

Baked popcorn chicken

Ingredients

Serves 2

200 grams boneless, skinless chicken thighs,
sliced into bite-sized pieces

2 tablespoons milk

½ teaspoon lemon juice

2 eggs

½ cup flour

1½ cups breadcrumbs

1 teaspoon dried herbs

1 teaspoon paprika

1 teaspoon lemon zest

Method














1. Preheat oven to 225°C.
2. Marinate chicken pieces in milk and lemon juice in a bowl for 15-30 minutes in the refrigerator.
3. Place eggs, flour and breadcrumbs in three separate bowls and place in a row on the table or bench.
4. Beat eggs.
5. Add dried herbs, paprika and lemon zest into breadcrumbs and mix well.
6. Coat a spoonful of chicken pieces in flour and shake off excess.
7. Then dip into egg and coat thoroughly.
8. Next, place eggy chicken pieces into breadcrumbs, press breadcrumbs all over.
9. Place coated chicken pieces on a baking tray.
10. Repeat for remaining chicken.
11. Bake in preheated oven for 12-15 minutes or until golden brown and chicken is no longer pink inside.
12. Remove from oven. Use tongs to remove chicken pieces from dish and serve.

Serving suggestions

- Serve in a wrap with salad vegetables.
- Serve with mashed potato and coleslaw.



Equipment

-  Baking tray
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Kitchen scales
-  Large bowl
-  Large spoon
-  Measuring cups
-  Measuring spoons
-  3 medium bowls or dishes
-  Tongs
-  Wooden spoon

Preparation and cooking skills

Bake, beat, marinate, mix, prepare and cook raw poultry, slice, use herbs and spices to flavour dishes, zest.

Nutrition

- A healthier alternative to takeaway deep-fried chicken.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

Coleslaw



Ingredients

Serves 4

¼ small cabbage, shredded

2 carrots, grated

½ apple, grated

2 tablespoons vinegar

3 tablespoons oil

Method

1. Mix cabbage, carrot, apple, vinegar and oil together in a bowl, then serve.





Serving suggestion

- Serve with char grilled meats, burgers, baked or roasted chicken.

Variations

- Use an Asian-style dressing in place of the vinegar and oil.
- Use red cabbage to make a purple slaw.
- Add sliced celery and/or capsicum.

Equipment

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

Preparation and cooking skills

Grate, mix, shred.

Nutrition

- Cabbage and carrots are a good source of dietary fibre which helps keep things moving in the digestive tract and helps keep you full for longer.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which helps you to learn and grow, and stops you from getting sick.

Lesson 6:

Healthier fast food

Baked popcorn chicken with slaw

We are learning to:

- use seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- understand how materials can be transformed
- work safely in the kitchen and use good food hygiene practices
- work together as a team
- evaluate a food product.

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

- use cooking skills and seasonal vegetables to make a healthier alternative to a takeaway meal
- safely prepare and cook raw poultry (chicken)
- work with my team to make popcorn chicken safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

Takeaway burger makeover



Takeaway burger

Cost per serve: \$2.10*

Ingredients (4 serves)

4 pre-made burger patties
4 white burger buns
4 tablespoons tomato sauce
4 slices cheese

Method

1. Lightly pan fry or grill burger patties.
2. Place burger buns on a serving plate. Top with tomato sauce, burger patty, and then cheese.

Takeaway burger makeover

Cost per serve: \$1.50*

Ingredients (4 serves)

320 grams lean beef mince
 $\frac{1}{2}$ onion, finely diced
 $\frac{1}{2}$ carrot, grated
1 egg, beaten
1 tablespoon wholemeal breadcrumbs
pinch black pepper
4 wholemeal burger buns
4 lettuce leaves
 $\frac{1}{4}$ cup tomato salsa (see recipe on the **Heart Foundation website**)

Makeover method

1. Mix together the patty ingredients except for the vegetable oil.
2. Divide into four balls, and flatten into patties.
3. Lightly pan fry or grill the patties until they are cooked through.
4. Remove patties from the frying pan and place on paper towel.
5. Place burger buns on a serving plate. Top with lettuce, burger patty and then tomato salsa.

1 Look at the two food products (burgers) and compare the differences on the previous page.

a. Compare the cost of each food product?

.....

b. How has the food product been transformed?

.....

c. Why do you think there is a difference in the cost per serve?

.....

2 Fill in the table to show advantages and disadvantages of the transformation.

Hint: think about attributes, sustainability and hauora/well-being

 Advantages	 Disadvantages

*Costs as per March 2018, Auckland supermarket.



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1 Look at the two food products (burgers) and compare the differences on the previous page.

a. Compare the cost of each food product?

- *The takeaway burger makeover costs 60 cents less than the takeaway burger per serve.*

b. How has the food product been transformed?

- *Swapped the white bun to a wholemeal bun.*
- *Added vegetables (lettuce, tomato in salsa, carrot, onion).*
- *Swapped the pre-made beef patty to a homemade beef patty.*
- *Removed the cheese and tomato sauce.*

c. Why do you think there is a difference in the cost per serve?

- *The takeaway burger uses pre-made ingredients, which often cost more than making from scratch.*

2 Fill in the table to show advantages and disadvantages of the transformation.

Hint: think about attributes, sustainability and hauora/well-being

 Advantages	 Disadvantages
<ul style="list-style-type: none"> • <i>Uses less pre-made ingredients, which often cost more than making from scratch.</i> 	<ul style="list-style-type: none"> • <i>Requires more time to make.</i>
<ul style="list-style-type: none"> • <i>Uses more vegetables, which makes it more nutritious and filling.</i> 	<ul style="list-style-type: none"> • <i>Many steps</i>
<ul style="list-style-type: none"> • <i>Looks fresh and colourful, so is more appetising.</i> 	
<ul style="list-style-type: none"> • <i>Variety of textures</i> 	
<ul style="list-style-type: none"> • <i>Opportunity to spend more time with family while cooking.</i> 	
<ul style="list-style-type: none"> • <i>Opportunity to practice and learn cooking skills.</i> 	
<ul style="list-style-type: none"> • <i>Cheaper</i> 	

*Costs as per March 2018, Auckland supermarket.

Cost comparison

We want to compare the cost of food products. To do this, we need to take the total cost of the food product and divide it by the number of servings we receive from that food product.

For example:

A fish 'n' chips takeaway meal costs \$10.40 and provides two serves. Therefore, the cost per serve is:

$$\$10.40 \div 2 = \$5.20 \text{ per serve}$$



Calculate the cost per serve and **complete** the following table.

Takeaway meals			
	Total cost	Number of servings	Cost per serve
Four cheese burgers and fries	\$41.60	4	$\$41.60 \div 4 = \10.40
Chinese noodles	\$54.00	4	
Butter chicken	\$50.00	4	
Home-made meals			
	Total cost	Number of servings	Cost per serve
Four cheese burgers and oven-baked wedges	\$15.92	4	$\$15.92 \div 4 = \3.98
Home-made Asian noodles	\$19.68	4	
Home-made butter chicken	\$21.90	4	

Compare the cost of the takeaway meals and home-made meals.

Hint: see if you can match up similar meals.

- 1 What do you notice about the cost per serve of the takeaway meals in comparison to the home-made meals?

- 2 Which are the most cost-effective meals?

- 3 How could you make the meals even more cost-effective?

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Chinese noodles	\$54.00	4	<i>\$13.50</i>
Butter chicken	\$50.00	4	<i>\$12.50</i>
Home-made meals			
	Total cost	Number of servings	Cost per serve
Four cheese burgers and oven-baked wedges	\$15.92	4	$\$15.92 \div 4 = \3.98
Home-made Asian noodles	\$19.68	4	<i>\$4.92</i>
Home-made butter chicken	\$21.90	4	<i>\$5.48</i>

Compare the cost of the takeaway meals and home-made meals.

Teacher
Copy

Hint: see if you can match up similar meals.

1 What do you notice about the cost per serve of the takeaway meals in comparison to the home-made meals?

- *The home-made meals are cheaper than the takeaway meals, e.g. the home-made butter chicken is \$7.02 cheaper per serve than the takeaway butter chicken.*

2 Which are the most cost-effective meals?

- *The home-made meals.*

3 How could you make the meals even more cost-effective?

For example:





- *Use vegetables from the garden.*
- *Bake your own buns.*
- *Buy ingredients on special.*
- *Use legumes in place of some of the meat.*

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?

Cabbage

Available

All year round.

Buy

Firm and heavy heads with even colour and crisp outer leaves.

Store

In plastic bags in the fridge.



Prepare



Cut in half.



Quarter and remove core.



Finely slice.



Chop roughly.

Cook

Can be:



Steamed



Simmered



Stir-fried



Coleslaw



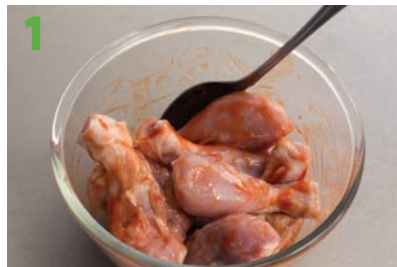
Chicken drumsticks with coleslaw

(serves 4)

Ingredients

8 chicken drumsticks, skin removed
3 tablespoons tomato sauce
1 ½ tablespoons vinegar
1 tablespoon oil
½ cup water
4 potatoes, washed and cut into wedges
2 tablespoons oil
¼ cabbage, shredded
2 carrots, grated
½ apple, grated
2 tablespoons vinegar
3 tablespoons oil

Method



Heat oven to 200°C. Mix drumsticks with tomato sauce, vinegar and oil.



Place in a baking dish and pour water into dish. Bake for 30 minutes or until chicken is thoroughly cooked.



Place potatoes on a baking tray and mix with oil. Bake for 25 - 30 minutes or until crispy and golden brown.



To make coleslaw, mix together the cabbage, carrot, apple, vinegar and oil.

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

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