

Whāngāia Feed the team

Young people of Aotearoa are challenged to make healthy food choices. What can be done to support them?

Focus

The focus of this context is to support students to plan and make healthy food choices.

Students will be encouraged to research and explore the opportunities to develop an understanding of how different cultures prepare and serve foods.

Ākonga will select, plan, prepare, and present a range of foods to address the needs of different groups of stakeholders, leading to the creation of a recipe booklet that promotes cultural foods of Aotearoa.

Links

[Technology in the New Zealand curriculum](#)
[Glossary of technological terms](#)

| | | |
|------------------------------------|--------------------------------|---------------------------|
| Elderly Kaumātua | Electric vehicles Waka hiko | Feed the team Whangāia |
| Health Hauora | Identity Tuakiri | Plastic Kirihou |
| Rubbish overload Tūwhiti rāpihi | Shelter Tāwharau | Transportation Waka |
| | Water Wai | |

Keen to find more resources?

Go to the authentic curriculum resources on the Grow Waitaha website and select the Year 7/8 technology resources filter.

Horopaki Learning contexts

Choose a learning context:

Design a food

The youth of Aotearoa need to have opportunities to learn how to prepare and make healthy food choices. You are to design simple weekend lunch food recipes for young children to follow.

Design and film

The cultural diversity of our country provides us with many opportunities to share in a range of food from people immigrating to NZ. Using kumara or white potato, you are to experiment with recipes from different cultures.

Design a food plan

Families need a balanced diet to lead active productive lives, but are they putting the right fuel in their engines? You are to design a 7-day meal plan for a family. This can be for your family or neighbour.

Create cultural foods

The cultural diversity of our towns and cities provides us with many opportunities to share in a range of food/kai from people immigrating to and those born in NZ. You are to create a booklet that presents a culturally diverse range of recipes.

[#growrealllearning](#)

[#growcollaboration](#)

**The Context/Horopaki**

The young and youth of Aotearoa New Zealand need to have opportunities to develop understanding of how to prepare and make healthy kai (food) choices.

The Brief 1. You are to design simple weekend lunch kai (food) recipe for tamariki (young children) aged 6-10 to follow. The recipe will need to be accompanied by instructions. These can be a sequence of pictures with words, sketches with words, just words or just pictures to enable tamariki to learn to make healthy kai choices.



The Brief 2. Ākonga (students) are tired and hungry when they arrive home from school, you are to design and make a simple afternoon/afterschool snack/s for tamariki aged 10-12 years. These need to be easily and quickly made by them, for them.

We are learning to (WALT):

- design a healthy lunch for tamariki (children) to eat during the weekends
- create a 'how-to' recipe for ākonga (students) to follow
- prepare and cook healthy kai for a target group

**Activity 1 Weekend lunchtime food**

1. You are to ask others what they believe 6-10 year olds should have as lunch on the weekends. You could ask people at your home and call a mate/s home/s and ask them the same.
2. Research the Healthy Kids website to find out what other options are possible.
3. Create your chosen healthy food product. While you are making it, you will need to write down each step so the reader can then reproduce the recipe.
4. Check over the instructions and pictures of each stage.
5. Share these with your kaiako (teacher).
6. We will combine these into a class recipe book to share with others.

Activity 2 After school snacks

1. View the 'food in minute' webpage.
2. Add or subtract ingredients from your lunchtime recipe to make a balanced healthy afternoon snack.
3. Create your chosen snack, remembering to apply safe food practices in the kitchen.
4. Write a brief description of the recipe and how to prepare it
5. Take a picture and share the final outcome with your kaiako (teacher).
6. We will combine these into a class recipe book to share with others.

Digital online resources /Rauemi

Healthy kids

<https://www.healthykids.org.nz/eat>

Food in a minute

<https://www.foodinminute.co.nz/>

Material resources/ Rauemi

Access to kitchen facilities

Cell phone with video capability



**The Context/Horopaki**

Living in Aotearoa New Zealand the cultural diversity of our towns and cities provides us with many opportunities to share in a range of kai (food) from many cultures.

The Brief 1. Using kūmara or white potato, you are to experiment with recipes from different cultures to see how root vegetables are treated differently.

The Brief 2. You are to plan and make a 1 minute video/movie that shows safe practice when handling kai (suggestion: use the learning from Brief 1).

**We are learning to (WALT):**

- Experiment using kūmara or white potato recipes to understand how other cultures prepare and cook these.
- Plan and create a 1 minute 'safe practices' video when handling food.

**Activity 1 Using kūmara or white potato**

Using kūmara, you are to experiment with recipes from different cultures to see how root vegetables are treated differently.

1. Ask others in the house how they prepare and cook their favourite potato dish. Make this (hopefully with them) you will use this to compare to two other dishes.
2. Select 2 of the recipes featured in the online link below.

Important: Remember to handle knives with care at all times.

3. Follow the instructions.
4. Which do you prefer and why?
NB. (Click on the **blue bold** title of each recipe to view the ingredients and basic instructions of how to cook each dish)
Take a picture and write a brief summary of each dish, share these with your kaiako (teacher).

Activity 2 Create a kai (food) preparation video

You are to plan and film a 1 minute video that will help others to learn safe practices when handling kai. Using the experiences when creating your potato dishes you are to:

1. Sketch out a plan of a short video script of how to apply safe food practices in the kitchen.
(Possible themes - personal hygiene, kitchen workspace hygiene, storage of food pre- and post-cooking, safe practices when cutting, when heating, cooking, baking. Cleaning up)
2. Write a brief script to accompany the video
3. Record this, edit the video as necessary.
4. Share paper script and the final video.

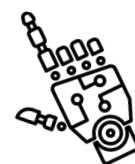
Digital online resources /Rauemi

Here is a link to 11 potato recipes

<https://www.nowtolove.com.au/lifestyle/food-drinks/international-sweet-potato-recipes-54701>

Material resources/ Rauemi

2-3 kūmara (medium/large)
2-3 potatoes (large)
Access to kitchen facilities
Cell phone with video capability





The Context/Horopaki

It is fair to say that whanau (families) of Aotearoa New Zealand need a balanced diet to lead active productive lives', BUT are they putting the right fuel (food) in their engines (bodies)?

The Brief 1a. You are to design a 7-day meal plan for a whanau (family). This can be for your whānau or can be one for your neighbour. You are to identify a variety of healthy kai (foods) for 7 x breakfasts, 7 x lunches and 7 x dinners. You need to identify the people involved:

i.e. 1/3 x adults - 1 grandmother, 2 children aged 12-14.

The Brief 1b. The meal plan will be presented using a table, this can be computer generated or a grid created on a mathematics page using the printed grid lines. The plan will identify the days (Monday-Sunday), and the three mealtimes (breakfast lunch and dinner). Once you have drafted your meal plan you are to seek feedback from the whānau and if necessary, change this to meet their needs.



We are learning to (WALT):

- design a healthy 7 day whanau (family) meal plan
- create a method of presenting the meal plan
- seek and receive feedback from the stakeholders

Activity 1: 7 day meal plan

1. You are to ask others in their home what food they would like to have for the seven days. Write this as a list.
2. Research on the internet weekly food planners, identify what other opportunities are possible.
3. Using the feedback you are to draft a possible 7 day meal plan. Label Monday – Sunday.
4. NB. it is possible to combine feedback from a friend's whānau if you would like to consider a larger group.
5. Check with your kaiako (teacher) that you are on track.
6. Get feedback from your stakeholders.
7. Produce a weekly plan and explain how it meets the key attribute of being healthy. Share the outcome with your kaiako.

Material resources/ Rauemi
Mathematics grid paper

| | | |
|-----------|--|---|
| Breakfast | Smoothie and cereal | Weetbix and Toast jam |
| Lunch | Banana and toastie sandwich | Apple/orange and sandwich |
| Dinner | Meat chicken /vege broccoli and kūmara | Meat schnitzel, potatoes, carrot watercress |



| | | |
|-----------|--|---|
| Breakfast | Smoothie and cereal | Weetbix and Toast jam |
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1. If created on mathematics grid paper, take a picture and share the final outcome with your kaiako (teacher).
2. OR if created within digital software forward /share with your kaiako.

Digital online resources /Rauemi

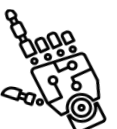
7 day meal plans

[http://www.beneficial-](http://www.beneficial-bento.com/2017/04/weekly-food-prep-meal-plan-april-week-2.html)

[bento.com/2017/04/weekly-food-prep-meal-plan-april-week-2.html](http://www.beneficial-bento.com/2017/04/weekly-food-prep-meal-plan-april-week-2.html)

Food in a minute

<https://www.foodinaminute.co.nz/>



**The Context/Horopaki :**

Living in Aotearoa New Zealand the cultural diversity of our towns and cities provides us with many opportunities to share in a range of food/kai from people immigrating to and those born in NZ.

The Brief 1: You are to **create** a booklet that presents a range of recipes to promote Aotearoa New Zealand foods of culture. The booklet will comprise of 2 A4 sheets, the first 4 sides/pages will describe recipes for iconic dishes of New Zealand. The key attributes will be: the use of pictures, graphics, colour and text to encourage younger students to create food.

The Brief 2: You are to research, plan and create 3 pages of recipes that reflect your culture and the food that is commonly eaten by your whānau (family) i.e African, Asian, Australian European, Filipino, Indonesian, Māori, Pasifika, United Arab Emirates, United Kingdom etc.

**We are learning to (WALT):**

- Create a recipe booklet that combines recipes and pictures of kai (food) from both New Zealand cultures and cultures from around the world.
- Evaluate the interest that each recipe would receive. Select, plan and produce an outcome to meet both briefs.

Activity 1 Iconic New Zealand dishes

Using the internet, you are to research a range of iconic New Zealand dishes.

1. Ask others in the whare (house) if they can name 3-4 iconic NZ dishes.
2. Select three of the recipes from this list.
3. Research online to identify methods of cooking the selected dish. See URL below.
4. Plan how you will present these.
5. Find and record these recipes and where possible provide a picture of the food.
6. Format your pages using landscape, select two columns.
7. The first page will be a cover page, you will identify the title, content, and your name.
8. The next three pages you are to record your NZ recipes - one per column.

Activity 2 Cultural kai/food recipes

Using the internet, you are to research a range dishes of another culture, these may well be eaten at home.

1. Ask others in the house if they can name 3-4 dishes from another culture
2. Select 2-3 of the recipes
3. Plan how you will present these.
4. Research online to identify methods of cooking cultural foods.
5. Find and record these recipes and where possible provide a picture of the kai to be included on the same page.
6. Format your pages using landscape, select two columns.
7. Proof read and have someone at home to evaluate the booklet.
8. Share the final outcome with your kaiako (teacher).

**Digital online resources /Rauemi
NZ foods**

<https://nzpocketguide.com/new-zealand-food/>

