



Deadly Koolinga Chef Program Cooking Class Plan - 2022



Set Up:

- 10 cooking stations per class - follow COVID-19 distancing guidelines (<https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-events>)
- 1 participant per cooking station - participants on a family roster basis to ensure equity

Facilitators and Helpers:

Ensure assistance from the school's Aboriginal Education Officers or health service's Aboriginal Health Workers to support the facilitation of the classes.

Encourage parent helpers to attend (COVID-19 restrictions permitting)

Check – Wearing of face masks are per WA's public health and social measures (<https://www.wa.gov.au/government/covid-19-coronavirus/covid-19-coronavirus-what-you-can-and-cant-do#masks>)

All facilitators and parent helpers must have:

- Full COVID-19 Vaccination Record
- Current Working with Children Check (<https://workingwithchildren.wa.gov.au/>)

Time	Activity
5 minutes	<p>All participants and helpers are to wash hands</p> <p>Equipment:</p> <ul style="list-style-type: none">• Hand hygiene poster(s)• Hand soap (liquid preferred)• Hand towel(s) for drying (paper hand towel preferred. All cloth hand towels to be washed at 90°C minimum on a full cycle for maximum sterilisation) <p>All facilitators and helpers must have a hand hygiene certificate.</p>

	<ul style="list-style-type: none"> • Hand Hygiene Australia (free of charge): https://www.hha.org.au/online-learning/learning-module-information/individuals
10 minutes	<p>Class learning objective discussion:</p> <ul style="list-style-type: none"> • Nutrition education session • Kitchen and food safety discussion <p>Resources: Posters, pamphlets, visual aids, activities:</p> <p>Australian:</p> <p>https://www.refreshedschools.health.wa.gov.au/professional-learning/professional-knowledge/teacher-information-sheets/ https://www.education.sa.gov.au/sites/default/files/curriculum_kit_-_healthy_choices.pdf?acsf_files_redirect https://www.nudefoodday.com.au/wp-content/uploads/2016/08/LESSON-PLAN-BOOKLET.pdf https://heas.health.vic.gov.au/early-childhood-services/curriculum-activities/healthy-eating-games-and-activities</p> <p>International:</p> <p>https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf https://www.teachervision.com/subjects/health-safety/nutrition https://www.islingtoncs.org/sites/default/files/Cooking%20Matters%20Toolkit%20Screen%20Small%20040218.pdf http://www.nourishinteractive.com/nutrition-education-printables/category/48-teacher-resources-teaching-kids-healthy-habits-nutrition-manuals</p>
90 minutes	<p>Cooking plan for the day:</p> <ul style="list-style-type: none"> • Recipe selection (cooker top only; no oven recipes): “Live lighter” Campaign: https://livelighter.com.au/ Healthy Lifestyle Cookbook: https://kidney.org.au/uploads/resources/2-and-5-qld-atsi-cookbook-feb-09.pdf Deadly Tucker Cookbook: https://www.superherofoodshq.org.au/product/deadly-tucker-download-2/ <p>Organisation:</p> <ul style="list-style-type: none"> • Shopping list, food selection for the class budget, correct transportation and storage of ingredients requiring refrigeration. • Food preparation before the class as required • Regular equipment checks and replace as required • Containers for safe transportation of cooked meal

	<ul style="list-style-type: none"> • Container for foods scraps and rubbish disposal <p>Cooking:</p> <ul style="list-style-type: none"> • Skills and techniques for relevant age groups during the class (eg: chopping, cutting, reading and measuring etc.) • Assist children with tasks with safety considerations • Encourage engagement with recipe reading and following step-by-step instructions <ul style="list-style-type: none"> ○ https://healthy-kids.com.au/kids/primary-school/how-to-read-a-recipe/
15 minutes	<p>Wash up:</p> <ul style="list-style-type: none"> • Clean and dry • Pack up • Store and stack storage tubs and cookers <p>Equipment:</p> <ul style="list-style-type: none"> • Washing tubs and draining trays • Liquid detergent • Dish cloths, scourers and dish towels (All cloth dish towels to be washed at 90°C minimum on a full cycle for maximum sterilisation)