

LESSON PLAN

CARBO-NARA

KEY MESSAGES

Safety | discuss / demonstrate safety rules around:

- Using heat
- Using peelers and knives

Nutrition | Lets Talk about carbohydrates!

- Carbohydrates are your body's main source of energy. They fuel your brain, heart, muscles and nervous system.
- Carbohydrates, like the pasta in this recipe 'power you up' for the day, giving you the energy you need to stay active.
- Sources of carbohydrate include rice, bread, cereal and legumes.
- When plating up your dinner, remember a good portion guide is $\frac{1}{4}$ plate of carbohydrates. The rest of your plate should be $\frac{1}{4}$ protein and $\frac{1}{2}$ plate vegetables.

Fun / Creativity |

- Get the kids to explore cool ways to present their Carbo-nara, so it looks like it's FULL of energy...

LEARNING OUTCOMES / SKILLS LEARNED

- Working with pasta
- Measuring ingredients/working with fractions

NUT
FREE

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CLASS PREPARATION

1. PRE-PREP: prepare fettuccine according to packet instructions. Then divide by 4.
2. Set up one table with equipment.
3. Set up a separate table to hold ingredients.
4. Gather ingredients:
 - 125g fettuccine
 - 2 Tbsp oil /spray oil
 - 2 cloves garlic, crushed
 - 4 courgettes, peeled into ribbons (peelings)
 - 2 carrots, peeled into ribbons (peelings)
 - $\frac{2}{3}$ cup evaporated milk
 - 1 cup of low fat grated cheese

EXTRAS

- Recommended serveware: standard plates
- Cutlery

COOKING EQUIPMENT

1 large mixing bowl
2 knives
1 mixing spoon
1 peeler
1 set measuring cups
1 set measuring spoons
2 cutting boards
1 electric fry pan
Cutlery and crockery
Can opener
1 colander
1 medium-sized saucepan

CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put aprons on, then gather around the food table.
2. Announce what the kids are cooking today, show them the recipe and talk through the instructions.
3. Reinforce health and safety rules and talk about any new risks associated with this recipe.
4. Show them the measuring cups, spoons and other equipment they'll be using.
5. **Talk about the nutrition message: the importance of carbohydrates.**
6. Give each group a pen so that they can mark off on the instructions what they have used/done.
7. Start cooking, following the recipe instructions.
8. Have kids clean up their space and do the dishes.
9. **Finish off with 'Strike a superhero pose' competition! Fuelled by carbo-nara what's the best Superhero pose they can do? What's their superhero name?**