

For the past weeks, our food and nutrition class has been learning recipes in class, selecting one to adapt, packing a dinner bag with the required ingredients and taking it home to cook and eat with our families.

Carrying out this activity positively affected my Physical wellbeing in multiple ways, particularly in the stages of adapting the recipe and preparing it for my family. While adapting my chosen recipe of pork noodle stir-fry, I had to work hard to think about the balanced plate model to ensure I had the right quantities of $\frac{1}{4}$ carbohydrates, $\frac{1}{4}$ protein and $\frac{1}{2}$ a plate of vegetables. This was important to me because as a teenager I feel it's very important to meet daily requirements my body needs for growth, physical activity and bodily functions. My final meal included a variety of different coloured vegetables to provide a range of different nutrients. For example: carrot provides vitamin A, which assists with growth and helps eyes adjust to the dark, broccoli provides iron which forms haemoglobin in red blood cells and carries oxygen around the body, and Bok choy contains vitamin C which helps your immune system and helps the body absorb iron. All of these vegetables also provide fibre, which regulates the digestive system, and water, which carries water soluble vitamins and maintains body temperature.

When preparing the meal for my family, I had to think about food safety practices like washing my hands and using different equipment for raw pork mince and the vegetables. This is important to reduce the risk of my family and I getting sick. If I form habits of eating nutritious meals like the stir-fry and of using safe food practices, my physical wellbeing will continue to improve in the long term.

When cooking the four recipes we had to choose from in class, I cooked with my friend [REDACTED]. I really enjoyed cooking with her because we get along well, and it gave us a chance to catch up and spend quality time together. I value this time because it's important to me to keep up with how my friends are doing and what's going on in their lives. Working together with another person meant I had to practice my social skills of communication and showing empathy. For example, when cooking the Chicken laksa one of us had to do the job of cutting up the raw chicken breast and I volunteered to do it as I could see she really didn't want to.

My social wellbeing was also impacted when I cooked my chosen meal and ate it together with my family. My mum really appreciated having a night off cooking, and when we ate the meal, we discussed our upcoming holiday to Fiji which we are all looking forward to. This time with my family helped us connect and gave me a sense of belonging. From these experiences, I've learnt how food can bring people together and help strengthen relationships.

The opportunity to adapt a recipe and pack a dinner bag for my family was really great because it meant I was able to alter the recipe to align with our family values around food which had a positive effect on my spiritual wellbeing. It's important to my parents to use in season vegetables since it's more cost effective, and my mum also likes recipes that don't use too many dishes because it saves time and water. The pork noodle stir-fry ticked these boxes by using vegetables such as broccoli and carrot, and only needing one pan. This was part of my reasoning behind choosing it as my recipe. I also enjoyed being able to pack the dinner bag myself, because it meant I was able to know exactly what was going into my food, so I knew it was safe and healthy to eat. When cooking the meal for my family, it meant I gave my mum a night off cooking. This strengthened my personal identity because it reflected my value of helping others. These experiences have helped me understand myself more and know my personal values, particularly around food. This will help me make better choices for myself in the future.

I've appreciated the whole experience from learning the four recipes, to eating my adapted meal with my family. I particularly enjoyed cooking the recipes in class because it was a

nice break from bookwork, and I got to cook with my friends which improved my mood for the rest of the day. I feel that it's valuable to have a relaxing break like this in the middle of the school day because it helps me to reset, meaning I have a renewed focus for the rest of my classes. By making the recipes, I've also learnt many new skills such as cooking techniques and recipe adaption. For example, I'm now more confident in my ability to cook meat which is something I wanted to get better at. Knowing how to adapt a recipe is also an important skill because it means I can be more versatile with my cooking and alter meals to suit things like price range, nutrient requirements, allergies etc.

I believe it is important for me to know how to do these things because in the future I will likely need to be able to cook food on a budget when I'm at university and be able to cook for my family and their needs when I'm older. Knowing I have now these new skills and being confident in my cooking abilities helps me feel more independent and capable and prepared for the future.

In conclusion, this experience has positively impacted all areas of my wellbeing. In the short term, my mood was boosted since I enjoyed cooking with my friends and for my family, my body was refuelled, and my nutrient requirements were met by the recipes. I was able to uphold my personal and family values around food and relationships and connect with my friend [REDACTED] and my family while cooking in class and sitting around the table at home enjoying the meal.

In the long term, I can form good habits out of what I learnt in this activity about nutrition and food safety. I have a sense of belonging within my family and better interpersonal skills for maintaining friendships. My personal identity has been strengthened by getting a better idea of the values and principles that are important to me, and I've been able to work towards goals I have of being a better cook and becoming more independent.