



'BE YOUR GREATEST' VIRTUAL CLASSROOMS

ACTIVITY GUIDE



This activity guide has been developed to complement the Australian Beef 'Be Your Greatest' Virtual Classroom sessions. It's designed to get primary students thinking about how they can be their greatest both in and out of the kitchen!

Present the following activities and topics for discussion to your class as appropriate and encourage conversation around the theme of cooking and nutrition. Some of these activities are appropriate for flipped or remote learning. We encourage teachers to consider the age and learning needs of their students when presenting these activities.

The activities in this guide meet curriculum outcomes across Science, Health and Physical Education, and Sustainability for primary students. They could be incorporated into a broader immersive project related to cooking, healthy eating or self-development. To access more resources around maintaining a healthy diet based on the Australian Dietary Guidelines, visit m1ahealthymeals.com.au/

The activities outlined below relate to the broader themes included in the Virtual Classroom sessions. These include student wellbeing, nutrition, sustainability, food and cultural diversity, science and cooking. They are arranged under the headings; Being Your Greatest, Pushing the Boundaries, Family Flavours and Science and Senses. Teachers may choose to work through all the suggested activities or select a few based on the needs and interests of your students.

ACTIVITIES



BEING YOUR GREATEST

Challenge students to consider what makes them individually 'great'. Encourage them to identify their strengths, along with the skills and characteristics that make them unique. Challenge students to create a visual artwork that represents their 'greatness'. To extend this, encourage students to add something to another person's artwork to identify the ways in which they think that person is 'great'. Display these in your classroom.



PUSHING THE BOUNDARIES

Encourage a discussion around the flavours that we love. Why do we love them? What meals do we find them in? Make a list of the flavours or ingredients mentioned and sort them into categories; e.g. Sweet, savory, bitter, citrus etc. Encourage students to use new vocabulary to describe their experiences. Set a challenge for students to try one new ingredient or flavour in the next week. Discuss their experiences.



FAMILY FLAVOURS

Encourage each student to make a meal with their family, giving no other parameters. Have students take photos of the process and finished dish and share the recipe with the class. Analyse the different flavours and ingredients each family chose to use. What can we learn about each family from their choices? Which other family recipes would students like to try and why? Use the downloadable Recipe Book Template available on the [Be Your Greatest Resource Hub](#) to create a class recipe book of all your family recipes.



SCIENCE AND SENSES

Being a chef like Matt Sinclair requires you to know how different ingredients and flavours complement each other and how they interact with our senses! Do different coloured varieties of fruit and vegetables have different tastes? Investigate whether green, orange, yellow and red capsicums taste differently with a blind taste test. What about purple, orange and golden carrots? What other foods come in multiple colours and varieties?