

STUDENT WORKSHEETS



WORKSHEET 1: SUSTAINABLE FARMING PRACTICES FOR ASIAN GREENS

Name: _____

Match the sustainable farming practice of Asian greens to its primary benefit. Then, briefly explain how each practice contributes to sustainability.

Benefits:

1. Maintain soil health
2. Reduces water waste
3. Reduces pesticide reliance
4. Enhances biodiversity

Sustainable Farming Practice	Benefit	How It Contributes to Sustainability
Crop Rotation		
Integrated Pest Management		
Water Conservation Techniques		
Companion Planting		

APPENDIX 1: SAMPLE RECIPES

Easy Asian Greens

Ingredients

- 2 tbsp vegetable oil
- 6 garlic cloves, sliced
- 300g Asian greens, sliced (*bok choy, gai lan [Chinese broccoli], broccolini or choy sum*)
- 3 tbsp oyster sauce

Method

1. Heat the vegetable oil in a wok over high heat. Add the garlic and stir-fry for half a minute.
2. Add the greens and oyster sauce and stir-fry for another 1-2 minutes or until just tender but still crisp.



Stir-fried Asian greens

Ingredients

- 1 bunch choy sum
- 1 bunch gai lan
- 1 tbsp vegetable oil
- 2 garlic cloves, finely chopped
- 2cm piece fresh ginger, peeled, grated
- 1 long red chilli, deseeded, finely chopped
- 1/4 cup oyster sauce
- 2 tbsp chopped roasted peanuts

Method

1. Separate leaves from choy sum and gai lan stems. Heat a wok over high heat. Add oil. Swirl to coat. Add garlic, ginger and chilli. Stir-fry for 1 minute or until fragrant. Add stems.
2. Stir-fry for 2 to 3 minutes or until bright green and just tender. Add leaves and sauce. Stir-fry for 1 to 2 minutes or until leaves have wilted.
3. Serve sprinkled with peanuts.



Stir Fried Pak Choy

Ingredients

- 2 cloves garlic, chopped
- 1/2 red chilli, chopped
- A pinch of salt
- 2 tablespoons rice bran or peanut oil
- 1 bunch baby pak choy, sliced lengthways
- 1 bunch baby bok choy, sliced lengthways
- 1/4 bunch spring onions, chopped into 2.5cm pieces
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1/3 cup of water
- sesame seeds (optional)

Method

1. Fry garlic and chilli with a pinch of salt in oil.
2. Add your vegetables and spring onions, stir fry for a minute.
3. Add oyster sauce and sesame oil.
4. Quickly stir around and add a third of a cup of water.
5. Put the lid on and allow vegetables to steam for 2 minutes or until stems are softening.
6. Sprinkle on sesame seeds if you have them.



APPENDIX 2: RECIPE CARD



Recipe Name _____

Review ☆☆☆☆☆

Serving _____

Prep Time _____

Cook Time _____

Ingredients

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Directions

Notes

Vegetarian

Vegan

Dairy Free

Gluten Free

Low Carb