

Objective

By the end of this lesson, Nadia will understand the process of making a delicious mince beef hotpot, including the ingredients, cooking methods, and the importance of each step in the recipe. She will also learn about the nutritional benefits of the ingredients used in the dish.

Materials and Prep

- Ground beef (mince)
- Potatoes
- Carrots
- Onions
- Beef broth or stock
- Olive oil or butter
- Salt and pepper
- Herbs (like thyme or rosemary)
- A pot or casserole dish
- A stove or oven

Before the lesson, ensure that all ingredients are available and that Nadia understands kitchen safety, including how to handle knives and hot surfaces.

Activities

- **Recipe Exploration:**

Nadia will read through a basic mince beef hotpot recipe to familiarize herself with the steps and ingredients. This will help her understand the cooking process and why each ingredient is important.

- **Ingredient Identification:**

Gather all the ingredients and discuss their nutritional benefits. For example, talk about how potatoes provide energy, and carrots are high in vitamins. This will help Nadia appreciate what goes into her meal.

- **Cooking Demonstration:**

Nadia will assist in preparing the hotpot by chopping vegetables and browning the mince. This hands-on activity will teach her cooking techniques and improve her skills in the kitchen.

- **Taste Testing:**

Once the hotpot is cooked, Nadia will taste her creation. Encourage her to describe the flavors and textures, fostering her ability to articulate her culinary experiences.

Talking Points

- "Why do you think we use ground beef in this recipe?" - Discuss the protein content and flavor ground beef adds to the hotpot.
- "What other vegetables could we add to make it even more nutritious?" - Encourage creativity and exploration of different vegetables.
- "How does cooking the ingredients together change their flavors?" - Talk about the importance of cooking techniques and how they enhance taste.
- "What did you enjoy most about making the hotpot?" - Reflect on the cooking process and Nadia's personal experiences to make the lesson more engaging.