

BERRY STREET EDUCATION MODEL

Curriculum and Classroom Strategies



Catering for your family – scaffolding learning sample

Learning Intention: To cook a meal for a household that meets the healthy eating guidelines and to understand how air miles contribute to the sustainability of food production.

VICTORIAN CURRICULUM

Food and fibre production: Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057)

Food specialisations: Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating (VCDSTC058)

Lesson developed in partnership with Liz Brown from Northcote High School.

Check in / Are you Ready to Learn? (A De-Escalation / Transition Routine)

1. Go easy please it's a tough day.

2. I'm ok to learn.

3. Yep, I'm ready to go!



Catering for your Family (Hook)

You are home and you are hungry! You can make a meal for your family using whatever ingredients you are able to.

Make the recipe up yourself OR find a recipe to follow. You might need to adapt the recipe to suit the ingredients you have in the house. You know what tastes good so just trust your instincts on this!



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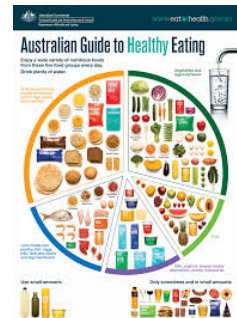
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Mini Lesson (content delivery)

Guidelines:

- Make it as cost efficient as possible
- Try to use local ingredients – this will limit the air miles (how far food travels to get to your plate)
- Choose a health recipe for your family – read through the Australian Guide to Healthy Eating again to refresh your knowledge around these key concepts. <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
- Meet the dietary requirements of everyone in your family.



Submit your completed worksheet via _[insert method of submission]_ by _[insert due date]_

A picture of you with your food would also be wonderful to see!

Evidence of completion of your tasks – **highlight when completed**

Task 1: Planning your meal

Task 2: Cost and total air miles of the recipe

Task 3: Research topic – Food and Sustainability

Task 4: Cooking, serving and eating

Task 5: Feedback from your family

Task 6: Evaluation Sensory analysis and what went well.

Task 7: Questions – Recap

Task 8: What Went Well

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Task 1: Planning your meal

Who are you cooking for?
Does anyone have any dietary requirements? eg: Vegetarian, nut allergy
What are you going to cook?
What ingredients are in your recipe?

BRAIN BREAK: Pick one brain break from the list below.

- Take a walk around your house, time how quickly you can do it.
- Go outside and count 5 things you can hear
- Wash your hands to the tune of your favourite song



Task 2: Cost and total air miles of the recipe

- After looking in the pantry and/or finding a recipe you must check with you parents that it is okay to cook your chosen recipe. Complete the table below to identify the ingredients, the cost and airmiles.

Ingredient	Total cost for the amount used <i>You may need to use a calculator to help you</i>	Air miles <i>Check packaging for info or search on supermarket website for product information. Then use this calculator https://www.foodmiles.com/results.cfm or google the distance from your house to origin of product.</i>
Example: eggs	\$2	0 – from our own chickens
<i>*Add more rows to this table as needed</i>		



BERRY STREET EDUCATION MODEL



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Task 3: Research topic – Food and Sustainability

Air miles are just one consideration when it comes to how sustainable the food we eat is. Watch the following video about the issues facing modern sustainable agriculture.

<https://www.youtube.com/watch?v=4AxOsQeobJ8>

You can also read more using the following website: <https://www.sustainability.vic.gov.au/You-and-your-home/Live-sustainably/Sustainable-shopping/Food-shopping>

Task 4: Cooking, serving and eating

Make your meal and serve to your household! Be sure to take a photo of the meal and perhaps your family enjoying what you made.

Task 5: Feedback - Ask at least 1 member of your family to answer these questions.

Question	Answer
Using a rating between 1 and 5, how much did you enjoy your meal?	
1 = not at all 5 = delicious	
What did you like about the meal?	
What do you think could be better next time?	
Other comments or feedback?	

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Task 6: Evaluation: Sensory Analysis

What worked well?	Even better if...?
Taste	
Appearance	
Texture	
Aroma	

BRAIN BREAK: Pick one brain break from the list below.

- 10 push ups/sits up or squats
- Make 3 different silly faces at yourself in the mirror
- Take 5 deep breaths using this gif <https://gph.is/2cBwk7G>



Task 7: Questions – Recap

You can type and submit with this sheet or just make a time to message or call me to discuss!

1. Using the Australian Guide to Healthy Eating, was your dinner healthy? Explain your reasons.
2. Would you consider your dinner to be cheap? Explain your answer.
3. Could you reduce the food miles? How could you do this?
4. What changes would you make to your dinner and why?
5. What did you enjoy and not enjoy so much about this task? Why?

Task 8: What Went Well: What are three things I did well in this task?

Submit your completed worksheet by _____. A picture of you with your food would also be wonderful to see if you can manage it!