

## LESSON PLAN

# PAPER ROLL DOLLS

## KEY MESSAGES

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

- Using knives and graters
- Working with heat (i.e. make sure water is warm, not boiling)

**Nutrition** | Expanding our palates .... Why it's important/good for our health?

- There are so many delicious foods around the world! Cooking is all about trying different dishes and is a great way to expand your palate.
- These Paper Roll Dolls combine traditional Vietnamese flavours such as coriander, lime, fish sauce and chilli to make a delicious, crunchy snack.
- Trying new recipes like this is exciting for your tastebuds and good for your health as it gives your body a broad range of vitamins and minerals.

**Fun / Creativity** |

- Get the children to talk about where this recipe originates from
- What cultural dish would they share with an international visitor?
- What other ingredients can the children add to their roll?

## LEARNING OUTCOMES / SKILLS LEARNED

- Measuring ingredients / working with fractions
- Preparing paper (Rice Paper Rolls)

\* IF USING RICE NOODLES

GLUTEN FREE 

DAIRY FREE 

EGG FREE 

NUT FREE 

## LESSON PLAN

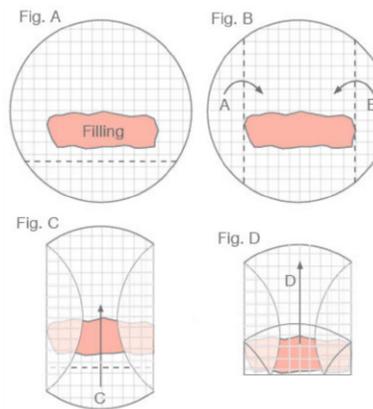
# PAPER ROLL DOLLS

## CLASS PREPARATION

### 1. IMPORTANT NOTES :

- There are several steps involving filling bowls with warm water to soften some of the ingredients. Make sure each table has 3 bowls to hand.
- Help children with rice sheet preparation so the sheet don't get soggy.

- Cook noodles according to packet instructions. Drain, then divide into 4. (This prep, means kids will start the class at instruction number 3 under 'Soften Noodles'.)
- Set up one table with equipment.
- Set up a separate table to hold ingredients.
- Gather ingredients:



### COOKING EQUIPMENT

- 2 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 whisk
- 1 colander

### Rolls

- 1 packet noodles (rice/2 minute etc)
- 1 bunch coriander
- 2 medium carrots, peeled and grated
- 1 telegraph cucumber, finely chopped
- 1 bunch (40g) mint leaves
- 2 cups bean shoots
- 1 red capsicum, deseeded, finely chopped
- 20 rice paper wrappers (22cm wide)

### Sauce

- 2 cloves garlic crushed
- 1 lemon / lime juice
- 1 Tbsp brown sugar
- 2 Tbsp rice vinegar
- ¼ cup fish sauce

### EXTRAS

- Recommended serveware: standard plates
- 1 tea towel to place softened rice paper sheets on
- Paper towels to pat fresh herbs dry

## LESSON PLAN

# PAPER ROLL DOLLS

### CLASS FORMAT

1. Have kids wash their hands, tie 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 this recipe is all about expanding children's palates and trying different foods from around the world.**
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. **GROUP HUDDLE : go over importance of expanding children's palates and trying different foods from all around the world.**