

Pick 'n' mix smoothie

Ingredients

Serves 2

1 cup milk

2 tablespoons plain yoghurt

½ banana, peeled, chopped

½ large apple, cored, chopped

Pick 'n' mix options (choose one of the following):

- 1 cup chopped spinach leaves
- 1 medium beetroot, trimmed, peeled and chopped
- 1 large carrot, chopped

Method





1. Place milk, yoghurt, banana, apple and pick 'n' mix vegetable into the blender.
2. Secure lid tightly.
3. Blend on high speed until smooth.
4. Add chilled water for a thinner mixture, if necessary.
5. Remove lid and pour smoothie equally into two glasses.

Serving suggestions

- Pre-chill the glasses.
- Add 2-3 ice cubes to the mixture.
- Garnish with mint leaves.



Equipment

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

Preparation and cooking skills

Blend, chop, peel.

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.

Rainbow vege kebabs



Ingredients

Serves 2 (makes 4)

4 cherry tomatoes

1 capsicum, deseeded, e.g. red, yellow, orange, green

1/4 carrot, peeled

1/2 courgette

1/4 red onion, peeled

1/4 beetroot, washed

2 teaspoons oil

pepper to taste







Method

1. Preheat oven to 180°C. Soak wooden skewers in a shallow bowl of water for 10 minutes.
2. Prepare your vegetables: slice capsicums, carrot, courgette, red onion, beetroot into similar sized chunks (about 2-3cm pieces).
3. Thread vegetables onto skewers following the order of a rainbow.
4. Place in roasting pan and sprinkle with oil and season with pepper.
5. Roast in oven for 10-15 minutes or until beetroot is cooked through. Allow to cool for 10 minutes.

Serving suggestion

- Serve the kebab with an Asian-style dipping sauce.

Equipment

-  Cutting board and knife
-  Measuring spoons
-  Roasting pan
-  Shallow bowl
-  Vegetable peeler
-  4 wooden skewers

Preparation and cooking skills

Peel, roast, slice, thread onto skewers.

Nutrition

- Vegetables come in a wide variety of colours, shapes and flavours. You will get the greatest benefit if you eat a 'rainbow' of colours everyday, e.g. green, white, yellow-orange, blue-purple, red.

Lesson 1:

Getting started with healthier cooking

Pick 'n' mix smoothie

We are learning to:

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- work safely in the kitchen, using good hygiene practices
- work together as a team
- manage time effectively
- evaluate a food product.



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

- select a variety of fresh, seasonal vegetables to make a tasty and healthier smoothie
- blend ingredients into a smooth and thicker-than-juice consistency
- pour an even amount of smoothie into each cup
- work with my team to make a healthier smoothie safely, within time constraints.

Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

Lesson 1:

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Rainbow vege kebab

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- evaluate a food product.



Success criteria: “I am successful when I can...”

- select a variety of fresh, seasonal vegetables to make a healthier kebab
- chop vegetables into similar sizes
- place an even amount of vegetables on each skewer according to the colours of the rainbow
- work with my team to make a vegetable kebab safely, within time constraints.

Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

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Equipment find

Equipment list

blender	electric frying pan	measuring jug	saucepan
bowls/cups/plates	frying pan	measuring spoons	spatula
can opener	grater	mixing bowl	tongs
cutting board	kitchen scales	oven mitts	vegetable peeler
colander	knife	potato masher	whisk
dish rack	measuring cups	roasting pan	wooden spoon

1 Use the **word list** and search the kitchen to fill in the table.



Name:

Location:

Use:



Name:

Location:

Use:



Name:

Location:

Use:



Name:

Location:

Use:



Name:

Location:

Use:



Name:

Location:

Use:



Name:

Location:

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Location:

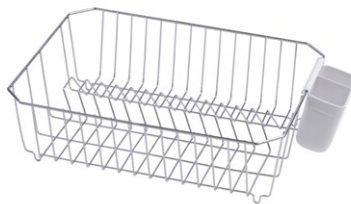
Use:



Name:

Location:

Use:



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Location:

Use:



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Location:

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Location:

Use:



Name:

Location:





Use:

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
1	2	3	4	5

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

The technology process

The technology process follows the steps in the diagram below. It helps to generate ideas, create products, solve a problem or take an opportunity.



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 space for labeling]



eat some


[Blank space for labeling]



[Blank space for labeling]



[Blank space for labeling]



[Blank space for labeling]

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

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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

Carrots



Available

All year round.

Buy

Choose carrots that are firm and bright orange.

Store

In plastic bags in the fridge.

Prepare



Wash and trim ends, peel if required.

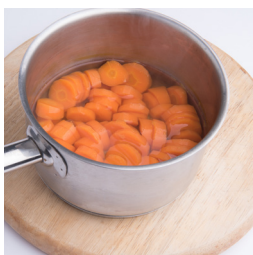
Can be:



Whole, sliced, grated, chopped into sticks, diced

Cook

Can be:



Boiled



Steamed



Stir-fried



Eaten raw

Other suggestions:

Roasted
Microwaved
Mashed



Carrot, chicken and corn soup

(serves 4)

Ingredients

8 cups water
1 teaspoon stock powder
2 large carrots, diced
1 cup brown rice
1 large onion, finely chopped
2 corn on the cob, cooked and kernels removed (or 2 cups frozen corn kernels)
1 cup cooked chicken, shredded
parsley, chopped

Method



1

Place water and stock in a large saucepan.



2

Add the carrots, brown rice and onion. Cook for 30 minutes until rice is soft.



3

Add corn and chicken and cook for 5 minutes, add extra water if required.



4

Sprinkle with parsley to serve.

For more easy, fast and affordable food ideas visit myfamily.kiwi/foods or vegetables.co.nz



My Family Food

Easy, fast and affordable food ideas

Courgette



Available

October to April.

Buy

Glossy, blemish free skins.

Store

In the vegetable bin in the fridge.

Prepare



Cut in half.



Slice into discs.



Slice into sticks.



Peel into ribbons.

Cook

Can be:



Boiled



Baked



Stir-fried



With noodles



Courgette pasta carbonara

(serves 4)

Ingredients

¼ packet dry fettuccini
(or spaghetti)
2 tablespoons oil
2 cloves garlic, crushed
4 courgettes, cut into
ribbons
2 carrots, cut into ribbons
½ can evaporated milk
1 cup grated cheese
Pinch of salt
Pepper

Method



1 Into a large pot of boiling water add the pasta. Stir to stop it sticking. Boil for 10 minutes then drain and set aside.



2 In a large pot add oil and garlic and cook briefly.



3 Add courgette and carrot, stirring for 1 minute. Add evaporated milk and bring to a boil.



4 Add drained pasta and cheese, mix well. Season with salt and pepper.

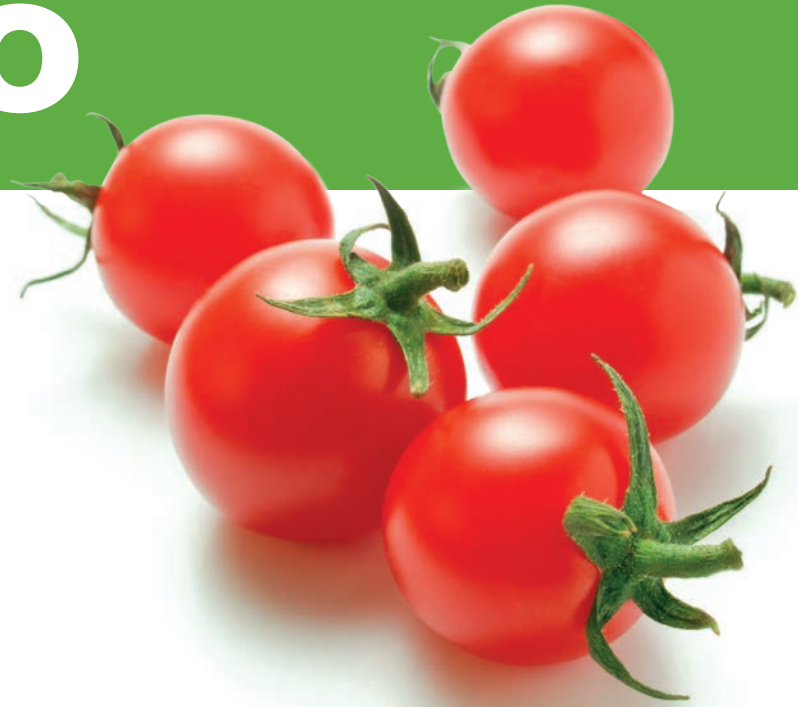
For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

Easy, fast and affordable food ideas

Tomato



Available

All year round.

Buy

Firm and ripe.

Store

At room temperature.

Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

Cook

Can be:



Roasted



Salad



On toast



On pasta



Tomato salsa

(serves 4)

Ingredients

4 tomatoes, finely chopped
½ onion, finely chopped
¼ cup lemon juice/vinegar
2 tablespoons oil
Pinch of salt
Pepper

Method



1 Finely chop the tomatoes and onions.



2 Add lemon juice and oil.



3 Season and mix well. Keep refrigerated until ready to serve.



4 Serve with baked potato wedges.

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My Family Food

Easy, fast and affordable food ideas