

# Baked frittata

## Ingredients

### Serves 4

1 tablespoon oil

1 onion, diced

4 eggs

1 cup milk

2 kūmara, grated

3 silverbeet leaves, finely sliced

pinch salt

pepper to taste

## Method

1. Preheat oven to 180°C.
2. Heat oil in a frying pan over low heat. Add onion and cook until soft. Set aside to cool.
3. Beat eggs and milk in a large bowl.
4. Add kūmara and silverbeet.
5. Add cooked onions, salt and pepper, mix well.
6. Place in baking dish and bake for 45-60 minutes until the mixture is set and golden brown.
7. Remove from oven, allow to cool slightly and serve.

## Variation

- In place of kūmara, use grated pumpkin, potato or carrot.
- In place of silverbeet, use spinach, fresh herbs or kale.



## Equipment

-  Baking dish
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Large bowl
-  Measuring cups
-  Measuring spoons

## Preparation and cooking skills

Bake, beat, dice, grate, mix, slice.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Carrot salad



## Ingredients

### Serves 4

3 carrots, peeled into ribbons

1 tablespoon lemon juice

1 tablespoon oil

½ cup chopped herbs (fennel, dill, parsley, coriander)

## Method

1. Place carrots into a bowl.
2. Mix lemon juice, oil and herbs together.
3. Add to carrots and toss.
4. Cover and leave in refrigerator for flavours to develop.

## Variations

- Use grated beetroot in place of half of the peeled carrots.
- Add ½ teaspoon ground cumin or ground ginger in place of the herbs.

## Equipment

-  Bowl
-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Vegetable peeler

## Preparation and cooking skills

Chop, mix, peel, use herbs and spices to flavour dishes.

## Nutrition

- Carrots are a good source of vitamin A which is good for your eyes.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Chilli beans with eggs

## Ingredients

### Serves 4

1 tablespoon oil

1 onion, diced

1 x 400 gram can chilli beans

1 x 400 gram can chopped tomatoes  
or 4 tomatoes, chopped

2 cups corn kernels

1 capsicum, deseeded and sliced

4 eggs

## Method

1. Heat oil in a large saucepan over low heat.
2. Add onion and cook until soft.
3. Add chilli beans, tomatoes, corn and capsicum and simmer until the sauce has reduced and thickened.
4. Make four holes in the mixture and break an egg into each hole.
5. Cover with a lid and cook over low heat until the eggs are cooked, approximately 7-10 minutes.
6. Remove from heat. Carefully lift out vegetable mixture and an egg into each serving bowl.

## Serving suggestion

- Serve with cooked brown rice.

## Variation

- Add diced celery, grated carrot and chopped kumara in place of corn kernels.

## Nutrition

- Eggs are a great source of protein and vitamins which help you to grow and build strong muscles.



## Equipment

-  Can opener
-  Cutting board and knife
-  Large saucepan with lid
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Chop, dice, poach, reduce, simmer, slice.

# Zesty courgette muffins

## Ingredients

**Makes 24 mini muffins**

*oil spray*

*1 cup white flour*

*1 tablespoon baking powder*

*pinch salt*

*1 cup wholemeal flour*

*2 tablespoons sugar*

*½ teaspoon cinnamon*

*2 teaspoons orange zest*

*1-2 courgettes, grated*

*1 egg*

*¾ cup milk*

*¼ cup orange juice*

*¼ cup oil*

## Method

1. Preheat oven to 180°C, spray muffin pans with a little oil.
2. In a large bowl, sift white flour, baking powder and salt. Add wholemeal flour. Mix well.
3. Stir in sugar, cinnamon, orange zest and courgettes. Make a well in the centre.
4. In a small bowl, beat egg, milk, juice and oil together, then pour into dry ingredients, stir until just combined. Spoon mixture into the muffin pans.
5. Place in preheated oven and bake for 12-15 minutes until golden. The muffins are cooked when a skewer comes out clean when inserted into the middle.
6. Allow to cool slightly then transfer to a wire rack to cool completely.

## Variations

- Use grated carrot in place of the courgette.
- Garnish with sliced orange flesh or grated courgette peel.



## Equipment

-  Dessert spoon
-  Egg beater or whisk
-  Grater
-  Large bowl
-  Measuring cups
-  Measuring spoons
-  Mini muffin pans
-  Sieve
-  Small bowl
-  Wire cooling rack
-  Wooden spoon

## Preparation and cooking skills

Bake, beat, grate, mix, sift, stir, zest.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Dhal curry with cauliflower and spinach

## Ingredients

### Serves 4

- 2 tablespoons oil
- 1 onion, chopped
- pinch salt
- 3 cloves garlic, crushed
- 1 tablespoon minced ginger
- 2 tablespoons curry powder
- 1 cup dried red lentils
- 6 cups water
- 2 tomatoes, diced
- ½ cauliflower, sliced into small pieces
- 2 cups washed and roughly-chopped spinach
- pepper to taste

## Method

1. Heat oil in a large saucepan over low heat.
2. Add onion and salt and cook until soft.
3. Add garlic, ginger and curry powder. Stir for 1 minute.
4. Add lentils, water and tomatoes. Cook for approximately 30 minutes or until the lentils are soft.
5. Add cauliflower and cook for 5 minutes.
6. Mix spinach through and cook for 1 minute.
7. Add pepper, spoon into serving dishes and serve.

## Variation

- Use canned chickpeas or black beans in place of the lentils and reduce the cooking time.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.
- Legumes such as lentils, chickpeas and black beans are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while dietary fibre keeps things moving in your digestive tract and helps keep you full for longer.



## Equipment

-  Cutting board and knife
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Chop, dice, mix, simmer, slice, stir, use herbs and spices to flavour dishes.

# Potato rosti



## Ingredients

### Serves 4

4 potatoes, grated

2 tablespoons oil

## Method

1. Place grated potato in a colander, rinse in cold water.
2. Squeeze out as much water as possible, place in a bowl.
3. Heat oil in a large frying pan over a medium heat.
4. Place spoonfuls of potato in the pan without crowding.
5. Fry on one side without moving until it becomes loose from the bottom of the pan.
6. Flip with a spatula and fry the other side, pressing down to flatten slightly.
7. Cook for another 5 minutes or until cooked through and golden brown on each side.
8. Remove from pan and serve.

## Serving suggestions

- Serve with baked popcorn chicken.
- Serve with a poached egg on top.
- Serve with steamed seasonal vegetables, e.g. chopped broccoli, chopped cauliflower, sliced carrot, green beans, sliced courgettes.

## Equipment

-  Bowl
-  Large frying pan
-  Large spoon
-  Measuring spoons
-  Spatula or fish slice

## Preparation and cooking skills

Grate, fry.

## Nutrition

- Potatoes, yams, taro, green banana, corn and kumara are called starchy vegetables.
- Starchy vegetables provide energy for your body.
- Peeling potatoes and kumara can reduce the amount of dietary fibre, vitamins and minerals in them. Leave the skins on wherever possible.

# Steamed vegetables

## Ingredients

### Serves 4

1 kumara, sliced into 2-3cm pieces

1 cup bite-size pieces cauliflower

2 carrots, sliced into 2-3cm pieces

1 cup bite-size pieces broccoli

2 courgettes, sliced into 2-3cm pieces

## Method

1. Half fill a large saucepan with water. Place a colander over saucepan and check that the water does not touch the colander.
2. Bring the water to a boil over high heat.
3. When steam starts to emerge from the pot, reduce the heat to medium.
4. Add the vegetables to the colander according to their steaming times:
  - Start with the kumara as it has the longest cook time, cover with the lid and steam for 3 minutes.
  - Then add the cauliflower, cover with the lid and steam for 2 minutes.
  - Add the carrots and broccoli, cover with the lid and steam for 2 minutes.
  - Lastly add the courgettes, cover with the lid and steam for 3 minutes.
5. Remove from heat carefully. Spoon vegetables into a dish and serve.

## Serving suggestions

- Season with pepper.
- Add cheese sauce.



## Equipment

-  Colander, steamer basket or sieve
-  Cutting board and knife
-  Large saucepan with lid
-  Measuring cups
-  Serving spoon

## Preparation and cooking skills

Boil, slice, steam.

## Recommended steaming times

Kumara, 2-3cm pieces	10 min
Cauliflower, bite-size pieces	7 min
Carrots, 2-3cm pieces	5 min
Broccoli, bite-size pieces	5 min
Courgettes, 2-3cm pieces	3 min

# Vegetable and bean burgers

## Ingredients

### Serves 4 (makes 8 patties)

1 can butter beans, drained and rinsed

2 carrots, grated

2 courgettes, grated

1 clove garlic, crushed

2 eggs

1/2 cup dry breadcrumbs

1 tablespoon oil

4 wholemeal burger buns

4 tablespoons tomato sauce

1/2 lettuce, torn into pieces

2 tomatoes, sliced

## Method

1. Place beans into a bowl and mash.
2. Mix mashed beans with grated carrots, courgette, garlic, eggs and breadcrumbs.
3. Heat oil over medium heat in large frying pan.
4. Spoon mixture into frying pan, a few at a time, avoid overcrowding.
5. Cook on both sides until golden brown and cooked through.
6. Remove patties from frying pan and place on paper towels on a board, keep warm. Repeat if necessary.
7. Cut burger buns in half. Top each side with tomato sauce, lettuce, tomato and patty, then serve.

## Variations

- Use grated beetroot or grated kūmara in place of carrot.
- Use kidney beans in place of butter beans.



## Equipment

-  Bowl
-  Colander
-  Cutting board and knife
-  Grater
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Paper towels
-  Potato masher
-  Spatula or fish slice
-  Large spoon

## Preparation and cooking skills

Drain, fry, grate, mash, mix, slice.

## Nutrition

- Legumes are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while dietary fibre keeps things moving in your digestive tract and helps keep you full for longer.
- Legumes include: lentils, butter beans, cannellini beans, red kidney beans, peas, chickpeas and soybeans.

# Vegetable tom yum soup

## Ingredients

### Serves 2

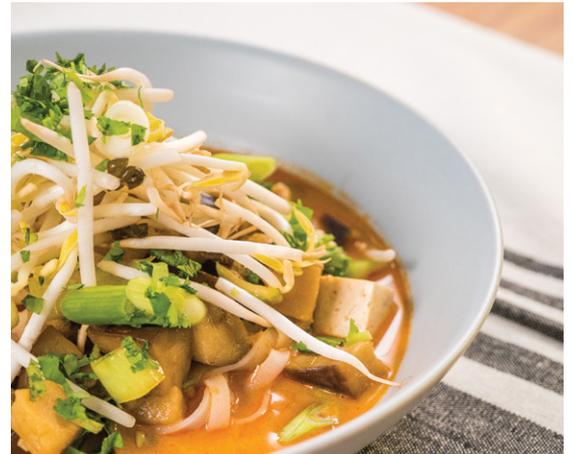
- 50 grams rice noodles
- 1 tablespoon oil
- 1 eggplant, diced
- 1-2 tablespoons tom yum paste
- 1½ cups water
- ½ vegetable stock cube
- ¼ cup coconut milk
- 2 bok choy, coarsely chopped
- 200 grams tofu, diced
- 1 tablespoon lemon or lime juice
- 1 cup bean sprouts
- 1 spring onion, sliced
- ¼ cup chopped fresh coriander

## Method

1. Bring a medium saucepan of water to the boil, then carefully add noodles. Reduce heat and simmer for 5-8 minutes or until tender, then drain, rinse and run under cold water. Leave to one side.
2. Heat oil in a large saucepan over low heat.
3. Add eggplant and cook, stirring for 5 minutes.
4. Add tom yum paste, water, stock and coconut milk. Bring to the boil then reduce heat and simmer covered for 10 minutes or until eggplant has softened.
5. Stir bok choy and tofu into soup and bring back to a simmer.
6. Remove from heat and stir lemon juice into soup.
7. Mix bean sprouts, spring onions and coriander together in a bowl.
8. Divide noodles among serving bowls.
9. Ladle soup over noodles and sprinkle with sprouts, spring onion and coriander mixture.

## Variation

- Use other seasonal vegetables in place of mung bean sprouts, e.g. sliced cucumber, chopped broccoli, diced capsicum.



## Equipment

-  Bowls
-  Colander
-  Cutting board and knife
-  Kitchen scales
-  Ladle
-  Measuring cups
-  Measuring spoons
-  Large saucepan with lid
-  Medium saucepan
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Boil, chop, dice, drain, simmer, slice, stir.

## Nutrition

- Thai food is well known for its strong aromatic flavours, spiciness and use of a variety of vegetables.
- Vegetables contain phytochemicals or plant chemicals. These can help to keep you healthy and stop you from getting sick.

# Vegetable rice paper rolls

## Ingredients

**Serves 4 (3 spring rolls each)**

*12 rice paper sheets*

*½ avocado, sliced*

## Fillings

*½ cup roughly chopped coriander*

*¼ cup Thai basil leaves*

*½ cup thinly sliced capsicum*

*1 carrot, sliced into thin sticks*

*¼ cucumber, sliced into thin sticks*

*1 cup lettuce, finely sliced lettuce*

*½ cup mung beans*

*¼ cup roasted and chopped peanuts*

*½ cup shredded cooked chicken*

## Method

1. Dip the rice paper sheets in cold water, lay out on a clean bench top and let them soften for a minute.
2. Select from the different fillings to make ½ cup. Place in the middle of each softened rice paper sheet.
3. Fold the left- and right-hand side of each sheet towards the middle. Repeat.
4. Roll into a cylinder shape.
5. Serve immediately or refrigerate until ready to serve.

## Serving suggestions

- Serve with a Asian-style dipping sauce.

## Tips

- You don't need to soak the rice paper sheets, just wet them, they will soften after a minute.
- Arrange filling so that all the pieces are in the middle of the rice paper sheet and parallel to the edge of the bench.
- Be careful not to overfill the rice paper sheets as this will make it harder to roll them into cylinders.



## Equipment

- Bowls
- Cutting board and knife
- Measuring cups
- Measuring spoons

## Preparation and cooking skills

Chop, handle poultry, roll, shred, slice.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

Lesson:

We are learning to:

Success criteria: "I am successful when I can..."

Evaluate the outcome:

**What went well?**

**What did not go well?**

**What could be improved?**

# Foods and functions

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

- 1 Cut out** each picture and its matching nutrients and health benefits.
- 2 Place** each picture and matching words in its correct food group in the table on the next page.

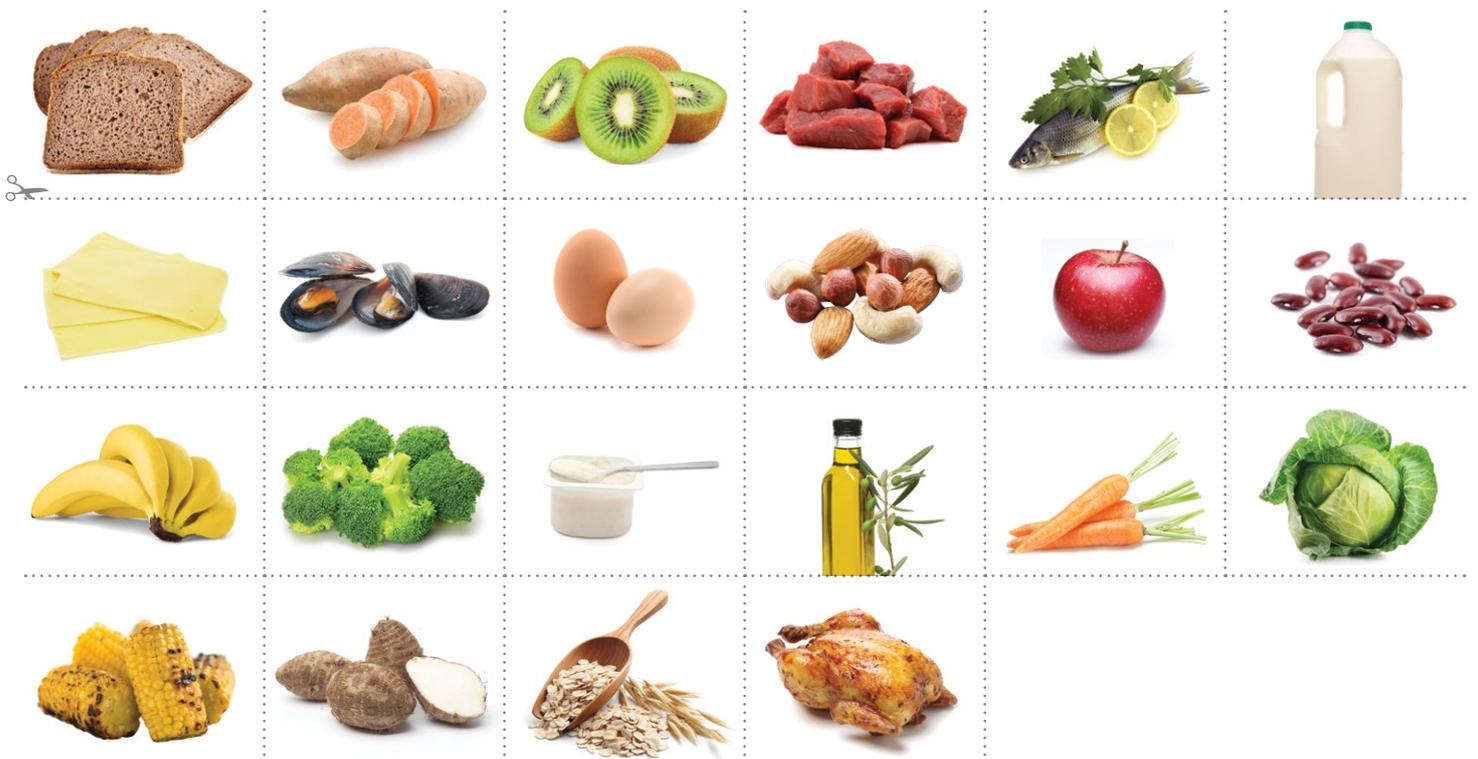
**Hint:** there will be more than one picture for each type of food.

## Key nutrients

vitamins, minerals and fibre	healthy fats	carbohydrates and fibre	calcium	protein and minerals
------------------------------	--------------	-------------------------	---------	----------------------

## Health benefits

muscle growth and repair	energy	protecting our health and keeping full for longer	healthy heart	teeth
--------------------------	--------	---	---------------	-------



Type of food	Key nutrients	Health benefits
vegetables & fruit		
grain foods & starchy vegetables		
legumes, fish, seafood, eggs, poultry & lean meat		
milk, yoghurt & cheese		
healthy oils, nuts & seeds		

# Foods and functions

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

- 1 Cut out** each picture and its matching nutrients and health benefits.
- 2 Place** each picture and matching words in its correct place in the table on the next page.

**Hint:** there will be more than one picture for each type of food.

**To complete this task digitally:**

1. Use a snipping tool to copy your image or text.
2. Click Paste (Ctrl+V) at the place where you want your image or text.

## Key nutrients

vitamins, minerals and fibre	healthy fats	carbohydrates and fibre	calcium	protein and minerals
------------------------------	--------------	-------------------------	---------	----------------------

## Health benefits

muscle growth and repair	energy	protecting our health and keeping full for longer	healthy heart	teeth
--------------------------	--------	---	---------------	-------

Type of food	Key nutrients	Health benefits
<p>vegetables &amp; fruit</p> 	<p><i>vitamins, minerals and fibre</i></p>	<p><i>protecting our health and keeping full for longer</i></p>
<p>grain foods &amp; starchy vegetables</p> 	<p><i>carbohydrates and fibre</i></p>	<p><i>energy</i></p>
<p>legumes, fish, seafood, eggs, poultry &amp; lean meat</p> 	<p><i>protein and minerals</i></p>	<p><i>muscle growth and repair</i></p>
<p>milk, yoghurt &amp; cheese</p> 	<p><i>calcium</i></p>	<p><i>teeth</i></p>
<p>healthy oils, nuts &amp; seeds</p> 	<p><i>healthy fats</i></p>	<p><i>healthy heart</i></p>

# Label the foods

## Lasagne

### Ingredients

#### Serves 4

*½ tablespoon oil*

*200 grams beef mince*

*1 onion, diced*

*1 clove garlic, peeled and crushed*

*1 ½ cups chopped fresh seasonal vegetables, e.g. carrots, celery, courgettes, mushrooms*

*250 grams ready-made pasta sauce*

*1 tablespoon oil*

*1 ½ tablespoons flour*

*1 cup milk*

*½ cup grated tasty cheese*

*2 sheets fresh instant lasagne*

*2-3 bunches spinach, washed and stems removed*



### Method

#### Meat sauce

1. Heat oil in a heavy-based frying pan (with a fitting lid) over a medium heat.
2. Add mince, stirring until brown on all sides.
3. Add onions, garlic and chopped vegetables, and simmer for 5 minutes.
4. Add pasta sauce. Bring to the boil, reduce heat, cover and simmer for 15 minutes, stirring occasionally. If the mixture becomes too thick, add a little extra water.

#### Cheese sauce

1. Heat oil in saucepan over low heat, add flour and stir for approximately 1 minute.
2. Add a quarter of the milk and stir until the mixture is smooth. Repeat three times until all milk has been added.
3. Continue to simmer the sauce, stirring often until it is smooth and thick.
4. Stir through ½ cup cheese (the rest of the cheese will be used for the topping).

#### To assemble

1. Preheat oven to 200°C.
2. Lightly oil a deep-sided ovenproof dish.
3. Place a lasagne sheet at the bottom of the dish. Add ½ the mince mixture, then a layer of the spinach, then half the cheese sauce.
4. Place the other lasagne sheet on top of the cheese sauce. Top with the remaining mince and spinach.
5. Finish with the rest of the cheese sauce and sprinkle with remaining cheese.
6. Bake in preheated oven for 20-30 minutes or until golden brown on top.

1 Use the lasagne recipe and the Visual Food Guide (VFG) to complete the following.

- a) **Label** the different types of food that you can see on the food product below.
- b) **Categorise** the food product *ingredients* under each type of food in the table.



b) **Categorise** the food product *ingredients* into the food groups table.

Vegetables & fruit	Grain foods & starchy vegetables	Milk, yoghurt & cheese	Legumes, fish, seafood, eggs, poultry & lean meat

# Label the foods

## Lasagne

### Ingredients

#### Serves 4

- ½ tablespoon oil*
- 200 grams beef mince*
- 1 onion, diced*
- 1 clove garlic, peeled and crushed*
- 1 ½ cups chopped fresh seasonal vegetables, e.g. carrots, celery, courgettes, mushrooms*
- 250 grams ready-made pasta sauce*
- 1 tablespoon oil*
- 1 ½ tablespoons flour*
- 1 cup milk*
- ½ cup grated tasty cheese*
- 2 sheets fresh instant lasagne*
- 2-3 bunches spinach, washed and stems removed*



### Method

#### Meat sauce

1. Heat oil in a heavy-based frying pan (with a fitting lid) over a medium heat.
2. Add mince, stirring until brown on all sides.
3. Add onions, garlic and chopped vegetables, and simmer for 5 minutes.
4. Add pasta sauce. Bring to the boil, reduce heat, cover and simmer for 15 minutes, stirring occasionally. If the mixture becomes too thick, add a little extra water.

#### Cheese sauce

1. Heat oil in saucepan over a low heat, add flour and stir for approximately 1 minute.
2. Add a quarter of the milk and stir until the mixture is smooth. Repeat three times until all milk has been added.
3. Continue to simmer the sauce, stirring often until it is smooth and thick.
4. Stir through ½ cup cheese (the rest of the cheese will be used for the topping).

#### To assemble

1. Preheat oven to 200°C.
2. Lightly oil a deep-sided ovenproof dish.
3. Place a lasagne sheet at the bottom of the dish. Add ½ the mince mixture, then a layer of the spinach, then half the cheese sauce.
4. Place the other lasagne sheet on top of the cheese sauce. Top with the remaining mince and spinach.
5. Finish with the rest of the cheese sauce and sprinkle with remaining cheese.
6. Bake in preheated oven for 20-30 minutes or until golden brown on top.

1 Use the lasagne recipe and the Visual Food Guide (VFG) to complete the following.

**Tip:** download the VFG from [heartfoundation.org.nz](http://heartfoundation.org.nz) and display in the classroom.

- a) **Label** the different types of food that you can see on the food product below.  
 b) **List** the food product *ingredients* under each type of food in the table.



b) **Categorise** the food product *ingredients* under each type of food in the table.

Vegetables & fruit	Grain foods & starchy vegetables	Milk, yoghurt & cheese	Legumes, fish, seafood, eggs, poultry & lean meat
<ul style="list-style-type: none"> <li>spinach</li> <li>tomato</li> <li>carrot</li> <li>onion</li> <li>pasta sauce</li> </ul>	<ul style="list-style-type: none"> <li>flour</li> <li>instant lasagne</li> </ul>	<ul style="list-style-type: none"> <li>milk</li> <li>tasty cheese</li> </ul>	<ul style="list-style-type: none"> <li>beef mince</li> </ul>

# The Visual Food Guide

Eating a variety of foods help you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 Use the word list to **fill in the blanks** on the Visual Food Guide below.

## Word list

grain foods & starchy vegetables

healthy oils, nuts & seeds

milk, yoghurt & cheese

vegetables & fruit

legumes, fish, seafood, eggs, poultry & lean meat



eat  
most

[Blank box for labeling]



eat some

[Blank box for labeling]



[Blank box for labeling]



[Blank box for labeling]



[Blank box for labeling]

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

# The Visual Food Guide

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 Use the word list to **fill in the blanks** on the Visual Food Guide below.

## Word list

grain foods & starchy vegetables

healthy oils, nuts & seeds

milk, yoghurt & cheese

vegetables & fruit

legumes, fish, seafood, eggs, poultry & lean meat



# eat most

vegetables & fruit



# eat some

grain foods & starchy vegetables



legumes, fish, seafood, eggs, poultry & lean meat



milk, yoghurt & cheese



healthy oils, nuts & seeds

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

# Sensory evaluation

Sensory evaluation uses sight, smell and taste to give feedback on food products.

My food product: .....

**1 Select or circle** the words below that describe your food product.

 Appearance	 Taste/flavour	 Aroma/smell	 Texture
appetising    large clean          lumpy colourful      messy dull            rough fizzy          round flat            rustic fresh          smooth golden        stringy	acidic          savoury bitter          soggy bland          sour citrus         spicy fruity         strong mild           sour rich            tangy rotten         tart salty          weak	cheesy        perfumed fishy          pungent floral         rotten fragrant      scented fresh         stinky herby         sweet musty	chewy         hard creamy        liquid crisp          moist crumbly       mushy crunchy       slimy dry            smooth firm           soft flaky          sticky fluffy

**2 Rate your food product** using the scale below. **Select or circle** the number that best describes your response.

				
I really don't like it	I dislike it slightly	I neither like nor dislike it	I like it slightly	I really like it
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**3** What could you do differently to improve the rating of your food product next time?