

## LESSON PLAN

# JOY JAR

## KEY MESSAGES

**Safety** | discuss / demonstrate safety rules around:

- Using knives / graters

**Nutrition** | Know your portions

- Portion size is a key part of health so it's important to know what a balanced plate looks like. Luckily, this is as easy as 1, 2, 3...
- Here's a simple formula to follow to create a nutritious, balanced meal:
  - I. Protein such as meat, chicken, fish or eggs should take up  $\frac{1}{4}$  dinner plate
  - II. Carbohydrate, such as rice, pasta, or bread should take up  $\frac{1}{4}$  dinner plate
  - III. Vegetables should take up  $\frac{1}{2}$  dinner plate
- Use this method next time you cook dinner and you'll be eating a nutritious meal before you know it!

**Fun / Creativity** |

- What other ingredient layers could you add to the jar

## LEARNING OUTCOMES / SKILLS LEARNED

- Preparing salad dressing
- Measuring ingredients / working with fractions
- Peeling and grating carrots

DAIRY FREE 

EGG FREE 

NUT FREE 

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## CLASS PREPARATION

1. IMPORTANT NOTE: YOU WILL NEED PINT SIZED JARS FOR THIS SESSION - GET KIDS TO BRING ONE FROM HOME.
2. Pre-prep - cook the soba noodles as per packet instructions. Then divide into 4 groups.
3. Set up one table with equipment.
4. Set up a separate table to hold ingredients.
5. Gather ingredients:

### For the Salad

- 2 cups cooked (100g) soba noodles
- 1 capsicum, deseeded, thinly sliced
- 1 cup frozen edamame beans (defrosted)
- 1 carrot, peeled and grated
- 4 spring onions, thinly sliced
- 2 slices whole grain bread (toasted)

### For the Dressing

- 2 tsp sesame oil
- 2½ Tbsp soy sauce/fish sauce
- ¼ cup lemon/lime juice
- 1 Tbsp olive oil

### EXTRAS

- Recommended serveware: mason jars (16oz/450g glasses) or BYO a jar from home of similar size
- Cutlery

### COOKING EQUIPMENT

- 1 large mixing bowl
- 1 small mixing bowl
- 2 knives
- 1 mixing spoon
- 1 peeler
- 1 set measuring cups
- 1 set measuring spoons
- 2 cutting boards
- 1 grater
- Cutlery and crockery
- 1 colander
- 1 medium-sized saucepan
- 1 whisk
- 1 toaster

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### CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put aprons on and 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 how to create a balanced meal with 1,2,3 method:**
  - I. **Protein (take up ¼ dinner plate)**
  - II. **Carbohydrate (take up ¼ dinner plate)**
  - III. **Vegetables. (take up ½ dinner plate)**
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. **At the end of the lesson, use the 1,2,3 method to work out if Joy Jar is a balanced meal?**