

TERM 3 2024
THURSDAYS 1:30-4:00PM

LIONS DINNER

LIONS EDUCATION~ PASSION PURSIT PROGRAM



Unit Overview and Intention

Our Passion Pursuit Program, "A Lions Dinner," is designed to nurture essential life skills and foster a deep connection between food, health, and community.

In conjunction with our practical cooking lessons, the program promises to take students on a journey through the evolution of traditional foods from around the world. They will explore the origins and transformations of the foods we eat and the impact of these changes on our health, guided by the pioneering research of Weston A. Price.

Our intention for this program is to emphasise the value of traditional diets and highlight how modern eating habits have deteriorated. Students will gain a comprehensive understanding of the significance of food as nourishment and fuel, empowering them to make informed dietary choices. This program also teaches practical, lifelong skills, enabling students to nourish themselves and their families.

Beyond culinary skills, this program fosters kindness, patience, and the opportunity to build new friendships. We believe that if all children had the chance to gain these skills, our world would be a healthier, more connected place.

Thank you for considering our program. We look forward to nurturing your child's growth and curiosity in this exciting new term.



Program Weekly Overview

1 July 25

- Introductory lesson on the **microbiome** and importance of **gut health**
- Hands-on activity: Making **bone broth from scratch**
- Understanding the nutritional benefits of bone broth and its uses
- Immersion in examples of cookbooks and homemaking books
- Exploration of the procedural genre and writing instructions clearly

2 August 1

- Hands-on activities: Making **sauerkraut and dilly carrots**
- Knife safety and skills live demonstrations and hands-on practical
- Lesson on the history and cultural significance of fermentation
- Understanding the science behind fermentation and nutritional benefits
- Practical application of **fermentation techniques**

3 August 8

- Hands-on activity: **Roast chicken and vegetables with bone broth gravy**
- Emphasis on food hygiene and safety practices
- Deep dive into **Weston A. Price's** contributions to nutritional science
- Discussion on the modern diet and comparisons to traditional cultures
- Practical application of hygiene and food safety lessons

4 August 15

- Hands-on activities: Making **dhal, brown coconut rice and chicken soup**
- Learning about proper preparation of grains
- Science of the absorption method
- Lesson on the **gut-brain connection**
- Exploration of cookbooks and procedural writing

5 August 22

- Hands-on activity: **Stir fry** & plating competition
- Focus on plating and presentation of food
- Practice different knife skills and cutting techniques
- Culinary arts study
- Practical application of plating, knife skills and food photography

6
August 29

- Hands-on activities: Making **bolognese, white sauce, and lasagne**
- Lesson on how to stretch a meal economically and nutritionally
- Understanding the scientific properties of milk and pasteurization
- Deep dive into the 'low fat' era and the **rise of sugar in modern diets**
- Practical application of meal-stretching techniques

7
September 5

- Hands-on activity: Study of **food additives and preservatives**
- Introduction to **Canva** for **digital content creation**
- Lessons on editing and the writing process
- Practical application of content creation skills
- Investigation on the impact of additives and preservatives on health

8
September 12

- Hands-on activity: **Ricotta pancakes & writing workshops**
- Continued immersion in cookbook and homemaking book examples
- Understanding how to give and receive **constructive feedback**
- Exploration of different cookbook styles and methods
- Review of peer feedback and collaborative learning

9
September 19

- Revision and **teacher support 1:1 and in small groups**
- Editing skills workshop
- **Public speaking** and presentation skills lesson
- Preparation for final presentations

10
September 26

Presentation Day! All parents and families invited!

Weekly Homeschool Tasks

Each week, students have **two tasks** to do at home. These are optional but highly encouraged

- Write out the recipe made in class from memory, noting any alterations and potential improvements for next time.
- Research a food-related topic of interest, inspired by class discussions, and write an informative article or explanation for their homemaking book. Links for further study are provided to support this task.

This work will culminate in the creation of their homemaking book (the end of term project).

For the pesto
80 grams of pine nuts
25 grams of parmesan
25 basil leaves
2 cloves of garlic
1 tablespoon of salt
1 tablespoon of pepper

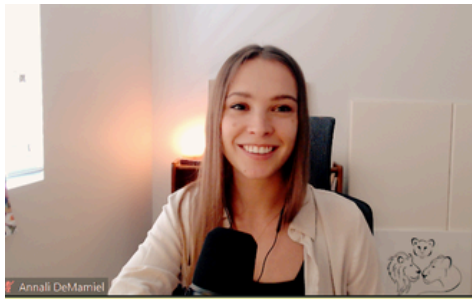
Educators

Not only are our educators qualified and dedicated teachers with a combined experience of over 50 years, they also have backgrounds in:

- culinary arts
- hospitality
- nutritional science
- industrial chemistry
- food coaching
- running their very own food business!



Amanda



Annali



Lindsay



Welcome to the
Lions Family