

Workshop C: Cooking and Tasting Part 1 Lesson Plan

Time	Content	Method	Resources	Handouts
4 minutes	Introduction and workshop overview	Ice-breaker Parents expectations Lecture		
3 minutes	Involving children in cooking	Discussion Activity		C1
10 minutes	Food Safety	Activity Lecture Discussion	<ul style="list-style-type: none"> • Food safety pamphlet 	C2
10 minutes	Recipe modification	Activity Lecture Discussion	<ul style="list-style-type: none"> • If possible, ask parents to bring in recipes 	C3
30 minutes	Lunchboxes	Activity Lecture Discussion		C4,C5,C6,C7
60 minutes	Cooking and tasting	Activity	<ul style="list-style-type: none"> • Healthy recipes • Cooking equipment • Ingredients 	C8, C9, C10, C11
3 minutes	Conclusion and evaluation			Evaluation form

Total time: 2 hours