating tomatoes(!) actually tried them and seemed to like them."

- Teacher



## Develop a Community Expectation

- Advocacy to key stakeholders
- Advocacy to Government

## Food Industry Taskforce on Obesity

- What it's been charged with
- [Vegetables.co.nz](http://Vegetables.co.nz) involvement



## What's Next?

- Visit the [Vegetables.co.nz](http://Vegetables.co.nz) stand (#7) to see some of the resources and talk with Pip and Karen
- Talk with the vegetables.co.nz committee - Andre, Allen, Malcolm and Dean
- Do your own advocacy in your community

## Questions?

