



Get Cooking at Home!

You can now get cooking from home and continue (or start) learning with Classroom Kitchen! Below is a link to a video lesson. Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher. Instead these will be for an adult at home. It may also mention working in a group but you can ignore this if you're working on your own!

When you have finished making the dish, send a photo to your teacher! You can then have a go at the follow up activity or any task that your teacher may set. You can either print this off or answer the questions on another sheet of paper. If you decide to do the follow up activity, you may need to have a look at the nutrition lesson first.

Enjoy!!

Year 6, Session 1

Jambalaya

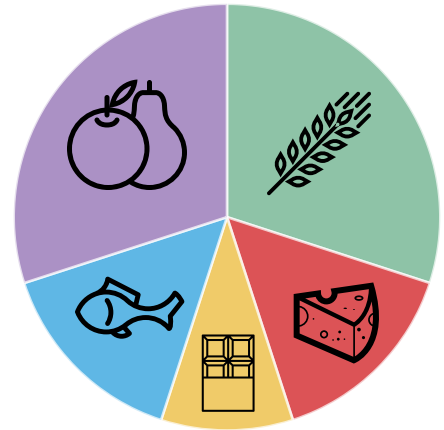
<https://vimeo.com/455938472/d61183d440>

See the recipe for ingredient list.

Jambalaya

Review of previous learning to solidify understanding (food groups, balanced diet etc).

Activity 1: Considering a balanced diet, why do you believe Jambalaya is quite a healthy dish? Think about the ingredients.



How could we make Jambalaya an even more balanced and healthier meal?

Activity 2: Jambalaya is a dish with Mediterranean influences. Can you research foods from the Mediterranean and explain where you can see the similarities and how it is influenced by other dishes from the area? Write and draw your findings below: