

Kitchen Lessons - Stage 3

Title: You are what you eat!

Aim: As a class or in small groups and with the teachers help, students will prepare a healthy and nutritious recipe that provides links to their kitchen garden.

Students identify the 5 food groups and recognise the health benefits of specific ingredients.

Outcomes	Indicators
RS3.6 Uses a comprehensive range of skills and strategies appropriate to the type of text being read.	<ul style="list-style-type: none">• Reads the recipe and correctly interprets and performs the recipe steps.
ENS3.6 Explains how various beliefs and practices influence the ways in which people interact with, change and value the environment.	<ul style="list-style-type: none">• Correctly identifies the food off cuts that can be composted or worm farmed.• Demonstrates correct composting or worm farming procedure.• Explains the value of composting for the environment.
PHS3.12 Explains the consequences of personal life choices.	<ul style="list-style-type: none">• Identifies foods in their diet that are healthy and foods that could be improved.
SLS3.13 Describes safe practices that are appropriate to a range of situations and environments.	<ul style="list-style-type: none">• Able to explain and demonstrate safe food handling and composting practices.

Resources:

- YouTube 'Compost Kids'
<http://www.youtube.com/watch?v=Njbn34JrKnE>
- Recipe
- 'Functions of Food Factsheet'-Teacher notes1
- 'Australian Guide to Healthy Eating' Poster-Teacher resource 2.
- 'What did I eat yesterday?' and 'Group your Foods' –Teacher resource 3.
- 'Occasional Foods'- Teacher notes 2.
- 'Composting Foods' - Teacher Resource 3.

Activities:

1. Whilst demonstrating the recipe ask the class to brainstorm why they eat food?
See teacher notes 1.
2. Identify the 5 food groups using the Australian Guide to Healthy Eating Poster-
Teacher resource 2.
3. Students complete a food diary of 'What they ate yesterday' Teacher resource 3. Then students complete the 'Group your Foods' worksheet by placing the foods they ate yesterday into the appropriate categories. Discuss where most of the foods fall and whether the diet could be improved by choosing healthier alternatives. Identify 'everyday foods' and 'occasional foods'.
See teacher notes 2.
4. Take the food off cuts with the class out to the compost and discuss the process. See Teacher Resource 3

Summary:

Ask the class the following:

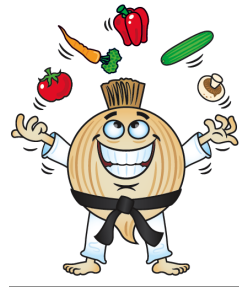
- What ingredients in the recipe provide the body with – energy, growth and repair, regulation and protection?
- What foods can we place in the compost?
- What other materials need to be placed in the compost to make it break down?
- What are some examples of everyday foods that could go in your lunchbox tomorrow?

Ham and Vegetable Slice

Serves: 4-6

Preparation time: 15 minutes

Cooking time: 30 minutes



Ingredients

8 eggs
½ cup plain flour
1 cup zucchini, washed and grated
225gm can sweet corn, drained
1 cup grated carrot
1 teaspoon dried chives
150gm lean ham, chopped
¾ cup (50gm) reduced fat grated cheese
Canola spray

Equipment

Oven
Large bowl
Electric beater/whisk
Grater
Spoon
Chopping board
Cooks knife
Oven tray
Oven slide
Measuring cups/spoons
Peeler

Method

1. Preheat oven to 180°C.
2. Beat eggs and flour together until smooth using electric beater.
3. Add zucchini, corn, carrot, chives and ham and combine. Make sure to get all dry ingredients at the bottom.
4. Lightly spray oven tray with oil and pour in mixture.
5. Sprinkle cheese on the top.
6. Bake for 30 minutes or until set. It should be golden in colour.

Tips

- Can be eaten warm or cold.
- When cool wrap individually in cling wrap, refrigerate and use for snack at school.
- Make a salad to stretch it out.

Variations

- Substitute dried chives for ¼ cup fresh, chopped chives or even onion.
- Substitute low fat bacon for the ham.
- Substitute flour with grated potato.
- To stretch recipe, add diced sweet potato or pumpkin, celery or capsicum.

Vocabulary

Grate, beat, bake, sprinkle, zucchini

Winter tabbouleh

Serves: 20 as a side dish

Preparation time: 40 minutes



Ingredients:

5 cups burghul, rinsed in a strainer
2 bunches of shallots
3 cloves of garlic
4 carrots
8 celery sticks
1 large cabbage
2 bunches of flat leaf parsley
2 bunches of mint
5 tablespoons of olive/safflower/canola oil
2 ½ lemons, juice only

Equipment:

Large bowl
Medium bowl
Fine strainer
Grater
Chopping board
Large knife
Fork
Large spoon/juicer
Clean tea towel

Method:

1. Cover burghul with hot water and soak in the medium sized bowl for about 30 minutes.
2. In the meantime prepare the vegetables and dressing. Peel the garlic and chop finely, then place into the large bowl.
3. Wash the carrots and grate, place into the large bowl.
4. Peel and wash the spring onions and slice finely (S1 can use scissors), add to the other ingredients.
5. Wash celery and slice finely, add to bowl.
6. Remove the tough outside leaves of the cabbage and cut into quarters, then shred the cabbage as finely as you can. Add to bowl and toss all the ingredients.
7. Cut the parsley tops (S1 can use scissors in a cup) as finely as you can, add to bowl.
8. Gently toss all the ingredients.
9. When the burghul is ready, tip it into a strainer and press out as much as you can with the back of a large spoon.
10. Put the soaked burghul into a clean tea towel and wrap it like a sausage. Get two people to each take an end and twist each end of the tea towel in opposite direction so that excess water is removed. Then carefully shake all the burghul into the large bowl with the salad ingredients and mix together thoroughly.
11. In the bowl that had the burghul in it, whisk together the oil and lemon juice with a fork, season, then tip this over the salad mixture, and gently combine with your clean hands.
12. To serve: Make a wrap using some chicken, shaved lite ham, salt reduced tuna or low fat cheese. Steam some small flowerets of broccoli or cauliflower and add.
Serve in a take away container with a fork or spoon.

Tip:

If burghul is not available then substitute with cous cous.

Vocabulary:

safflower oil, burghul, cous cous

thai salad

Serves: 10

Preparation time: 30 minutes

Ingredients:

1 small Chinese cabbage, shredded
2 large carrots, grated
1 capsicum, finely sliced
200g bean sprouts
1-bunch shallots, sliced
½ bunch mint, chopped
½ bunch coriander, chopped
220gm packet chow mein chinese noodles

Sauce

2 tablespoons salt reduced soy sauce
4 tablespoons barbeque sauce
2 teaspoons rice wine vinegar
2 teaspoons brown sugar

Method:

1. Wash all salad ingredients and shake off excess water.
2. Combine salad ingredients in a large bowl and toss well.
3. Combine dressing ingredients together and mix well. Add to salad ingredients and toss well.
4. Just before serving add noodles to salad and dressing and toss well.

Vocabulary:

Capsicum, coriander, colander, salt reduced, rice wine vinegar



Equipment:

Knife
Chopping board
Grater
Scissors
Colander
Large bowl
Small bowl
Fork
Measuring cups/spoons
Large cooks spoon

Teacher Notes 1: Functions of Food

The body uses food to perform one or more of four main functions: to supply energy, for growth and repair, for regulation and for protection.

Energy

Food supplies the fuel or energy needed to perform the many tasks of everyday living. We need energy to think, breathe, walk, sit, speak and even sleep. We get energy from carbohydrates, proteins and fats. It is important that we eat enough food to supply all our needs. If we don't, we will feel tired and listless. Having no energy can be compared to a car that has run out of petrol. On the other hand, if we eat more energy food than our body needs, this energy will be stored in the body as fat. Too much stored energy will result in the body becoming overweight or obese.

Growth and Repair

Food provides the materials needed to build, repair and maintain body tissues. Proteins, fats and minerals are the best nutrients for growth. Growing bodies need extra amounts of these nutrients. Every person, whether growing or not, is going through a continual repair process of replacing injured or dead cells. It is food that supplies the nutrients necessary for this process.

Regulation

Food supplies the substances that help regulate the body's processes. Water, vitamins and minerals help regulate breathing, the nervous system, digestion, blood circulation and the elimination of waste products from the body. They help keep all the systems in the body working properly.

Protection

Vitamins, minerals and protein keep the body's tissues and organs healthy. Healthy organs are less likely to be attacked by disease.



Enjoy a variety of foods every day

*Vegetables,
legumes*

Fruit

*Milk,
yogurt,
cheese*

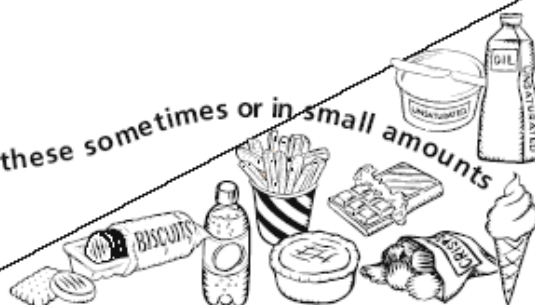
*Bread,
cereals,
rice, pasta,
noodles*

*Lean meat, fish,
poultry, eggs, nuts,
legumes*



Drink plenty of water

Choose these sometimes or in small amounts



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Teacher Resource 3

What did I eat Yesterday?

Name: _____

Breakfast	
Lunch	
Dinner	
Snacks	
Drinks	

Group your Foods

Name: _____

Everyday Foods	
Select Carefully Foods	
Occasional Foods	



Foods that should not go in the compost

Meat



Bones



Fish



Dairy foods
(Cheese, yoghurt,
cream, milk ect)



Fats and oils



Why can't we compost these foods?

- They cause an imbalance in the nutrients of the soil and break down slowly.
- They attract animals and meat attracts maggots.
- They make the compost smell.

Foods that can go on the compost

All fruit and vegetable waste



Anything made of flour
(Bread, crackers, crusts, noodles)



Grains –cooked or uncooked
(Rice, barley)



Coffee grounds, tea bags, filters



Eggshells crushed well



Non-printed cardboard and paper

