



Student Activities

Title: Everyday Vegetable Meals

Theme: Nutrition

Introduction:

Enjoying a variety of fruit and vegetables in your diet is essential to good health and wellbeing.

Fruit and vegetables contain many vitamins and minerals that our bodies require to function to the best of their ability.

Learning tasks

You are going to collect and publish a class recipe book entitled "Everyday Vegetable Meals".

1. Bring at least one recipe from home that you enjoy eating and containing a variety of fresh vegetables.
2. Participate in a class discussion about the importance and benefits of consuming plenty of fruits and vegetables each day.
3. Design a format for the recipes with relevant headings such as Ingredients, Method, Preparation Time, etc.
4. Choose one recipe per student to include in the class recipe book. Compile all the recipes within the class format, remembering to include an index page.
5. Copy and collate the recipe books, ensuring every student has their own.

Get enthusiastic in the kitchen with your family or friends and help prepare some of the delicious recipes that your classmates have shared.