



HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

Lesson Five

Creation Station

Learning Objectives

1. Demonstrate an ability to write in the form of a recipe.
2. Take part in peer editing.
3. Understand the importance of healthy eating.

Resources

- [Coles Healthy Kicks Recipe Cards](#)

Student Worksheets

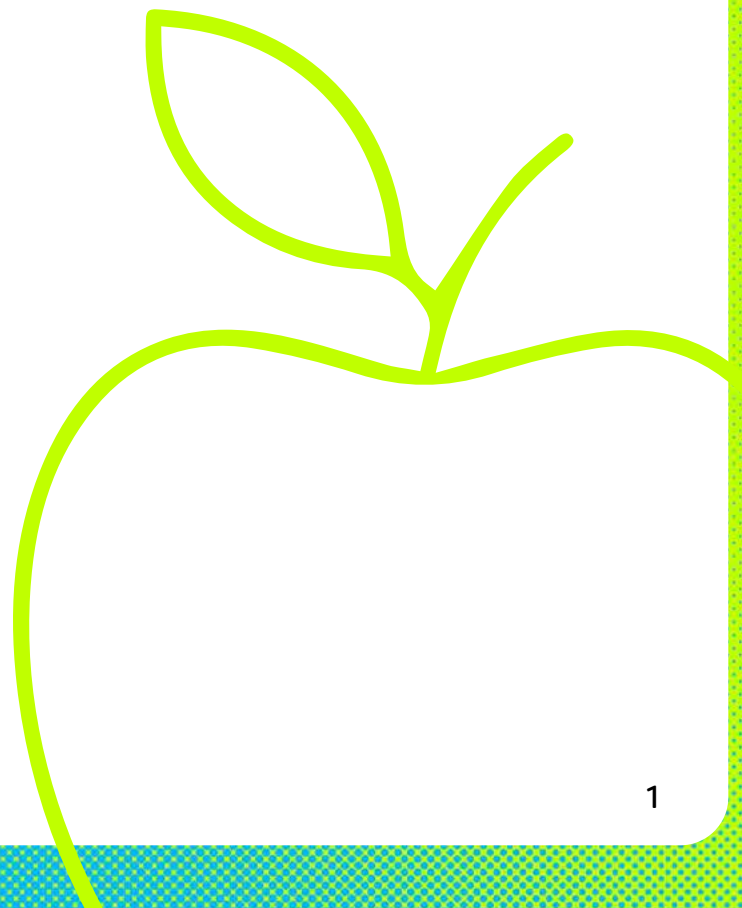
- [Recipe for Life \(Stage 1\)](#)
- [Visualise your Recipe \(Stage 2\)](#)
- [Visualise your Recipe \(Stage 3\)](#)

Video and links

- [Creation Station](#)

Focus Question

How can I develop a clear, logical and healthy recipe?



HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6) Lesson Content

Write and Design

In pairs, students write a recipe for healthy living. Younger students may like to draw their recipe using the Recipe for Life worksheet. This task asks students to use the language from recipes as a metaphor for creating a 'recipe for life'. Students design their recipe by writing and drawing the things they think would be beneficial for leading a healthy life.

For example:

- 4 servings of exercise a week
- 1 helping of fruit a day
- 5 portions of vegetables a day

Encourage students to get creative and innovative in how they design their recipes.

Discuss

Students to discuss how making a recipe is similar to a game of AFL? Brainstorm ideas visually on the board or ask students to represent this in a flow-chart.

Discuss the process of recipe writing and link to that of playing a football match.

- **Weekly Preparation / Title and Time:** Before you get started with the recipe, it is important to consider the timing required to make the dish as well as noting down the name of the dish as a title.
- **Warm up and Pre-Match Preparation / Ingredients:** The starting point of all recipes is a table of ingredients which highlights what is needed to make the recipe, it should also include measurements for how much of each ingredient is required.
- **Game Time / Method:** The method is a key part of the recipe, it involves describing in writing how to perform each step of the recipe, a useful tool here is to incorporate some pictures so that people can visualise each step. If you are using the oven it is important to put 'preheat the oven' as one of the first steps. This gives the cook plenty of time to heat it while they are preparing the rest of the ingredients.
- **Game Outcome / Finished product:** It is important to show a picture of the completed product so that people have an idea of how their food should look at the end.

HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

Lesson Content

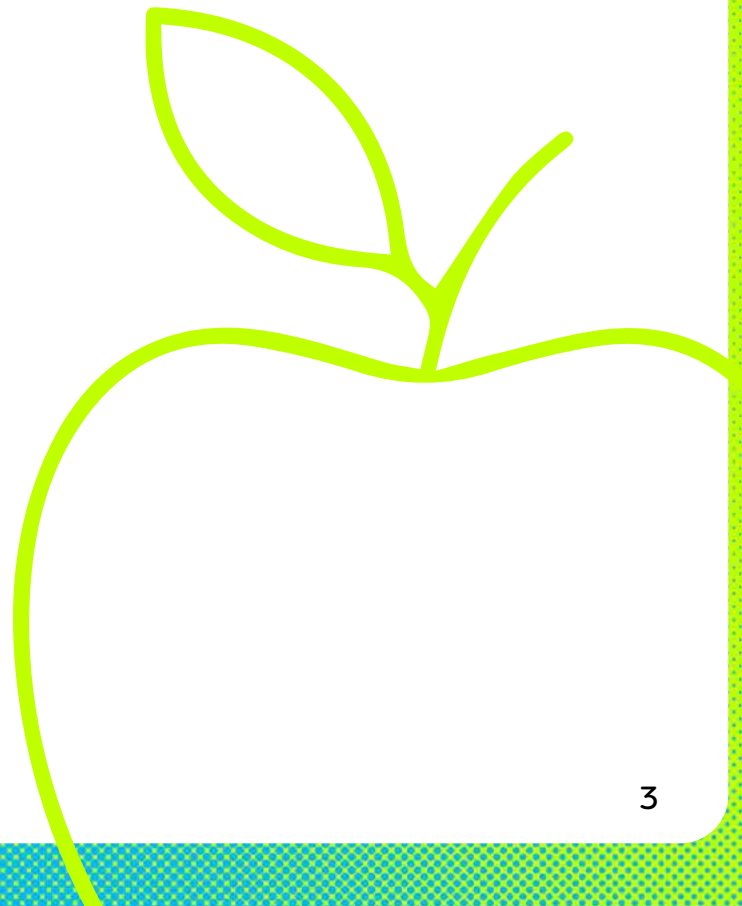
Create

- Challenge students to write a recipe for a veggie slice or healthy muffins. They will be required to think creatively about the type of ingredients they would like to add to the recipe to make it their own. Students should consider health and safety practices, such as washing hands and vegetables/fruit in addition to considering how best their recipe can be stored once complete. To help students plan their recipes you may like to watch the supplementary Coles Healthy Kicks [video](#) to see how a frittata is made. Students could communicate their recipe in the written form, by storyboard, flowchart or, a combination of these modes. Refer to the Visualise your Recipe worksheets for stages 2 or 3.
- Complete students peer edit. Students should firstly edit for meaning and expression, and then check to see if punctuation has been used correctly and there are no spelling errors.
- Optional: If students have an opportunity to make their recipe at home this would provide an extra learning opportunity in reflecting on what steps could be added, edited or removed to improve the instructions. Alternatively, as a class you may like to make one recipe together and then hold a discussion about how the instructions could be improved further.

SAMPLE RECIPIE

Veggie Slice (frittata)

1. In a non-stick frypan gently fry the onion in olive oil until softened. Add the peas, spinach and kale, cook until they begin to wilt.
2. Mix together the eggs and cheese, add some cracked black pepper and a pinch of salt.
3. Pour the egg mixture into the pan. Cook for two minutes to set the bottom of the frittata.
4. Place in an oven for 8-10 minutes to finish cooking the frittata.
5. Once cooked, remove from the oven and leave aside to fully cool.
6. Cut into pieces to take to school for a snack or serve with a light salad for lunch.



HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6) Lesson Content

Reflect

Students write a short reflection using the following prompts:

- What are the benefits of cooking and making your own recipes?
- Why is it important we know what's in our food?
- What did you learn through the process of writing your own recipe?

Ways to Adapt

- Students work in pairs or small groups.
- Provide instructional vocab/verbs to assist students when writing. For example; pour, mix, cook, cut, fry.
- Provide a list (or images) of ingredients and equipment required to assist with creating the recipe.
- Assist students in designing their recipes by writing ingredients on the board or by providing a scaffold.
- As an alternative to writing, students create a visual representation of their recipe by drawing, collaging or producing a model using different mediums or materials - this provides a safe, hands-on activity for all ages.

At Home

Engage children further in food nutrition and preparation through cooking healthy and nutritious recipes.

Download the Coles Healthy Kicks At Home Learning Guide to share with parents and guardians - it's packed full of fun, educative, and creative activities to try at home

