

STUDENT WORKSHEETS



WORKSHEET 1: RECIPE DETECTIVE

Name: _____

Instructions: Choose three recipes and analyse the preparation techniques considering how they might affect the nutritional value and appeal of the dish.

Cooking can make some nutrients more available, like beta-carotene, but may decrease others, like vitamin C. It's beneficial to include both raw and cooked carrots in your diet.

VOCABULARY

Air-frying	Air-frying is a cooking method that uses hot air to quickly cook food, creating a crispy texture with little to no oil. It produces golden brown and crunchy dishes, making it a healthier alternative to deep frying.	Grilling	Cooking food over direct heat, either on a barbecue or under a grill. This technique imparts a smoky flavour and is ideal for meats and vegetables.
Appeal	Refers to how something looks. This includes its colour, shape, size, and overall visual qualities.	Microwaving	Using microwave radiation to heat food quickly by causing water molecules to vibrate. This method is useful for reheating leftovers or cooking simple dishes.
Baking	Cooking food by surrounding it with dry heat in an oven. This method is used for bread, cakes, pastries, and casseroles.	Pan-frying	Cooking food in a moderate amount of oil or fat over medium to high heat, resulting in a crispy exterior while keeping the inside tender.
Blend	The process of combining two or more ingredients together so that they lose their individual characteristics and become smooth and uniform.	Peeling	Removing the skin from the vegetable.
Boiling	Cooking food in water or broth at high temperatures until it bubbles. This method is often used for pasta, vegetables, and eggs.	Preheating	Turning on your oven before you start allows the oven to be at the right temperature when you put in the food. You might also preheat a pan on the stove before adding ingredients. It allows food to cook faster and more evenly.
Chop	A cooking technique that involves cutting food into small, even pieces. It can range from fine to coarse. The purpose is to ensure that all ingredients cook at the same rate.	Puree	A smooth, creamy substance or thick liquid suspension made (usually) from crushed or ground fruits or vegetables. It has usually been run through a sieve, blender or food processor to achieve its consistency.



WORKSHEET 1: RECIPE DETECTIVE

Name:

7. Which of the three recipes would you choose to gain the most nutritional value? Why?

8. Which of the three recipes would you choose based on how they look and how you think they would taste? What appeals to you?



WORKSHEET 2: CARROT SENSORY EVALUATION

Name: _____

Instructions: Rate each characteristic on a scale of 1-5, where 1 is the lowest intensity and 5 is the highest. Circle your rating for each attribute.

Cooking can make some nutrients more available, like beta-carotene, but may decrease others, like vitamin C. It's beneficial to include both raw and cooked carrots in your diet.

Appearance	Refers to how something looks. This includes its colour, shape, size, and overall visual qualities.	Intensity	Refers to the strength or power of something.
Aroma	A smell or scent.	Sweetness	A taste sensation that we experience when we eat foods that contain sugar or certain natural substances.
Flavour	The combination of tastes that you experience when you eat or drink something. It includes the basic tastes like sweet, sour, salty, bitter, and umami (savory).	Texture	Refers to how something feels. In food terms it might describe whether it is smooth, crunchy, chewy, soft, or grainy.



WORKSHEET 2: CARROT SENSORY EVALUATION

Name:

RAW CARROT

Sweetness	1 Not Sweet	2	3	4	5 Very Sweet
Texture	1 Soft	2	3	4	5 Firm
Flavour intensity	1 Mild	2	3	4	5 Strong
Aroma	1 Mild	2	3	4	5 Strong

Appearance *(write your own description)*

COOKED CARROT

Sweetness	1 Not Sweet	2	3	4	5 Very Sweet
Texture	1 Soft	2	3	4	5 Firm
Flavour intensity	1 Mild	2	3	4	5 Strong
Aroma	1 Mild	2	3	4	5 Strong

Appearance *(write your own description)*



WORKSHEET 2: CARROT SENSORY EVALUATION

Name:

COMPARISON AND OBSERVATIONS

Which carrot was sweeter? Raw Cooked No difference

Which had a stronger flavour? Raw Cooked No difference

Describe any other differences you noticed:

Which did you prefer overall? Raw Cooked

Why?

APPENDIX 1: RECIPE CARDS

HONEY GLAZED CARROTS



Nutritional Profile

Kilojoules: 711
Protein: 1g
Carbohydrates: 24g
Fibre: 3.5g
Fat: 10g
Sodium: 50-100mg
Sugar 17g

Vitamin C
Vitamin A
Folate
Calcium
Iron

Ingredients

- 4 large carrots, peeled and sliced
- 2 tbsp honey
- 2 tbsp butter
- Salt and pepper to taste
- Fresh parsley (*optional, for garnish*)

Method

1. Bring water to boil in a medium saucepan. Add the sliced carrots and cook for 5-7 minutes or until tender but still crisp. Drain and set aside.
2. In the same saucepan, make a glaze by melting the butter over medium heat. Stir in the honey, salt and pepper.
3. Add the cooked carrots to the glaze and toss to coat evenly.
4. Garnish with fresh parsley if desired and serve warm.

CARROT AND GINGER SOUP

Nutritional Profile

Kilojoules: 627
Protein: 2g
Carbohydrates: 25g
Fibre: 6g
Fat: 6g

Vitamin C
Vitamin A
Calcium
Iron
Potassium



Ingredients

- 4 large carrots, chopped
- 1 onion, chopped
- 1 tbsp fresh ginger, grated
- 4 cups vegetable broth
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Method

1. In a large pot, heat olive oil and medium heat. Add the onion and sauté until translucent (approx. 5 minutes).
2. Stir in the chopped carrots and grated ginger, cooking for another two minutes.
3. Pour in the vegetable broth, bring to the boil, then reduce heat and let simmer for approx. 20 minutes until the carrots are tender.
4. Use an immersion blender to puree until smooth. Season with salt and pepper to taste.
5. Enjoy warm with a drizzle of olive oil on top.

CARROT SALAD WITH LEMON DRESSING



Ingredients

- 3 large carrots, chopped
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh herbs (parsley or coriander), chopped (optional)

Method

1. Add grated carrots to a mixing bowl.
2. In a separate, small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the grated carrots and toss well to combine.
4. If using, sprinkle fresh herbs on top before serving.

Nutritional Profile

Kilojoules: 334	Vitamin C
Protein: 1g	Vitamin A
Carbohydrates: 11g	Calcium
Fibre: 5g	Iron
Fat: 5g	Potassium

CARROT PANCAKES



Ingredients

- 1 cup grated carrots (*approx. 2 medium carrots*)
- 1 cup plain flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 egg
- Extra virgin olive oil (*for cooking*)

Nutritional Profile

Kilojoules: 711	Vitamin C
Protein: 8g	Vitamin A
Carbohydrates: 28g	Calcium
Fibre: 5g	Iron
Fat: 9g	Potassium
Sodium: 350-450mg	

Method

1. In a bowl, combine flour, baking powder and salt.
2. In another bowl, whisk together milk and egg.
3. Stir grated carrots into the wet mixture, then add it to the dry ingredients until just combined.
4. Heat a frying pan over medium heat with a little olive oil. Pour approx. 1/4 cup of batter for each pancake and cook until bubbles form on top (about 3 minutes), then flip and cook for another minute or until golden brown.
5. Enjoy warm with maple syrup or yoghurt.

ROASTED CARROTS WITH HERBS



Ingredients

- 6 large carrots, peeled and cut into sticks
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste
- Fresh thyme or rosemary (*optional*)

Nutritional Profile

Kilojoules: 543	Vitamin C
Protein: 2g	Vitamin A
Carbohydrates: 20g	Calcium
Fibre: 10.8g	Iron
Fat: 2g	Potassium
Sodium: 100 -150mg	

Method

1. Preheat the oven to 220°C.
2. In a bowl, toss carrot sticks with olive oil, salt, pepper and herbs if using.
3. Spread the carrots on a baking sheet in a single layer. Roast for approx. 25 minutes or until they are tender and caramelised, tossing halfway through.
4. Enjoy as a side dish or snack.

CARROT PATTIES



Ingredients

- 2 cups grated carrots (approx. 4 medium carrots)
- 2 cups plain flour
- 2 large eggs
- 1/4 cup breadcrumbs (*optional, for extra texture*)
- 1 clove garlic, minced (*optional*)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin or dried parsley (*optional, for flavour*)
- Extra virgin olive oil (*for frying*)

Method

1. Grate the carrots and place them in a clean kitchen towel or paper towel and squeeze out excess moisture.
2. In a large mixing bowl, combine the grated carrots, flour, eggs, breadcrumbs (if using), minced garlic, salt, pepper and cumin or parsley. Mix until well combined.
3. Using your hands, form the mixture into small patties, about 2-3 inches in diameter.
4. In a frying pan, heat a few tablespoons of olive oil over medium heat.
5. Add the patties to the skillet in batches (do not overcrowd). Cook for approx. 3-4 minutes on each side until they are golden brown and crispy.
6. Once cooked, transfer the patties to a plate lined with paper towel to drain any excess oil. Serve warm with your favourite dipping sauce or as part of a salad.

Tips

- Customise these patties by adding herbs or spices according to taste.
- For a healthier option, bake the patties at 190°C for approx. 20 minutes, flipping halfway through.

Nutritional Profile

Kilojoules: 920	Vitamin C
Protein: 12g	Vitamin A
Carbohydrates: 30g	Calcium
Fibre: 8g	Iron
Fat: 10g	Potassium
Sodium: 250mg	

APPENDIX 2: EXTENSION TASK - MARKETING PLAN RESOURCE

Use the infographic below to guide you as you create a marketing plan for you new carrot-based product.

Extension Task

Marketing Plan

01

Product

Describe the advantages, characteristics, and benefits of your carrot product.



02

Target Audience

Who do you think will want to buy your product?
Why do you think they will want to buy it?



03

Place

Where will you sell your product?



04

Promotion

Describe how you will promote your product to reach out to customers.

