

# 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



## Today's 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

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

We 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 together as a team
- manage time effectively
- evaluate a food product

**Success criteria:** "I am successful when I can..."

- select a variety of fresh, seasonal vegetables to make a healthier kebab
- chop vegetables into similar sizes
- dress an equal amount of vegetables on each skewer according to the colours of the rainbow
- work with my team to make a vegetable kebab safely, within time constraints

Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

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Interactive PDF

Lesson Sheet

**Rainbow vege kebabs**

**Ingredients**

**Serves 4**

- 8 cherry tomatoes
- 2 mixed capsicum, deseeded, e.g. red, yellow, orange, green
- 8 asparagus, peeled
- 1 courgette
- 8 red onion, peeled
- 8 beetroot
- 1 tablespoon oil
- pepper to taste

**Equipment**

- Cutting board and knife
- Measuring spoons
- Blending jar
- Shallow bowl
- Vegetable peeler
- 8 wooden skewers

**Preparation and cooking skills**  
Peel, roast, slice, thread onto skewers.

**Method**

- Preheat the oven to 200°C. Soak wooden skewers in a shallow bowl of water for 10 minutes.
- Prepare your vegetables: slice the capsicum, carrot, courgette, red onion, beetroot into similar sized chunks (about 2-3cm pieces).
- Thread the vegetables onto skewers following the order of a rainbow.
- Place in heating 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.

**Nutrition**

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help to keep you healthy and stop you from getting sick.

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Recipe Cards

# Supporting Resources

**Deconstructed burger**

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 a great way to generate ideas and create new food products! Today we are going to deconstruct a burger.

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

**2 Write one sentence to describe the attributes of each part.**

Labels in diagram: toasted golden-brown bun, fresh red onion, melted cheese slice, juicy beef patty, bright red tomato, crispy green lettuce.

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Interactive PDF's

Activities

**Veggie 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 dinner for your relatives. Show off your cooking skills by creating a one-course meal using seasonal vegetables.

**Specifications**  
Groups (up to four students)

- Your one-course meal must:
  - be colourful (at least three different colours)
  - use at least three different vegetables that are in season
  - include foods from at least three different food groups
  - meet key stakeholder needs (at least one important need)
  - 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 may need to trial and make changes to your recipe, 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 recipes 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



Recipe videos



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?

