

**Outcomes:**

Knowing the difference between a healthy diet and a unhealthy diet.

Being able to name nutrients and what they are good for.

Following a recipe

Being able to work as a team.

Be safe in the kitchen.

Understanding the well being plate and the food groups.

**Report:**

Over the last term we have been learning about healthy eating and the different food groups. The students have been able to name the nutrients and what they are good for. They have been able to compare on what they eat and what we should eat and shared in group discussions with their peers on how different our diets are. We have made a variety of recipes. This has included a healthy breakfast, they enjoyed and worked well together and helped each other with something different to cook. They made muesli bars, smoothies, pancakes and boiled eggs. In another lesson they made poached eggs on toast.

**Quotes:**

"I can make poached eggs"

"This breakfast looks lovely, can we eat it"

"I should eat more vegetables"

