

Whole Foods Cooking Challenge 🥕🍎🥔🍌🌽

Your Challenge

Design, make and evaluate a meal that includes **as many whole foods as possible**.

Whole foods are foods that are as close to their natural state as possible. Examples include:

- Fruit and vegetables
- Potatoes
- Rice
- Pasta
- Eggs
- Beans and pulses
- Meat and fish
- Herbs and spices

Try to use as few highly processed foods as possible.

Your Design Process

1. PLAN

Design your meal and explain your choices.

Include:

- ✓ A title for your dish
- ✓ A list of ingredients
- ✓ A simple recipe or method
- ✓ Why you chose these ingredients
- ✓ How your meal includes plenty of whole foods

2. MAKE

Cook your meal safely with help from an adult if needed.

Remember:

- Wash hands before cooking.
- Follow kitchen safety rules.
- No nuts may be used in any recipe.

3. EVALUATE

After cooking, think about:

- ★ What went well?
- ★ What would you change next time?
- ★ Which ingredients were whole foods?
- ★ Was your meal healthy, colourful and balanced?
- ★ Would you make it again?

Create a Homework Poster

Please present your work on a **poster** that shows your design journey.

Your poster could include:

-  Photographs of the cooking process
-  Family reviews or comments
-  Drawings or sketches of your meal
-  Your recipe and ingredient list
-  Your evaluation and reflections
-  Star ratings from family members

Optional Food Sharing

- ☒ It must be cooked freshly just before Friday.
- ☒ It must be clearly labelled with:
 - Your name
 - The name of the dish
 - A full list of ingredients

☒ **No nuts** may be included.

There is absolutely no pressure to bring food into school. We are just as excited to see your poster, photos and evaluations.

Success Criteria

- ☐ Plan a meal using whole foods.
- ☐ Design and organise my ideas clearly.
- ☐ Cook a meal safely.
- ☐ Explain my food choices.
- ☐ Evaluate my finished product.
- ☐ Gather feedback from others.
- ☐ Present my work neatly on a poster.

Due Date

Friday 6th November

We can't wait to see your delicious creations and thoughtful design process! 🍽️ ✨