

LESSON PLAN

MID-DAL EARTH

KEY MESSAGES

Safety | discuss / demonstrate safety rules around:

- Using knives
- Working with heat
- Keeping hands away from eyes when cutting onions

Nutrition | Lets talk about the power of lentils...

Lentils pack a lot of punch for their size. These powerful little pulses are loaded with fibre, folate, iron, vitamins and minerals.

- They're also quick and easy to prepare and soak up lots of flavour to make a tasty addition to your meal.
- What's more, they fill you up, yet have almost no fat so are a great, food choice that will give you long-lasting energy.

Fun / Creativity |

- Encourage kids to be creative with the way they present their Mid-dal Earth creation!
- Encourage kids to come up with a cool name for their dish too!
- What other recipes could they include lentils in?

LEARNING OUTCOMES / SKILLS LEARNED

- Measuring ingredients / working with fractions
- Experimenting with seasoning / fresh herbs
- Peeling and cutting kumara

* ENSURE STOCK IS GLUTEN FREE

GLUTEN FREE 

DAIRY FREE 

EGG FREE 

NUT FREE 

LESSON PLAN

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CLASS PREPARATION

1. Set up one table with equipment.
2. Set up a separate table to hold ingredients.
3. Gather ingredients:
 - 1 Tbsp oil / spray oil
 - 1 red onion, finely chopped
 - 1 clove garlic, crushed
 - 1 thumb-sized piece ginger sliced
 - 1½ tsp turmeric
 - 1½ tsp cumin
 - 2 kumara, peeled and cut in chunks (400g)
 - 1½ cup red split lentils (250g)
 - 4 cups of vegetable stock (1 liter)
 - 5 cups (80g) spinach
 - 4 spring onions, sliced to serve
 - ½ small bunch of coriander, leaves torn, to serve

EXTRAS

- Recommended serveware: standard plates
- 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 electric frypan
- Cutlery and crockery

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, e.g. cooking with heat and using knives.
4. Show them the measuring cups, spoons and other equipment they'll be using.
- 5. Talk about the all the health benefits of lentils.**
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. GROUP HUDDLE: go over key health benefits of lentils and how to bring them into their family's menu!**