

Lesson Overview

This teacher guide has been developed to accompany the primary recipe cards available for download on the All About Eggs website, and aims to support educators in delivering learning activities focused on cooking and food technology within a classroom setting.

Cooking is an important life skill but also a great way to develop knowledge and skills across the curriculum, in areas such as maths, english and science. Students can learn how to prepare and present different foods, new vocabulary specific to cooking and even refine social skills as they prepare dishes together. As we know, not all families have the time or opportunity to cook and eat together and school is often a place where the social aspects of preparing and dining can be maximised. For teachers, this is a great opportunity to also teach about a balanced diet and the health benefits of certain foods.

The suggested activities in this guide are appropriate for lower primary school students and focuses on skill development around cooking activities in the classroom. Teachers are encouraged to modify activities as appropriate for the needs of their students.

Please refer to your school's relevant health and safety policies when planning any food based activities with your students.

Australian Curriculum Links

English

- Discuss different texts on a similar topic, identifying similarities and differences between the texts (ACELY1665)
- Create short imaginative, informative and persuasive texts using growing knowledge of text structures and language features for familiar and some less familiar audiences, selecting print and multimodal elements appropriate to the audience and purpose (ACELY1671)

Maths

- Recognise and interpret common uses of halves, quarters and eighths of shapes and collections (ACMNA033)
- Compare and order several shapes and objects based on length, area, volume and capacity using appropriate uniform informal units (ACMMG037)
- Create displays of data using lists, table and picture graphs and interpret them (ACMSP050)

Australian Curriculum Links *(continued)*

Science

- Different materials can be combined for a particular purpose (ACSSU031)
- Earth's resources are used in a variety of ways (ACSSU032)

HPE

- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)

Suggested Activities:

MATHS

- Involve students in measuring and weighing out amounts of ingredients. Use a variety of equipment and units, such as cups, grams, handfuls, etc. Use the Sweet Potato Pikelets recipe to encourage students to measure and weigh out the correct amount of each ingredient.
- Encourage discussions around sharing food and dividing it equally among a group of people to build understanding around fractions. Recipes such as the Sweetcorn and Broccoli slice and the Banana Muesli bars are great for demonstrating sharing as you cut them into the required number of pieces!
- Ask questions and collect data around people's favourite way to eat eggs. Display the data visually and draw conclusions from your representations.



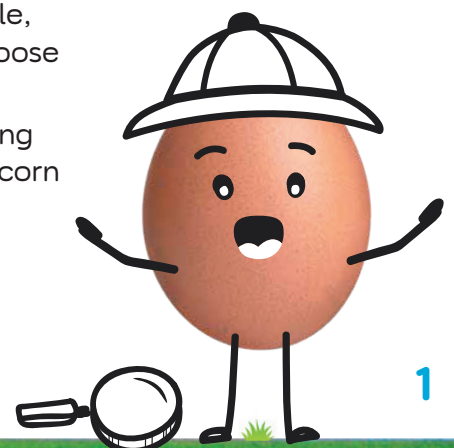
Sweetcorn and Broccoli Slice



Sweet Potato Pikelets

Science

- Encourage discussions around where each ingredient comes from and how it gets to us from its origin. Check out the interactive lessons and animation on our website to learn more about the Journey of an Egg!
- Discuss differences in ingredients that look the same, for example, buckwheat flour and gluten free flour and why people might choose one over the other.
- Discuss reversible and irreversible changes across different cooking processes. Use the baked eggs and melted cheese in the Sweetcorn and Broccoli slice as examples of each!



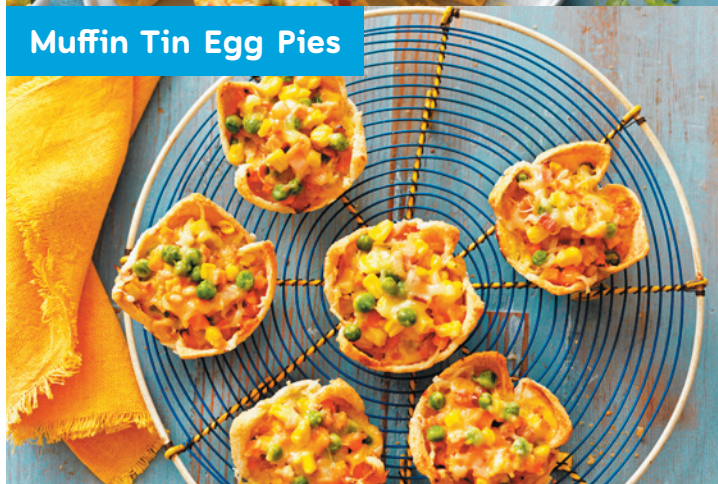
Suggested Activities:

English: Vocabulary

- Expand students' vocabulary with the language of cooking as well as names of unusual or unfamiliar ingredients you may use.
Vocabulary: Batter, buckwheat, chives, chop, desiccated, diced, drain, gluten, grease, greaseproof, kernels, mash, muesli, pikelets, preheat, quinoa, roughly, set, shredded, slice, steam, whisk.
- Use cooking opportunities to explore a range of unfamiliar ingredients with your senses.
- Pose questions while you work to encourage students to articulate what they are doing and utilise their new vocabulary.
- Use your new cooking vocabulary to write an exciting egg-venture featuring the characters Eggsplore and Eggsplain. Create your story using video software such as Adobe Spark or Toontastic, and publish it on your school's website.



Egg Tacos



Muffin Tin Egg Pies

English: Literature Connection

- Link your literacy to give students context and opportunities for further exploration into cooking and food around the world with the following stories:
 - Mission Defrostable (Lady Pancake and Sir French Toast) by Josh Funk - Great when exploring freezing and melting!
 - How to feed your parents by Ryan Miller - Good for exploring alternatives for picky eaters and food from around the world.
 - Maddi's Fridge by Lois Brandt - A sweet story raising awareness about food insecurity
 - Cora Cooks Pancit by Dorina K. Lazo Gilmore - Explore the delicious cuisine of the Philippines and responsibilities in the kitchen
 - Food Truck Fest! by Alexandra Penfold - Inspire students to start a business based on food with this rhyming story.
- Toontastic, and publish it on your school's website.

Suggested Activities:

Sustainability

- Use ingredients from your school veggie garden or start one off. Alternatively, have a go at growing herbs in your classroom and use these in your recipes. (OI.2, OI.7)
- Explore food instability in Australia and discuss actions at home and at school for reducing food waste and lowering carbon emissions. Encourage older students to create an action plan to implement at home or at school around reusing food and reducing waste. (OI.8, OI.9)
- Did you know that for the 100 folds in a chef's hat (toque), each fold represents a new way of cooking eggs? Investigate how many ways you can cook an egg? With so many variations eggs are a sustainable staple in most households all over the world! (OI.4, OI.5)
- Investigate how eggs are used as an ingredient in worldwide cuisine. Discuss possible reasons why eggs are used or not used in different ways. (OI.5)

HPE

- Encourage students to talk about their own taste preferences and allow older students to modify the recipes with their favourite spices and flavours.
- Discuss safety practices when cooking alongside a range of equipment. Encourage students to use equipment safely (when appropriate) and create step by step instructions of their own for others to use. Discuss the need for safety signs at school and outside and find examples to compare.
- Discuss the five food groups and deconstruct the recipes to explore which food groups they represent. With older students, challenge them to modify each recipe to represent all five food groups at once.
- Bake some breads from around the world and discuss the differences in methods, ingredients and appearance. With older students, discuss why these differences might occur. Try different types of breads for your Muffin Tin Egg Pies recipe and compare the results.

Going further:

- Teaching cleanliness and responsibilities in the kitchen by encouraging students to clean as they go and wash up afterwards to avoid mess and confusion. Invite culinary professionals into your classrooms to discuss kitchen practices with students.
- Model positive attitudes and behaviours around food, including an appreciation for new and unfamiliar foods, mindful use of food, minimise food waste, and discuss the benefits of a healthy balanced diet.
- Invite students to set the table and dine together as a 'classroom family', or create a special 'tea with the teacher' time to have individual time to eat with each student, as you connect over food.
- Invite families to share their recipes from home. Encourage students to design their own recipes and create a class recipe book of your favourite food. Publish an ebook of your recipes on the school website for the whole community to appreciate.

