

What's been happening?

MS BOLT FOOD AND HOSPITALITY - YEAR 9

This term in Food and Hospitality, the year 9 class have been studying healthy eating, influences on food choices and nutrition. Students have also been learning about hygiene and safety in the kitchen and cooking a number of healthy and balanced dinner meals during cooking practical classes. Additionally, in pairs, students designed a dinner recipe that follows the recommendations of the Australian Guide to Healthy Eating and they planned for and prepared the meal themselves. Everyone did a fantastic job and presented meals that were colourful, nutritious and delicious. I'm sure they could make the meals again at home for the family, given the opportunity!

Heading photo : Ryan, Tibbe, Jayden and Seth enjoying a healthy bowl of pasta.



Charlotte, Chelsea and Molly presenting their own healthy dinner dish of pasta salad with Greek meatballs (Keftedes).



Asha-Lea and Nellie presenting their own healthy dinner recipe of a roast vegetable salad with chicken, fetta and a lemon-pepper dressing.

MS BOLT FOOD AND HOSPITALITY - YEAR 7

In year 7 this term, everyone said they enjoyed the cooking in Food and Hospitality for different reasons:

"This term in Food and Hospitality, we learned how to cook a wide variety of breakfast meals. Each meal followed the AGHE, or the Australian Guide to Healthy Eating. We enjoyed making and creating our own designs that were delicious and healthy. Everyone made something different." - Dean

"I enjoyed finding out new techniques to make cooking easy." – Willow

"I have learnt how to flip things without disaster (pancakes)." – Hannah

"I have learned how to measure things and putting the right amount in." – Mira

"We like making yummy finger food." – Bodie

"I liked designing my own meal." – Jack

"We enjoyed making our own recipe." – Tay and Lokke

Enjoy a wide variety of nutritious foods from five food groups everyday.



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Heading photo : Lokke and Tay cooking up their own healthy breakfast recipe of blueberry pancakes.



Taleefa and Hayley preparing their own healthy breakfast of berry pancakes.



Bodie, Joe and Jack waiting for their "cooked 3-way" savoury breakfast egg muffins to cool down so that they can eat them.



Ruby presenting her breakfast wraps as a part of the healthy breakfast task.

Amber, Jake and Arianna pulling their "cooked 3-way" savoury breakfast egg muffins out of the oven.



Shayla preparing her pancakes for the healthy and balanced breakfast task.

Please go to this link providing a handy reference for parents, especially when providing healthy lunchboxes.

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Drink plenty of water, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.