Daradgee Environmental Education Centre Program Overview

SUSTAINABILITY - FOOD - Healthy Choices

Daradgee’s food program extends beyond simply providing meals on camp. We are committed to educating students to adopt healthy sustainable food choices, to develop and improve associated food preparation skills and to help grow positive attitudes and behaviours. We do this through the following:

- Learning to make healthy food choices - We actively encourage students to choose fresh, healthy and interesting ingredients with an emphasis on variety and quality and selecting nutritious whole foods over processed alternatives.
- Developing real life food preparation skills - We teach students to build on existing skills and improve on knowledge and understanding through practical lessons and experiences.
- Forming ethical behaviours and habits - We support and strengthen students and schools to become active and informed consumers of fresh, healthy local produce. Most importantly we help students to learn that preparing and eating healthy, nutritious food is great fun and an important part of developing a healthy lifestyle.

Activity Overview
Students will learn how to correctly use a range of utensils and equipment and how to prepare and store food safely and hygienically. Students will be supported to develop healthy, sustainable eating habits by focusing on what quality food is, where it comes from and how to prepare and enjoy it.

Core Learning Intent
Individuals given appropriate opportunity to enjoy a range of skilling and experiences will form positive habits and make sustainable, healthy food choices.
**Activity Objective**
Students are challenged to ‘have a go’ to try new foods and prepare healthy meals focusing on fresh fruit, vegetables, salads, meats and seafood. All experiences will respect dietary, health and cultural needs.

**Evidence of Learning**
Students will:
- Incorporate a range of healthy fruit, vegetables, salads, meats and seafood into their diet at least during camp but potentially at home and school
- Develop an enthusiasm and appreciation for healthy, interesting food choices
- Learn basic hygiene, cleaning and food preparation and handling skills suitable for home, school and in Daradgee’s commercial kitchen setting
- Classes participating in LOTE or culturally focused cooking lessons will reinforce cultural connections by associating their cooking and eating experience with their learning.

**Curriculum Links**
**Australian Curriculum - General Capabilities - Science**
**Prep - Science Understanding Biological Sciences**
**Content description**
Living things have basic needs, including food and water
Elaborations - identifying the needs of humans such as warmth, food and water, using students’ own experiences

**Year 1 - Science as a Human Endeavour - Use and influence of science**
**Content description** - People use science in their daily lives, including when caring for their environment and living things
Elaborations - considering how science is used in activities such as cooking, fishing, transport, sport, medicine and caring for plants and animals

**Year 4 - Science as a Human Endeavour - Use and influence of science**
**Content description** - Science knowledge helps people to understand the effect of their actions
Elaborations - considering methods of waste management and how they can affect the environment

**Year 5 - Science Inquiry Skills Planning and conducting**
**Content description** - Use equipment and materials safely, identifying potential risks
Elaborations - explaining rules for safe processes and use of equipment

**Year 6 - Science Inquiry Skills Planning and conducting**
**Content description** - Use equipment and materials safely, identifying potential risks
Elaborations - discussing possible hazards involved in conducting investigations, and how these risks can be reduced

**Pedagogy**

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Pre Cooking Preparation
Prior to cooking lessons, students and adults are inducted into the kitchen and dining room. Procedures and duties are reinforced through the written and visual instruction on display. Special dietary needs (diet, allergy, religions) are presented in writing and reinforced during staff induction.

Introduction
Students are bought into the dining room/veranda and positioned to best view the demonstration/Smart Board. All students & adults are required to wear closed shoes, hair nets and wash hands frequently.

Body
- The students are involved in a discussion around Food focusing on the following:
  - What are our favourite foods?
  - What makes food healthy or unhealthy?
  - How can we create healthy versions of our favourite food?
  - If we increase our healthy ingredients, will we enjoy our food more?

Teaching Strategies
- Teacher introduces food ingredients, preparation, utensils and equipment and cleaning and storage methods as required.
- Utensils – Teacher demonstrates how to use utensils, cutting boards, sharp knives, vegetable peelers, rolling pins, skewers etc safely and relative to the ingredients being prepared for example:
  - Sharp Knives – Knives are to be handled by only one person at a time on a cutting board.
  - Cutting should be done according to age i.e. no paring or chopping with year 5 and under.
  - When a knife is finished with, it should be laid flat on the table for someone else to use.
  - When collected for washing, monitor will collect all sharp equipment into a large container for sorting into the dishwasher.

Food
- Teacher introduced food/menu ingredients and leads a discussion around variety, availability, production etc.
- Teacher then demonstrates how to peel, cut and prepare safely for example cutting potatoes – cut in half to create a flat surface to avoid vegetable rolling on the cutting board. Dice into 2cm cubes.
- Students are organised at tables with utensils and ingredients and begin to prepare their meal. Each table will be supervised by an adult according to age and meal complexity.
- Adult & student monitors are involved in distributing and collecting ingredients, utensils etc.
- The lesson content will vary according to the complexity of the meal for example include: all meals will feature an extensive range of fresh healthy ingredients sourced as near to Daradgee as possible.

Healthy Pizza challenge – Students will be focused on how to turn a Fast Food into a Healthy Choice.
  - How to flour and roll the pizza base.
  - Which ingredients are most healthy and what choices can we make to improve our pizza i.e. wholemeal base, less cheese and meat, at least 3 vegetables.
  - How can we get flavour without excess fat and salt – i.e. pumpkin creates a nutty flavour, fresh herbs make taste more interesting, try grilled eggplant.
Ingredients may include – pumpkin, zucchini, beetroot, tomato, beans, corn, sprouts, mushrooms, feta cheese, carrot, olives, basil, tarragon, chives etc.

Camp Oven Cooking - Students will look at using a wide range of fruit & vegetable ingredients to combine and to create a tasty healthy meal rather than just meat & 3 vegetables.
Ingredients may include celery, capsicum, sweet potato, broccoli, eggplant, potato, beans, zucchini as well as curry, garlic, ginger etc.

**Gourmet or LOTE Dinner** – Any variety of challenging, more complex meal preparation & cooking lessons may be led at Daradgee.

**Formal Gourmet Dinner** - Students prepare a formal dinner featuring entre, soup, main course and dessert. This has been successfully undertaken as part of the Daradgee Indigenous Youth Leadership Program and was part of a Mock Formal Leadership Dinner as done by Annandale Christian College. Very challenging but rewarding.

**LOTE Dinner** – Students are taught how to prepare a LTOE focused meal i.e. Italian Night, Multicultural Dinner as done by Cairns School of Distance Education in 2011.

**Conclusion**
- Students are shown how prepared foods are hygienically sealed and stored for refrigerated and cooking i.e. closed containers, between freezer paper etc.
- Teachers demonstrate how to collect and transfer cooking utensils to the dishwasher, wipe and disinfect tables, place waste in recycling or animal scrap bins etc.

Adults supervise these procedures and oversee dish washing.

**Differentiation**
- All special dietary requirements i.e. allergies, anaphylaxis, religious and cultural will be supported through the Daradgee’s kitchen. Please pass on all information through [Book the cook Link](#)
- Students with disabilities may require basic support strategies including holding or choice of utensils.
- Students participation will vary according to function & ability. Healthy choices regarding ingredients may still be made even with low levels of participation.

**Safety** – Students and adults are to wear closed shoes, hair nets and wash hands regularly. Direct Instructions in the Dining Room and Kitchen outlines cleaning and hygiene procedures and record keeping as required.

**Resources** – Daradgee’s Kitchen, Dining Room, Veranda and Pizza Oven and associate equipment.

**D.E.E.C Responsibilities**
- Maintenance of all equipment
- CARA requirements are adhered to