

Wedges with tomato salsa

Ingredients

Serves 2

Wedges

2 potatoes, washed and sliced into wedges

1 tablespoon oil

Tomato salsa

2 tomatoes, cored and diced

½ spring onion, finely sliced

pepper to taste

1 teaspoon sweet chilli sauce

Method

Wedges

1. Preheat oven to 225°C.
2. Place potatoes in a roasting pan and mix with oil to coat.
3. Bake in preheated oven for 25-35 minutes or until golden brown and crunchy. Turn several times during cooking.
4. Remove roasting pan from oven and use tongs to place wedges in a serving dish.

Tomato salsa

1. Place all ingredients in a bowl and stir to mix. Serve with wedges.

Variation

- Use other root vegetables, such as kūmara and taro in place of potatoes.

Serving suggestion






- Serve with salad and roast chicken.



Nutrition

- This recipe is a healthy alternative to takeaway hot chips.
- Eating whole grain foods and starchy vegetables gives you fuel for energy, dietary fibre, vitamins and minerals. These foods contain carbohydrate which helps you to concentrate, learn and keep active.
- Peeling potatoes and kūmara can reduce the amount of dietary fibre, vitamins and minerals in them. Leave the skins on wherever possible.

Equipment

-  Bowl and spoon
-  Cutting board and knife
-  Measuring spoons
-  Roasting pan
-  Tongs

Preparation and cooking skills

Dice, mix, roast, slice.

Lesson 4:

Sketch a meal concept

Wedges and tomato salsa

We are learning to:

- use seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- understand the food technology process
- work together as a team
- manage time effectively
- evaluate a food product.

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

- select seasonal vegetables to make healthier wedges and salsa
- dice, slice and roast vegetables
- make wedges golden brown and crispy
- know what a working drawing is
- work with my team to make healthier wedges safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?





What could be improved?

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?

Working drawings

Working drawings serve as a plan for the construction or manufacture of something you want to make. They show your conceptual design.

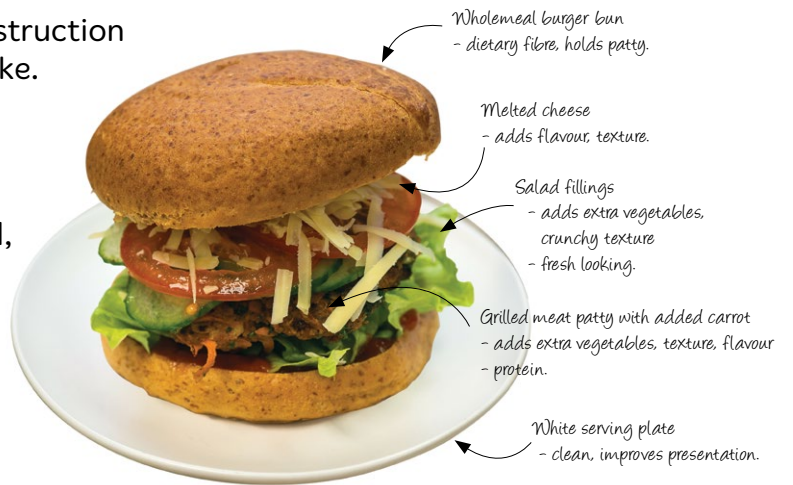
- 1 Draw or paste** an image of a food product. **Remember** to show the way it is presented, e.g. on a serving dish.

Name of food product:

.....

- 2 On your drawing:**



- label** each ingredient and serving items
- add notes** about key attributes (physical and functional).



Hint: look at the RECIPE – you may need to draw or list ingredients that you cannot see, such as spices and sauces.

3 Fill in the table to show advantages and disadvantages of making this food product.

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

 Advantages	 Disadvantages

Working drawings

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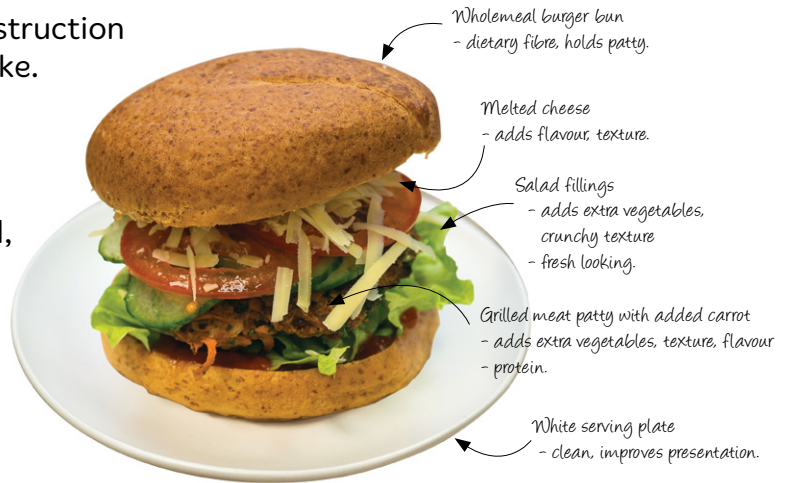
- 1 Draw or paste** an image of a food product. **Remember** to show the way it is presented, e.g. on a serving dish.

Name of food product:

Potato wedges with salsa (serves 2)

- 2 On your drawing:**

- label** each ingredient and serving items
- add notes** about key attributes (physical and functional).



Hint: look at the RECIPE – you may need to draw or list ingredients that you cannot see, such as spices and sauces.

Small black serving bowl

Physical: clean, black, small.

Functional: holds salsa separate from wedges and allows easy dipping. The white and black bowls contrast with the wedges and salsa, making them stand out and look visually appealing.



Tomato salsa

Physical: bright red, glossy sauce, soft chunks, sweet chilli flavour.

Functional: adds texture, flavour, visually appealing, provides vitamins and minerals.

Roasted potato wedges

Physical: light brown colour, crispy on the outside and soft on the inside.

Functional: adds texture, roasted flavour, visually appealing.



Medium white serving bowl

Physical: clean, white, medium.

Functional: holds wedges making them easy to serve, presents meal in a tidy way.



Sweet chilli sauce

Physical: glossy and runny liquid with chilli flakes.

Functional: adds heat, sweetness, spice.



Oil

Physical: liquid at room temperature.

Functional: transfers heat to cook food and adds flavour, stops wedges from sticking to the roasting dish.





Spring onion

Physical: green/white, firm.

Functional: adds texture, mild onion flavour to sauce.

3 **Fill in** the table to show advantages and disadvantages of making this food product.

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

 <p>Advantages</p>	 <p>Disadvantages</p>
<ul style="list-style-type: none"> • <i>Cheaper and healthier than takeaways</i> • <i>Mix of textures, e.g. soft versus crispy to improve mouth feel</i> • <i>Fresh flavours</i> • <i>Simple to make</i> • <i>Uses basic food preparation and cooking skills</i> • <i>Visually appealing, e.g. bright and contrasting colours, clean presentation</i> 	<ul style="list-style-type: none"> • <i>Takes more time than using store-bought salsa and wedges</i>

To **include an image digitally**, follow these steps:

1. Use a snipping or capture tool to copy your image.
 2. Go to your PDF worksheet, click the location where you want to paste the image, and then click Paste (Ctrl+V).
- To add notes digitally around the image, use drawing tools available to you.

Potatoes



Available

All year round.

Buy

With no cuts, bruises, green patches or shoots.

Store

In a well-ventilated, cool, dark place.

Prepare



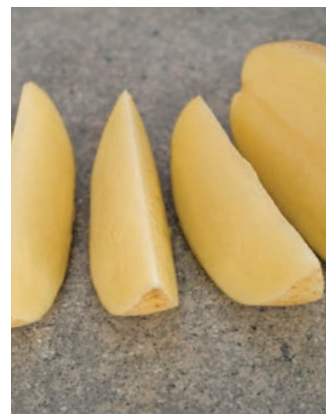
Wash to remove the soil.



Peel the potato.



Chopped into quarters.



Slice into wedges.

Cook

Can be:



Boiled



Mashed



Wedges



Baked with beans



Potato wedges

(serves 4)

Ingredients

4 potatoes, skins on,
cut into wedges
2 tablespoons oil
Pinch of salt
Pepper

Method



Heat oven to 225°C. In a large bowl mix together the potato wedges and oil.



Spread evenly on a low sided roasting tray. Bake for approximately 30 minutes or until crispy and golden brown.



Season with salt and pepper.



Serve with chilli beans and cheese.

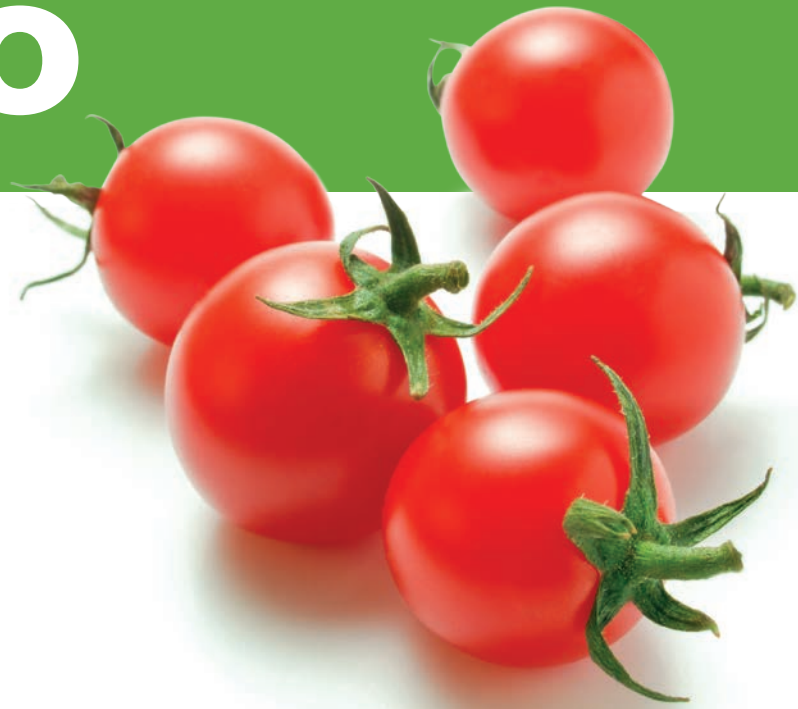
For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



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.

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



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