

Veg-up macaroni cheese

Ingredients

Serves 2

- 60 grams macaroni
- 2 cups cauliflower and broccoli florets
- 1 tablespoon oil
- 4 teaspoons flour
- 1 cup milk
- 1/2 cup grated cheese
- 1 tomato, sliced
- 2 tablespoons dry breadcrumbs
- 1 cup lettuce leaves
- 1/2 carrot, grated

Method









1. Fill a large saucepan with water and bring to the boil. Add macaroni and simmer for 7 minutes. Add cauliflower and broccoli to macaroni, simmer for 3-4 minutes, then drain.
2. To make cheese sauce, heat oil in another saucepan and add flour. Stir and cook for approximately one minute.
3. Gradually add milk in small amounts, mixing until smooth with each amount.
4. Continue until all milk has been added.
5. Return to a low heat and bring to simmer, stirring often. Stir through cheese.
6. Preheat grill to medium heat. Place macaroni vegetable mixture in a baking dish. Pour over cheese sauce, stir gently, sprinkle with breadcrumbs and top with tomato slices.
7. Place under preheated grill for 5-10 minutes or until golden brown.
8. Remove from oven, spoon onto plates and serve with lettuce and carrot.

Variation

- Use grated carrot, cooked frozen peas or sliced capsicum in place of half of the cauliflower and broccoli.



Equipment

-  Baking dish
-  Cutting board and knife
-  Grater
-  2 large saucepans
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Boil, chop, fry, grill, make sauces from scratch, mix, simmer, slice.

Nutrition

- This dish contains a mix of grain foods (pasta, flour and breadcrumbs), vegetables and dairy products (milk and cheese).
- Eating a variety of foods helps to maintain a healthy and interesting diet and gives your body plenty of nutrients.

Lesson 3:

Using seasonal vegetables

Veg-up macaroni cheese

We are learning to:

- use a variety of colourful seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- 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 healthier macaroni cheese
- chop and slice vegetables, and cook macaroni until firm to bite (al dente)
- make a cheese sauce from scratch
- work with my team to make vegetable macaroni cheese safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

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

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Cheese sauce

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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 and display in the classroom.

- Label** the different types of food that you can see on the food product below.
- 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"> spinach tomato carrot onion pasta sauce 	<ul style="list-style-type: none"> flour instant lasagne 	<ul style="list-style-type: none"> milk tasty cheese 	<ul style="list-style-type: none"> beef mince

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



eat some

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

Broccoli

Available

All year round.

Buy

Head should be dark green with compact buds.

Store

In the vegetable bin in the fridge.

Prepare



Whole head.



Separate the broccoli head into florets.



Chop into smaller florets.



Grate the stalks.

Cook

Can be:



Boiled



Stir-fried



Stalk salad



Pasta



Roasted broccoli salad

(serves 4)

Ingredients

2 heads broccoli, cut into florets
4 cloves garlic, sliced
4 tablespoons oil
4 tablespoons lemon juice (2 lemons)
2 tablespoons lemon zest (2 lemons)
Season with pepper

Method



Heat oven to 200°C.
In a large bowl mix all ingredients together.



Spread out evenly on a roasting dish. Roast in oven for 15 minutes.



Serve with grilled chicken, bread roll and salsa.

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

Cauliflower



Available

All year round.

Buy

Heads are clean and compact.

Store

In vegetable bin in the fridge.

Prepare



Remove leaves.



Remove core.



Separate the cauliflower heads into florets.



Chop into smaller florets.

Cook

Can be:



Boiled



Steamed



Stir-fried



Add to sauce



Tuna cauliflower mac n cheese

(serves 4)

Ingredients

¼ packet macaroni pasta
½ head cauliflower, chopped
1 can creamed corn
½ cup milk
1 cup grated cheese
1 cup peas
400g can tuna, drained

Method



Heat oven to 200°C. Boil the macaroni for 8 minutes.



Add cauliflower to pasta and boil for a further 3 minutes. Drain and set aside.



Mix together creamed corn, milk and half the cheese. Then add the peas, tuna, pasta and cauliflower.



Place in a large roasting dish and sprinkle with remaining cheese. Bake for 30 minutes and until top is golden.

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

Food skills

White sauce

White sauce is referred to as a basic sauce. It is a mixture of flour and fat that is cooked together (called a roux), and then milk is gradually whisked into the mixture to make a sauce. The thickness of the sauce depends on the amount of milk and flour used. White sauce is used as the base for cheese sauce and creamy soups.

Did you know

In French cooking, a traditional white sauce is called a Bechamel sauce and a cheese sauce is called a Mornay sauce.

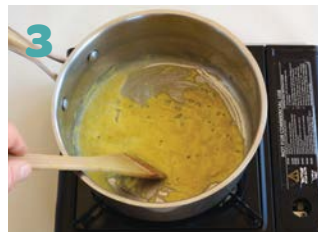
How to



1 Heat 2 tablespoons of oil in a saucepan.



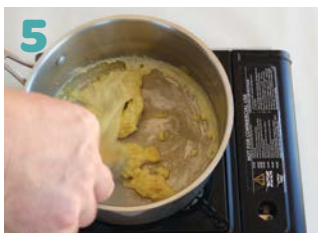
2 Add 3 tablespoons of flour.



3 Stir and cook for approximately 1 minute.



4 Turn the heat off. Gradually add the milk in small amounts.



5 After each addition of milk, mix until smooth.



6 Continue until all the milk has been added.



7 Mix until smooth.



Return to a low heat and bring to a simmer, stirring all the time until thick. Season with pinch of salt and pepper.



Cheese sauce (serves 4)

Ingredients

- 2 tablespoons oil
- 3 tablespoons flour
- 2 cups milk
- 1 cup cheese, grated
- Pinch salt
- Pepper
- 1 head broccoli, cut into bite-size pieces
- 1 head cauliflower, cut into bite-size pieces
- 1 red capsicum, sliced

Method



Prepare the white sauce using the method on the back of the card. Stir through the grated cheese. Season with salt and pepper.



Fill a large pot with enough water so it doesn't touch the steamer. Bring to the boil then reduce the heat.



Place the steamer on top of the pot. Add the broccoli, cauliflower and capsicum. Cover and cook for 3-5 minutes.



Place the vegetables into a serving dish and serve with the cheese sauce.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz