

## Design Brief – Design a healthy meal

### Learning Objectives

By the end of this task you should be able to:

- demonstrate confidence and competence cooking a main meal dish;
- manage your time effectively;
- prepare a range of vegetables, e.g. peeling, slicing, dicing;
- make a meat or alternative base;
- use the hob and/or oven safely.



### Design Brief

Design a healthy meal for one person suitable to be served for lunch or dinner. (We will be inviting the school chef to the lesson to choose a winning dish which could be served for lunch as a school dinner.)

The meal should be:

- served hot (or part of it must be hot)
- be healthy (fit within the Eatwell plate. High in carbohydrates and vegetables, low in fat and salt.)
- have a combination of flavours
- have an attractive appearance
- have an interesting flavour that appeals to a wide range of tastes
- can be made within 60 minutes including washing up
- not cost more than £5 to serve one person.

## Brainstorm of Ideas

Brainstorm of ideas and ingredients  
that you could make for your main  
course meal

