

Endeavour Foundation  
**Thrive Learning**



# **Accessible cooking – the basics**

Module 8  
**pulled pork tacos**

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 . . . . . 6

**Methods . . . . . 7**

To get ready . . . . . 7

Let’s get cooking . . . . . 7

For storage . . . . . 7

**Activities . . . . . 10**

**Vocabulary . . . . . 20**

**Coming up next module . . . . . 21**

# 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 8 in the Thrive Learning program about cooking.

This module will teach you how to make pulled pork tacos. Everyone loves tacos, right? With the right ingredients, tacos can be very healthy. There are so many different combinations you can make!

## Outcomes

By the end of this module you will:

- Increase your ability and confidence in making meals.
- Continue learning about food from other cultures.
- Continue learning about other places around the world.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat tacos!



## Risks



- **Microwave (optional)** – Microwaves are electrical appliances. If you decide to use a microwave you need to be careful.
- **Cooking with meat** – Meat can go bad if left out of the fridge for too long. Make sure you keep your meat refrigerated when not in use.

# Equipment



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

## Ingredients



**Coleslaw mix**  
(1 handful)  
You can use any shredded vegetable mix.



**Paprika**  
(1 teaspoon)



**Cooked pork or chicken**  
(200 grams)  
Often you can find this already cooked in the supermarket.



**Tortillas**  
(taco size - 3 tortillas)



**Salsa**  
(1/3 cup)



**Aioli**  
(1/2 tablespoon per taco)



**Onion powder**  
(1/2 teaspoon)

### Optional

- Coriander
- Squeeze of lime
- Tabasco or sriracha sauce

## Equipment list

- Measuring cups
- Measuring spoons
- 2 forks
- Large board or plate to assemble
- Bowl



# 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



1. Shred your pork or chicken with two forks.  
This step is easier if the meat is warm and works especially well with slow cooked meats.



2. Add 1/3 cup of salsa.



3. Add 1/2 teaspoon of onion powder.





4. Add 1 teaspoon paprika.



5. Mix together.



6. Put three tortillas on a chopping board.

Depending on the type of tortillas you use; you may need to heat yours up in a microwave. Check your packet for instructions.



7. Use a spoon or fork to put the pork mix onto the tortillas.



8. Add coleslaw.





9. Squeeze aioli on top.



### Optional:

Finish with:

- Lime juice
- Coriander
- Chilli sauce



## You are done!

Before you eat, make sure you:

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

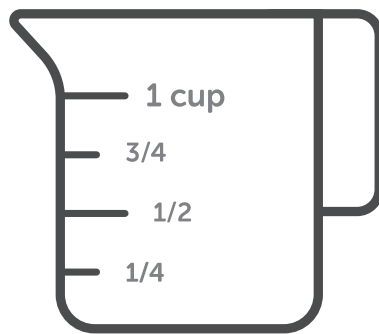
# Activities

1.  What meat is used in today's cook? \_\_\_\_\_



**Hint:** There are two options.

2. How much salsa does Natalie add to the recipe? Draw a line on the jug below to show the measurement:



3. Choose the correct word:  
Salsa in Spanish means \_\_\_\_\_ (dip, olive, sauce)

4. Natalie uses onion powder. Draw a line through the teaspoon below that shows how much onion powder is used:





Read the information below and answer the following questions:

A taco is a traditional Mexican dish consisting of a small hand-sized corn or wheat tortilla topped with a filling. The tortilla is then folded around the filling and eaten by hand. A taco can be made with a variety of fillings, including beef, pork, chicken, seafood, vegetables, and cheese, allowing great versatility and variety. They are often garnished with various condiments, such as salsa, guacamole, or sour cream, and vegetables, such as lettuce, onion, tomatoes, and chiles. Tacos are a common form of antojitos, or Mexican street food, which have spread around the world.

Source: <https://en.wikipedia.org/wiki/Taco>

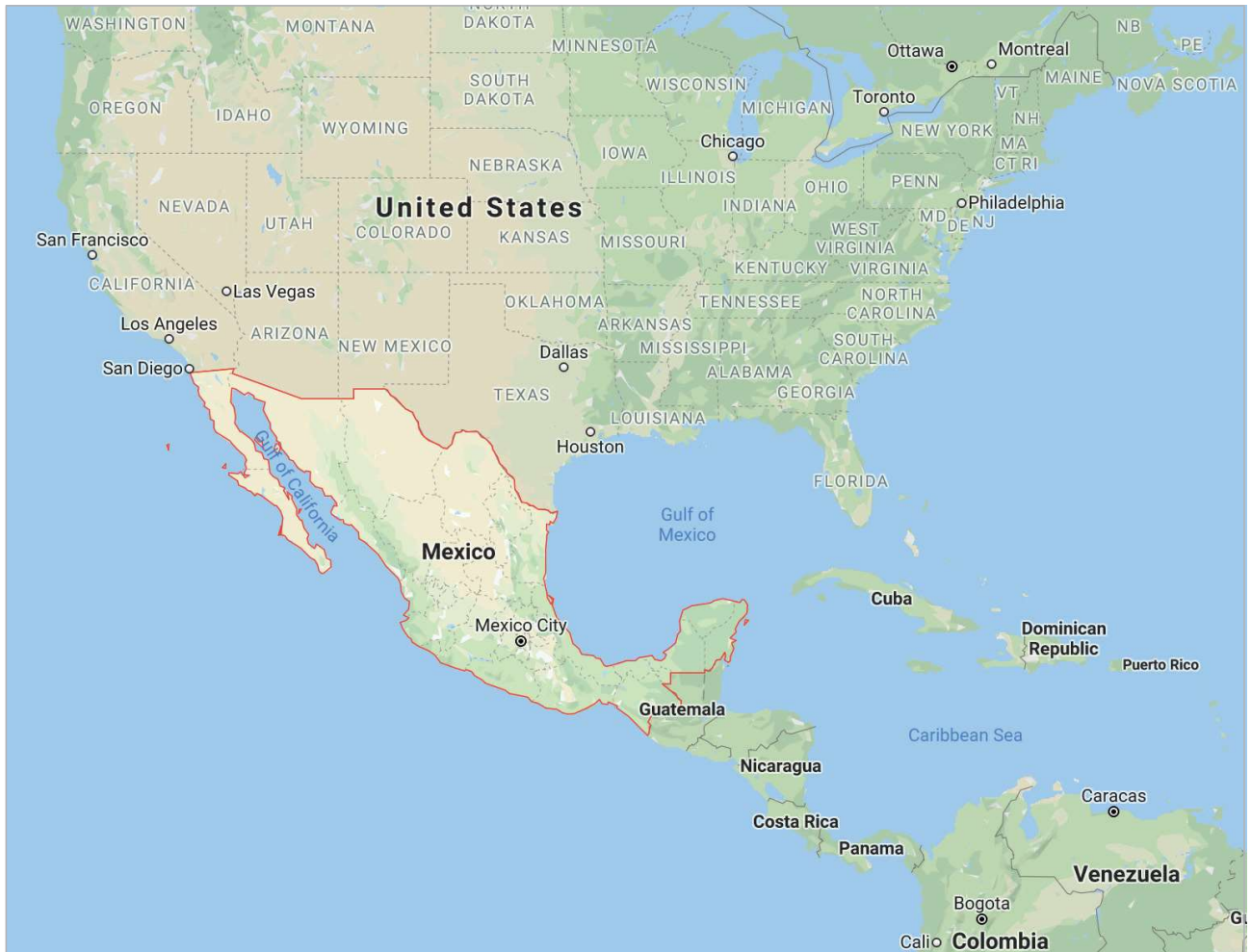
5. Where are tacos from? \_\_\_\_\_
6. What types of meat can you use as a filling? Write down (or circle) 3 types of meat from the above paragraph:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. What's the word for Mexican street food?



**Hint:** Read the last sentence!

\_\_\_\_\_

8. Draw a circle on the map where you think Mexico is located:



Source: Google Maps

9.  Watch the video where Natalie talks about paprika, then circle what you think paprika is.



**Hint:** There may be more than one answer:

a type of  
pepper

a type of  
powder

hurts when  
you prick  
your finger

originally  
from Mexico

**paprika is...**

a red  
sports drink

10.  Fill in the blanks from the list below:

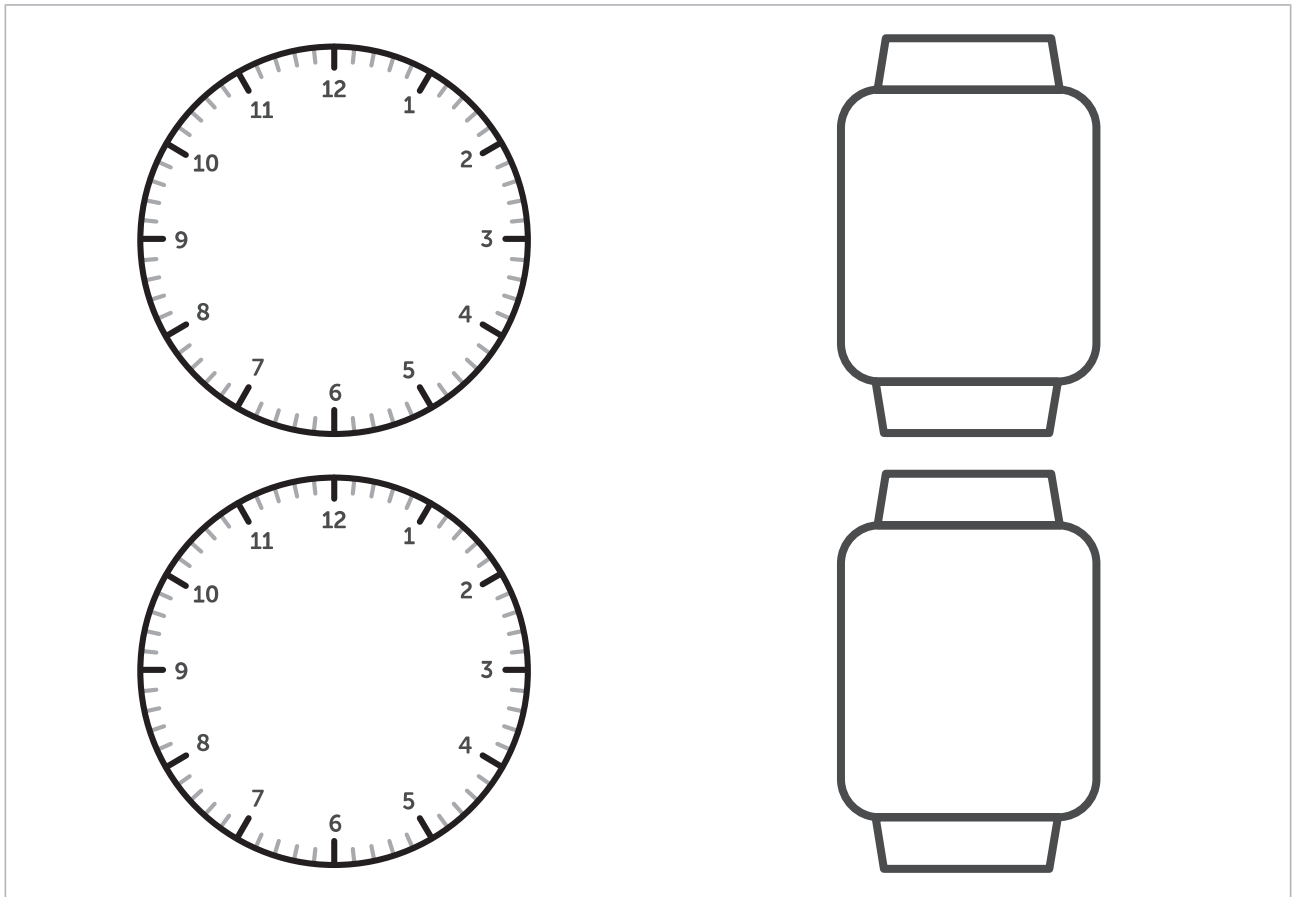
Aioli is \_\_\_\_\_ and \_\_\_\_\_ .

- olive oil
- mayonnaise
- ginger
- garlic



**Hint:** There may be more than one answer:

11. When would you eat tacos? Draw a circle on the clock face or write in the time on the clock:



The image contains two identical blank clock faces and two identical blank watch outlines. Each clock face has numbers 1 through 12 and minute tick marks. Each watch outline is a simple rectangular shape with a strap at the top and bottom.



Let's go shopping!

Below are a number of products from Coles Online. Take a look and then answer the following questions:

12. What is the price difference between the 10 pack of taco shells and the 12 pack of taco shells?



**Hint:** Take the price of the 12 shells away from the 10 shells.



Old El Paso  
Corn Jumbo Taco Shells  
10 pack

**\$4.00**

190g \$2.11 per 100G



Old El Paso  
Corn Taco Shells  
12 pack

**\$3.20**

156g \$2.05 per 100G

Working out

13.  Why do you think there is a price difference?

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14. The three bottles below are the same price but there is something different about them. Do you know what it is?



**Hint:** Look at the description below each bottle.



Old El Paso  
Hot Taco Sauce

**\$3.20**

200g \$1.60 per 100G



Old El Paso  
Taco Sauce Medium

**\$3.20**

200g \$1.60 per 100G



Old El Paso  
Taco Sauce Mild

**\$3.20**

200g \$1.60 per 100G

15.



Food products will sometimes have a price per 100 grams or 100ml. How much is the garlic aioli per 100ml.



**Hint:** Take a look at the circle.



Heinz Garlic  
Aioli Mayonnaise

**\$6.00**

500ml \$1.20 per 100ml

16. How much is this garlic aioli per 100ml? \_\_\_\_\_



Deli Style  
Classic Aioli

250  
ml

Praise Deli Style  
Classic Aioli

**\$4.00**

250ml \$1.60 per 100ml

17. Let's go back to Mexico: What three main colours are in the Mexican flag?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_



18. Do you know what animal is on the Mexican coat of arms? Take a close look at the picture below!



19. What 2 oceans are on the east and west side of Mexico?



**Hint:** Use the compass to help you work out east and west.

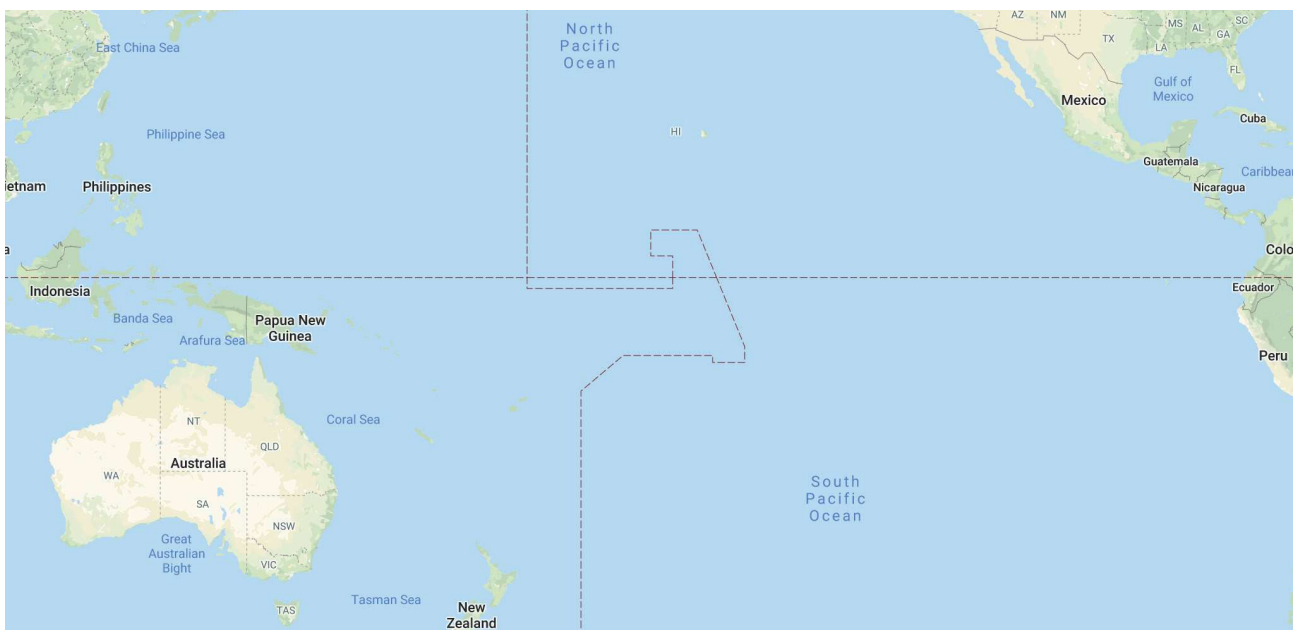


Source: Google Maps

a.

b.

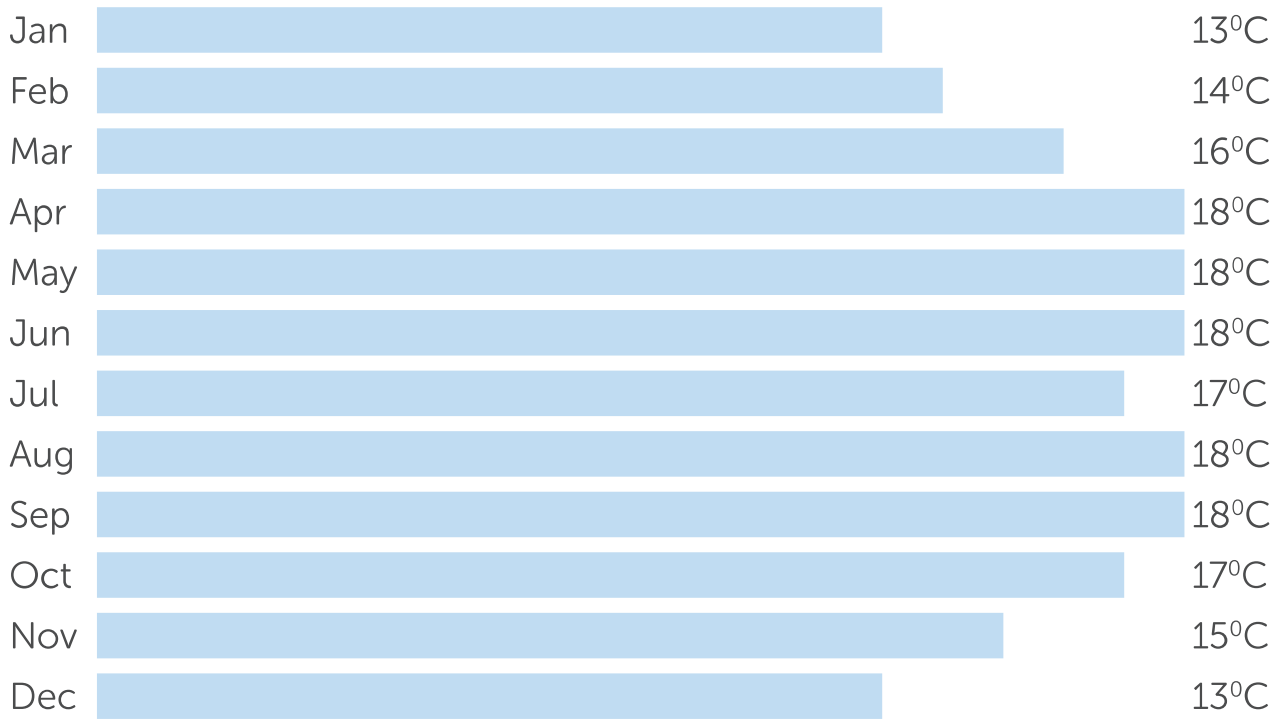
20. Ash is planning a trip from Australia to Mexico. On the map below, draw a line from Australia to Mexico:



Source: Google Maps

21. Ash wants to know what he needs to pack. What’s the average temperature in Mexico for January?

**Average temperature in Mexico City**

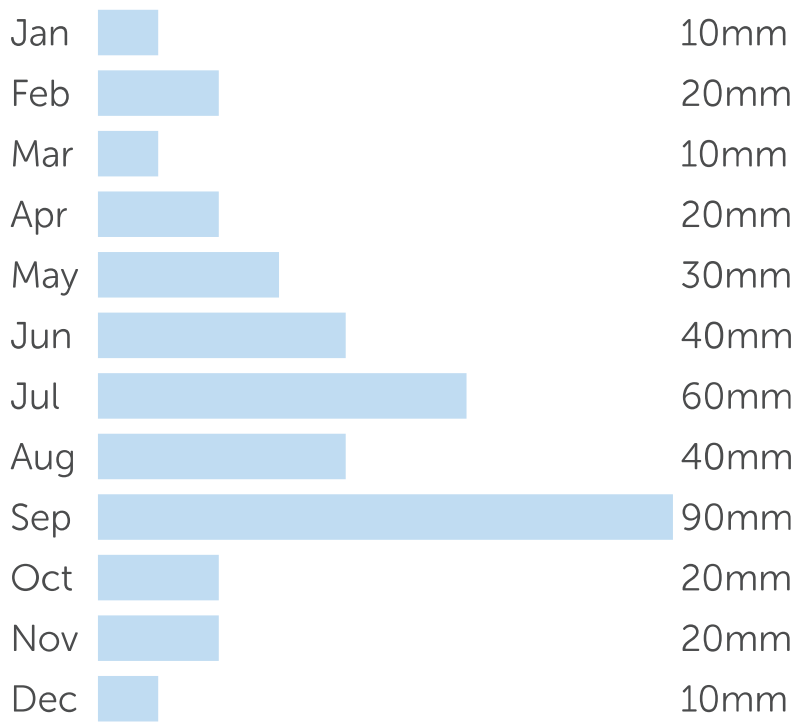


22. Using the table above: In Mexico, is it hotter in June or January?

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23. If Ash visited Mexico in March, do you think he would need to take a raincoat?

**Average temperature in Mexico City**



24. Now that you know a little bit more about tacos and Mexico, write or draw the ingredients you would use to make your favourite taco.

# Vocabulary

<b>Icon</b>	A picture or symbol used to describe something.
<b>Hints</b>	A small piece of information that helps you do or guess something more easily.
<b>Equipment</b>	Supplies or tools needed for a special purpose.
<b>Module</b>	An instructional unit that focuses on a particular topic.
<b>Utensils</b>	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.
<b>Ingredients</b>	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
<b>Risk</b>	Is the possibility or chance of loss, danger or injury.
<b>Foreign cuisine</b>	Food that originates (comes) from another country. A caprese salad is from Italy.
<b>Food presentation</b>	How you present (make) food look on the plate.
<b>Bitter</b>	Bitter foods are those that are not sweet and have a sharp taste or smell.



## Coming up next module

In Module 9 we will be making two different smoothies - a choc banana smoothie and a tropical green smoothie. You can choose to make both or just make one.



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

If you are making the choc banana smoothie you will need:

- **1 Banana**  
You can use fresh or frozen.
- **Honey** (1 tablespoon)
- **Milk** (1 cup)
- **Cocoa powder**  
(1 tablespoon)

If you are making the tropical green smoothie you will need:

- **Baby spinach** (2 big handfuls)  
You can use fresh or frozen.
- **Frozen, diced mango** (1/2 cup)
- **Frozen, diced pineapple** (1/2 cup)
- **Apple juice** (3/4 cup)
- **Water** (1 cup)

## Equipment list

- Blender
- Measuring cups
- Measuring spoons
- Spoon
- Serving glass

