

Grade Level: 6-7

Curriculum: Explorations, Wellness, ADST

Title of Lesson: Chef in Training

Learning Goals/Objectives:

- Gather peer and/or user and/or expert feedback and inspiration
- factors in ingredient use, including balanced eating/nutrition, function, and dietary restrictions

Materials Needed:

- Pencil & paper
- Your home kitchen & Ingredients for a meal

Activity Instructions: (Step by Step)

- Before you begin, visit: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>
 - Watch the videos and look at the Eat Well Plate
 - Think about your last few meals and snacks. Did they follow the suggested breakdown?
- With the help of an adult at home, think of a meal that you eat commonly, or of a meal that you would like to try to make.
 - First, decide if it meets the guidelines for the Eat Well Plate. If it doesn't, think of a way to modify it so that it does!
 - Next, think about who will be eating the meal. Does anyone have any dietary restrictions (ie allergies, etc.) or preferences? Try to adjust your meal so that everyone can eat it!
 - If you aren't sure how to make your meal, try searching for recipes online, or in a cookbook.
- Working with an adult, create your meal for your family!!
- Once everyone has finished eating, ask for feedback from each person.
 - Find out what they enjoyed, and what they might like to change. The more specific feedback you collect, the more your cooking can improve!
- Another time, try to make the meal again, this time using the feedback your got from your family. See how they enjoy it the next time!

Extensions (Optional):

- If you find that you enjoyed making food for others, think of more meal ideas that you could make
 - You can collect recipes and begin to curate a cookbook of your own!