

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 4
overnight oats

Hosted by Natalie Wijker

The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

Table of Contents

How to participate in the Thrive Learning programs 4

Icons 4

Module Overview 5

Description 5

Outcomes 5

Risks 5

Equipment 6

Ingredients 6

Equipment list 7

Methods 8

To get ready 8

Let’s get cooking 8

Activities 11

Vocabulary 18

Coming up next module 19

How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

Module Overview

Description

This is Module 4 in the Thrive Learning program about cooking.

This module will teach you how to make overnight oats – a quick and healthy breakfast!

Outcomes

By the end of this module you will:

- Have a basic understanding of some kitchen utensils and appliances used in the kitchen.
- Increase your ability and confidence in making meals for breakfast.
- Increase your ability to plan and organise meals that need some preparation time.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat a bowl of oats.



Risks



- **Using glass** – If glass breaks this could result in you cutting yourself.

Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

Ingredients



Rolled oats
(1 and ½ cups)
- used in week 1



Greek yoghurt
(3 tablespoons)



Milk
(1 and ½ cups)
- you can use any
kind of milk



Vanilla extract
(1 and ½ teaspoons)
- used in week 1



Chia seeds
(3 tablespoons)
- you can use any colour
chia seeds. If you cannot
find chia seeds that is ok.



Honey
(3 teaspoons)
- used in week 1

Toppings (optional):

You can use whatever you have in the house, or invent your own toppings. A mix of 2 – 3 toppings work well.

Here are some of the types of things you might like to try:

- Fresh fruit - berries and banana work great
- Dried fruit
- Nuts – just about any nut will do the trick
- Nut butters and jams – A nut butter is something like peanut butter, almond butter and even Nutella
- Seeds
- Spices - like cinnamon, nutmeg and cardamom

In the video we showed:

- Raspberry, coconut and pepita
- Banana and Nutella
- Goji berries, macadamia and honey

Appliances

- Fridge

Equipment list

- 3 x glass jars or regular drinking glasses.
- Measuring cups
- Measuring spoons
- Spoon
- Plate
- Cling wrap



Method



To get ready

1. Wash your hands.
2. Fill your sink with warm water.
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

Let's get cooking

The recipe quantities listed above are for three individual servings.



1. Put $\frac{1}{2}$ a cup of oats in every glass.



2. Put 1 tablespoon of chia seeds in every glass.



3. Put 1 tablespoon of greek yoghurt in every glass.



4. Put $\frac{1}{2}$ a teaspoon of vanilla extract in every glass.



5. Put 1 teaspoon of honey in every glass.



6. Put $\frac{1}{2}$ a cup of milk in every glass.



7. Stir it all together until there are no clumps.



8. Seal it up with cling wrap or a lid.



9. Put in the fridge overnight.



10. The next morning you can add your toppings.




You are done!

Before you eat, make sure you:

- Put all your ingredients back where they belong.
- Put all your equipment in the sink.

Activities

1.  Today's recipe is called overnight oats. In the video, why does Natalie call them overnight oats?

2. At the beginning of the video, Natalie mentions 3 things about overnight oats. What are they?

a.

b.

c.

3. What is meant by meal prepping? Circle the correct responses:

cleaning out
the fridge

eating
junk food

going on
a diet

making a few
meals at once

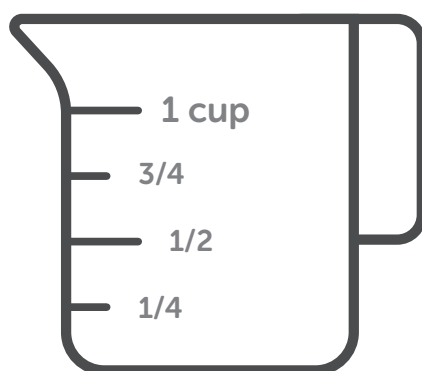
putting food
in the fridge

enjoying and eating
food over the next
couple of days

4. You can re-use (recycle) jars to store food and other items in them. What other things can be recycled? Draw a line between the circled items that you think can be recycled and the recycling bin.



5. What should you do first if you re-use glass jars? _____
6. Draw a line on the measuring jar below that shows $\frac{1}{2}$ cup of oats:

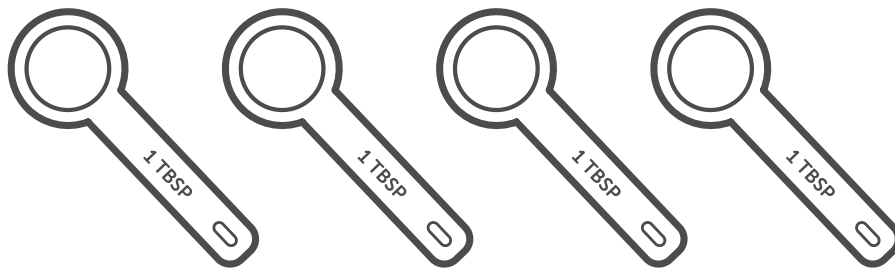



7.  What do chia seeds translate to (what do they mean?)



Hint: The first word is done for you: strength

8. Circle the correct amount of chia seeds used in the recipe:



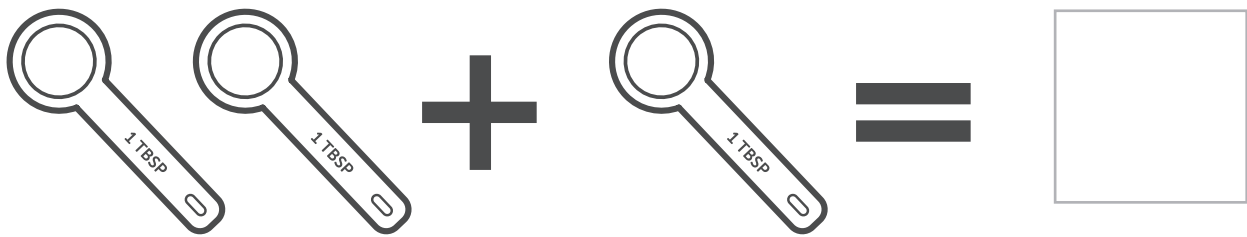
9.  What colour can chia seeds be? _____


10. How's your geography? The ancient Aztec and Mayan empires were located around modern day Mexico. On the map below, circle where you think these empires were:



Source: Google Maps

11. Time for some maths: How many tablespoons of yoghurt are used in the recipe?



12.  In the video you use half a teaspoon of vanilla extract. Draw a line on the spoon where you think half a teaspoon would be:



Below are some interesting facts about bees and honey. Read the text and answer the following questions.

- All worker bees are female.
- A bee produces a tablespoon of honey in her lifetime.
- To produce a kilogram of honey, bees fly the equivalent of three times around the world in air miles.
- The type of flower the bees take their nectar from determines the honey's flavour.
- Male bees (drones) have bigger eyes to help them find the Queen Bee.
- Bees mate high in the sky. Afterwards the male bees loses his reproductive organs and dies.
- A Queen Bee can produce 2,000 eggs a day. Fertilised eggs become females and unfertilised eggs become males, with the help of pheromones.
- To get more bees in your garden grow more colour.
- Bees love blue and love cluster plants like lavender and rosemary.

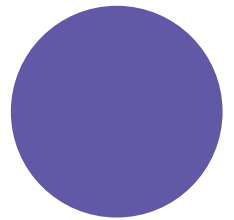
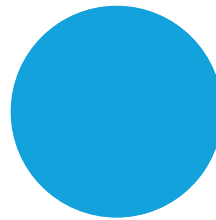
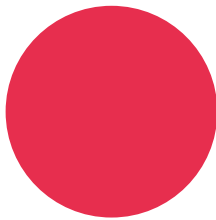
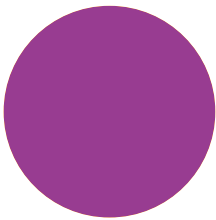
13. Circle the correct answer: All worker bees are female / male?

14. A bee makes one tablespoon of honey in their lifetime.
How many bees are needed for 3 tablespoons of honey? _____

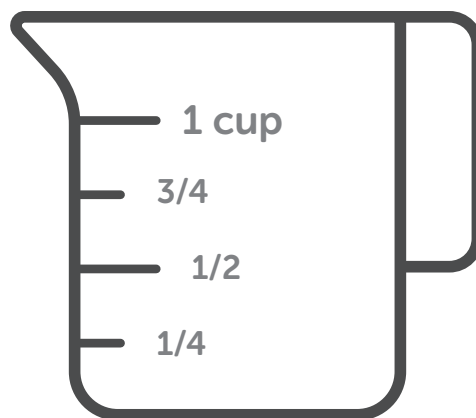
15. How many times would a bee need to fly around the world to make
1 kilogram of honey?

16. How many bees can a Queen Bee make in one day? _____

17. Circle the correct colour. What is a bee's favourite colour?



18. Draw a line on the measuring jar below that shows half a cup of milk:



19. Can you list 4 other types of milk you can buy from the shops?

a. _____

b. _____

c. _____

d. _____



Fun facts about cows: Read below and answer the following questions:

The colour red doesn't make bulls angry. In fact, cows are red-green colour blind! In bullfights, it's the motion of the cape that draws the bull's attention, not the colour.

The average domestic cow sleeps only about four hours a day.

Cows drink the equivalent of a bathtub full of water each day

Source: <https://www.thatsfarming.com/news/18-fun-facts-about-cows>

20. Read the first sentence above. Is it the colour or motion of the cape that gets the cow's attention?


21. If a cow sleeps for 4 hours per day, how many hours are they awake? _____



Hint: There are 24 hours in day. Take 4 hours from 24 hours.

22. Read the last sentence above. There are 5 cows in a paddock. How many bathtubs full of water would you need each day to make sure the cows don't go thirsty?

23. What does Natalie use to seal (cover) the overnight oats with?


24.  Watch again the video when Natalie places the berries on top of the overnight oats. Now draw an arrow and match the boxes on the left to boxes on the right:

the raspberry sinks

**been in the fridge
all night**

**the raspberry
stays on top**

**hasn't been put
in the fridge**

25.  Write down 4 different types of foods could you place on top of your overnight oats.

a.

b.

c.

d.

26. What's your favourite overnight oats topping?

Vocabulary

Icon	A picture or symbol used to describe something.
Hints	A small piece of information that helps you do or guess something more easily.
Equipment	Supplies or tools needed for a special purpose.
Module	An instructional unit that focuses on a particular topic.
Utensils	A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons.
Ingredients	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
Risk	Is the possibility or chance of loss, danger or injury.
Meal prep	Cooking meals ahead of time. Cook it all at once and then keep it in the fridge to save time later.
Leaving it overnight	Oats and chia seeds suck up liquid like a sponge. They might be dry when they are in the packet, but if you leave them overnight, they will take on all the liquid and get nice and soft.
Customisation	Getting creative with your oats and making different flavours!

Coming up next module

In Module 5, we will be making Caprese salad.



The ingredients and equipment you will need to make this recipe are listed below.



Before you go shopping, check to see if you have any of the ingredients already in your house.

Shopping list

- Grape or cherry tomatoes (125 grams, or half a punnet)
- Cherry bocconcini (5-8 balls).
If you can't find cherry bocconcini: Traditional bocconcini or ungrated mozzarella will also work.
- Basil (10 big leaves)
- Bread (1 slice)
- Garlic (1 clove)
- Olive oil (1 tablespoon)
- Balsamic glaze (a little over 1 teaspoon worth)
You can also use balsamic vinegar.
- Salt and pepper

Equipment list

- 1 large plate to prepare on
- Strainer
- Paper towel

Appliances

- Toaster

