

# Creative Potato Recipe

## Workshop

Waltham Forest



### Materials:

- An assortment of vegetables and herbs
- Assortment of cookbooks/recipes
- Blind fold
- Copies of Creative Potato Recipe Thinksheet

**Timing: 30-45min**

### Activity Outline

1. Gather your group of students together. Invite a student to volunteer to be blindfolded. Once blindfolded ask them describe the smells and textures of the vegetables and herbs.
2. Then ask the group what their favourite foods are? Allow students to answer. What are the smells and the textures that they associate with favourite foods? Then ask have you ever cooked this?
  - a. If they haven't... then ask how they would know how to cook it
  - b. If they have... did they use a recipe?
3. Ask students what they think healthy food means and if they think their favourite foods are healthy—encourage students to make connections between textures and tastes and healthy foods.
4. Students can then fill in the think-sheet in small groups and then they can come to a consensus about which recipe they would like to submit.

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