

# Build a salad bowl



Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

## Working in pairs:

- **design two salad bowls** with the same ingredients in each
- **give the salad a name.**

Follow the steps below to complete this task. Remember that each ingredient you choose is for your pair.

**Step one:** Choose your base. *Please **select one.***



1 cup cooked  
soba noodles



1 cup cooked  
couscous



1 cup cooked rice

**Step two:** Choose **at least three** different coloured vegetables. *Please **select**.*



1 red tomato,  
sliced into wedges



½ small carrot,  
sliced into thin sticks



½ cup cooked  
corn kernels



½ cup finely sliced  
lettuce



½ cup finely sliced  
cucumber



½ cup finely sliced  
red cabbage



½ cup grated  
beetroot

**Step three:** Choose your protein. *Please **select one**.*



200 grams tofu,  
cubed



200 grams canned  
tuna, drained



200 grams canned  
butter beans, drained  
and rinsed



200 grams cooked  
shredded chicken

**Step four:** Choose your dressing. *Please **select one.***



¼ cup lemon and  
ginger dressing



¼ cup balsamic  
dressing



¼ cup honey and  
mustard dressing

**Step five:** Choose your garnish. *Please **select one.***



1 tablespoon chopped  
mint



1 tablespoon chopped  
spring onion



1 tablespoon chopped  
parsley

**Step six:** Write your recipe.

**Hint:** List the ingredients you have chosen above.

Recipe name:

.....

**Serves 2**

**Ingredients**

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**Equipment**

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**Preparation and cooking skills**

Chop, divide, grate, measure, slice.

**Method**

1. Place ½ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

**Extension task**

Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and Vegetables.co.nz.  
If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.



# Build a salad bowl

## Introduction

This activity is designed to teach students how to make a healthy meal that includes a variety of vegetables. Students will learn basic knife skills, teamwork, and how to evenly measure and divide ingredients.

## What to do

*Before the cooking lesson:*

1. Ask students to complete step one to six in their groups.
2. Based on your students' selections in step one to five, ensure you have enough ingredients for the cooking lesson.
3. Pre-cook the grains and noodles (see skill cards on the Heart Foundation website and [Vegetables.co.nz](http://Vegetables.co.nz)).
4. Prepare the salad dressings (see recipes on the Heart Foundation website and [Vegetables.co.nz](http://Vegetables.co.nz)).

*During the cooking lesson:*

5. Ask students to collect their chosen ingredients and make the recipe.
6. Ask students to evaluate their salad bowl.

## Tips

- Growing and using vegetables and herbs from a school garden can help students learn more about vegetables, sustainability, and how to make a meal within a budget.
- Remind your students that each ingredient that they select is for their team of two students. For example, 1 cup of cooked soba noodles serves 2.
- If you do not have all the ingredients, decide which group will use which option.
- Encourage students to write a shopping list for their salad bowl, which you can collect and use to plan the lesson.
- Encourage students who would like an extension activity to help you pre-cook the grains/noodles and prepare the salad dressings.

Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

Teacher  
Copy

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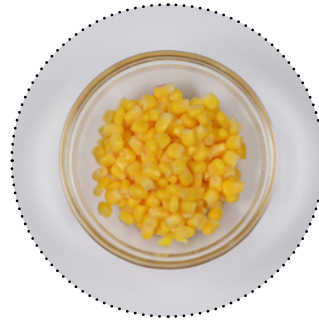
Teacher  
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½ cup cooked  
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½ cup finely sliced  
cucumber



½ cup finely sliced  
red cabbage



½ cup grated  
beetroot



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Teacher  
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¼ cup lemon and  
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**Step five:** Choose your garnish. Please **select one**.



1 tablespoon chopped  
mint



1 tablespoon chopped  
spring onion



1 tablespoon chopped  
parsley





**Step six:** Write your recipe.

**Hint:** List the ingredients you have chosen above.

**Teacher  
Copy**

Recipe name:

*Rainbow tuna bowl*

---

## **Serves 2**

### **Ingredients**

*1 cup cooked rice*  
*1 red tomato sliced into wedges*  
*½ cup finely sliced lettuce*  
*½ cup finely sliced red cabbage*  
*200 grams canned tuna, drained*  
*¼ cup lemon and ginger dressing*  
*1 tablespoon chopped spring onion*

### **Method**

1. Place ½ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

### **Equipment**

*Chopping board and knife*  
*Kitchen scales*  
*Measuring cups*  
*Measuring spoons*  
*Spoons*  
*Serving bowls*

### **Preparation and cooking skills**

Chop, divide, grate, measure, slice.

### **Extension task**

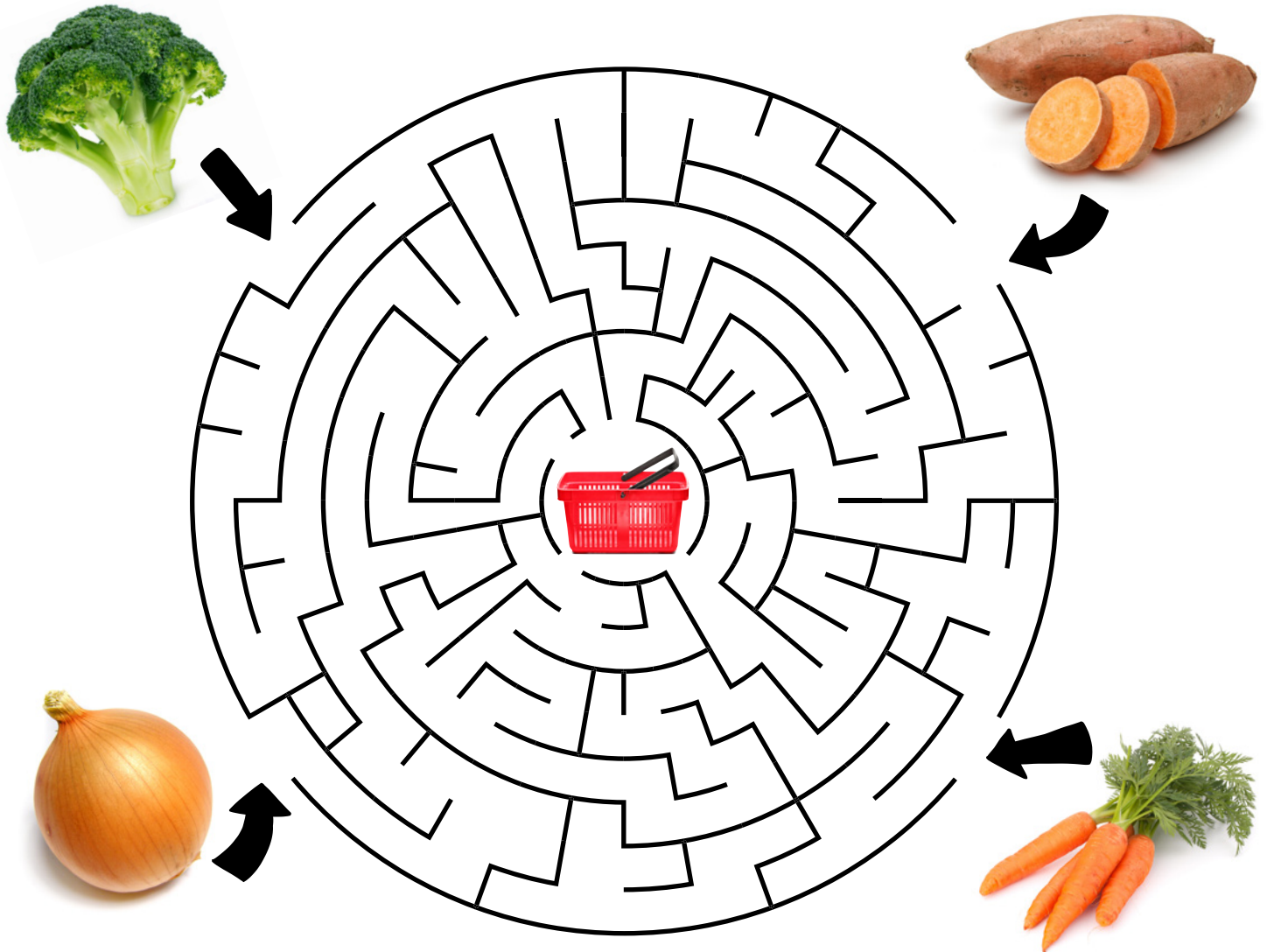
Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and [Vegetables.co.nz](http://Vegetables.co.nz).

If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.

# Food shopping maze

Helping with the grocery shopping is a great way to learn about food and nutrition. You can help choose a variety of vegetables to prepare and cook.

1 Help the vegetables get into the shopping basket!



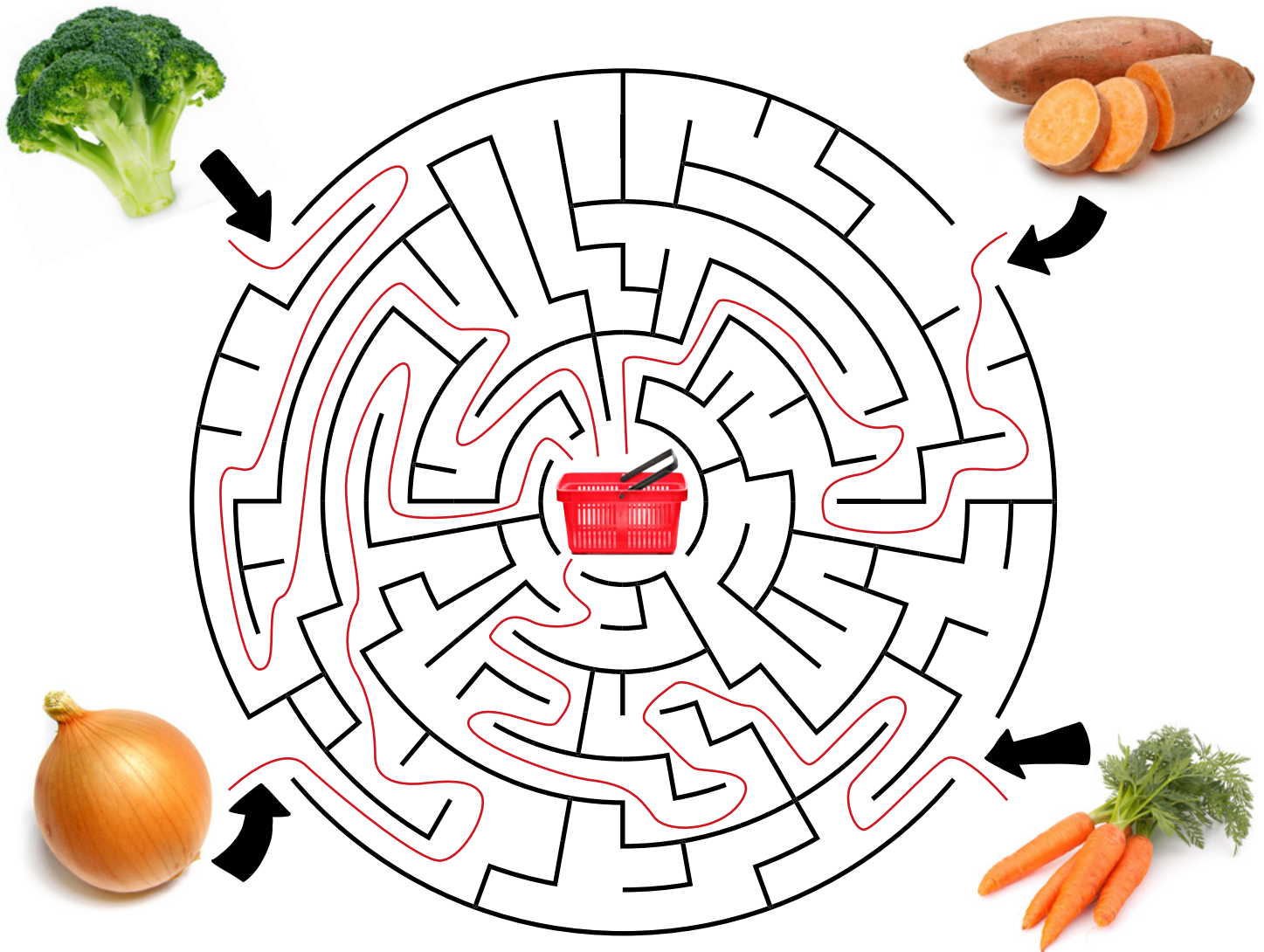
2 Find recipes that you can use to prepare and cook each vegetable.

	Recipe name
Broccoli	
Kūmara	
Onion	
Carrot	

# Food shopping maze

Helping with the grocery shopping is a great way to learn about food and nutrition. You can help choose a variety of vegetables to prepare and cook.

1 Help the vegetables get into the shopping basket!



2 Find recipes that you can use to prepare and cook each vegetable.

	Recipe name
Broccoli	<i>e.g. Sweet and sour chicken stir-fry</i>
Kūmara	<i>e.g. Kūmara and watercress salad</i>
Onion	<i>e.g. Veg-up noodles</i>
Carrot	<i>e.g. Vegetable potato top pie</i>

**Tip:** visit [Vegetables.co.nz](http://Vegetables.co.nz) or the Heart Foundation website to find the recipes.

# Evaluation

Name: .....

Name of food product: .....

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

**What went well?**

**What did not go well?**

**What could be improved?**

# Beetroot



## Available

All year round. Most plentiful November – April.

## Buy

Roots should be smooth with a firm skin.  
Red and golden varieties are available.

## Store

In the vegetable bin in the fridge.

## Prepare



Wash to remove the soil.



Remove the tops and root end.



Peel the beetroot.



Grate the beetroot raw.

**Tip** Leave the skin on when cooking, this prevents colour loss. Rub the skins off cooked beetroot.

## Cook

Can be:



Boiled



Roasted



Salad



Preserved



# Beetroot, carrot and apple salad

(serves 6)

## Ingredients

2 large beetroot, peeled and grated  
3 medium carrots, peeled and grated  
2 apples, grated  
¼ cup orange juice  
¼ cup oil  
1 teaspoon paprika  
¼ teaspoon ground cumin

## Method



1 Toss the grated beetroot, carrot and apple together in a large bowl.



2 In a small bowl mix the orange juice, oil, paprika and cumin. Make sure there are no lumps.



3 Pour the dressing over the salad.



4 Mix well. Serve in a bread roll or as a side salad with cooked meat.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)

# 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





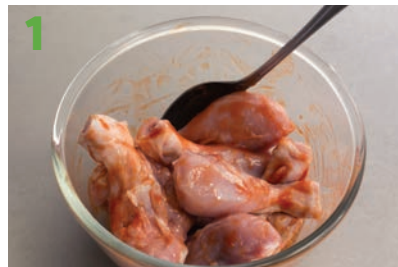
# Chicken drumsticks with coleslaw

(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.

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# 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.

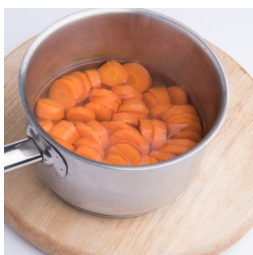
Can be:



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](http://myfamily.kiwi/foods) or [vegetables.co.nz](http://vegetables.co.nz)



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# Cucumber

## Available

All year round.

## Buy

Choose cucumber with a firm skin and even colour.

## Store

In the vegetable bin in the fridge.



## Prepare



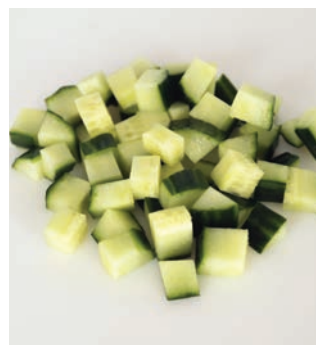
Whole.



Cut in half and quarters.



Slice into sticks.



Cut into cubes.

## Cook

Can be:



Infused in water



Alongside dips



Salad



Sandwich



# Cucumber with yoghurt dip (Tzatziki)

(serves 4)

## Ingredients

- 1 cucumber, grated
- 1 clove garlic, crushed
- ¼ cup mint leaves, chopped
- 1 ½ cups plain unsweetened yoghurt
- 1 tablespoon lemon juice

## Method



1 Place grated cucumber in a sieve or clean tea towel over a bowl.



2 Gently squeeze out the excess liquid. Place cucumber in a bowl.



3 Add garlic, mint, yoghurt and lemon juice.



4 Mix well and cover. Place in the fridge until ready to serve.

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# Iceberg Lettuce

## Available

All year round.

## Buy

Clean, crisp leaves.

## Store

In plastic bags in the fridge.



## Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

## Cook

Can be:



Shredded salad



Chopped salad



Leaf cups



# Vegetable and bean burgers

(serves 4)

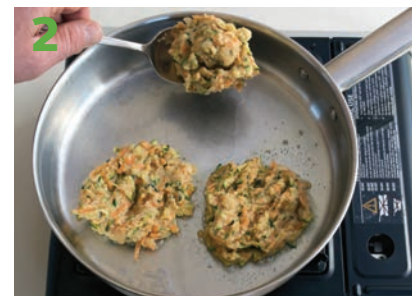
## Ingredients

- 1 can butter beans, drained and rinsed
- 2 carrots, grated
- 2 courgettes, grated
- 1 clove garlic, crushed
- 2 eggs
- ½ cup dry breadcrumbs
- 1 tablespoon oil
- 4 wholemeal burger buns
- 4 tablespoons tomato sauce
- 1 lettuce
- 2 tomatoes, sliced

## Method



1 Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



2 Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



3 Cook on both sides until golden brown and cooked through.



4 Serve on burger buns with tomato sauce, lettuce and tomato.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)



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# Food skills

## Rice

Rice grains are seeds from a species of grasses. There are many varieties of rice available. They are divided into three basic groups, long grain, short grain and medium grain. Long grain rice grains are separate and fluffy when cooked. These tend to be used in salads and to accompany curries and stews. Short grain and medium grain rice has short grains which are soft and moist with grains that stick together when cooked.

Within each group there are aromatic (basmati and Jasmine) and speciality (risotto and pudding rice) rices. Rice is the most widely eaten staple food, especially in Asia.

### Did you know

Over 90,000 different types of rice and wild species are stored at the International Rice Gene Bank and these are used by researchers all over the world.

## How to cook rice using the absorption method



1 Place 1 cup of brown rice into a bowl and pour over cold water.



2 Let it stand for a minute. Then rinse under cold running water.



3 Drain the rice using a sieve.



4 Place the rice into a large pot.



5 Add 1½ cups of cold water.



6 Mix the rice and water.



7 Cover the pot with a lid. Bring water to the boil. Then turn the heat down to low.



8 Cook for 13-15 minutes until the water is below the level of the rice. Turn the heat off and leave covered for 10 minutes.





## Stir-fried rice (serves 4)

### Ingredients

1 cup dried brown rice  
2 cups water  
2 tablespoons vegetable oil  
2 carrots, sliced  
1 cup green beans, sliced  
2 cups cabbage, chopped finely  
2 cloves garlic, crushed  
4 eggs  
3 tablespoons soy sauce, reduced-salt  
2 spring onions, diced

### Method



1 Prepare the rice using the method on the front of this card. Set aside.



2 Heat a wok or large frying pan. Add the oil and vegetables along with the garlic. Stir-fry until nearly cooked.



3 Lightly beat the eggs. Add the eggs to the vegetables and cook until egg is lightly scrambled.



4 Add the rice and heat through. Then add the soy sauce and spring onions. Mix through. Serve.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)

  
vegetables  
.co.nz

  
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# Sweetcorn

## Available

Summer months January to April.

## Buy

Corn with fresh green husks (outer leaves) and yellow to light brown tassels (inner strands). The darker the tassel the riper the corn. The kernels should be fat and juicy.

## Store

In the vegetable bin in the fridge.



## Prepare



Remove the tassel from whole corn cobs.



Place into boiling water for 2 minutes, with or without husks.



Slice off the top and remove the husks.



Use a sharp knife to remove the kernels from the cob.

## Cook

Can be:



Boiled



Barbecued



Cut off the cob and add to salad



Soup



# Corn fritters

(serves 4)

## Ingredients

4 corn cobs cooked or  
2 cans whole kernel corn,  
drained  
1 capsicum, finely chopped  
(optional)  
4 eggs  
½ cup flour  
1 teaspoon baking powder  
Pinch of salt  
Pepper  
3 tablespoons oil

## Method



1 Remove the corn kernels from the cob.



2 Place corn, capsicum, eggs, flour, and baking powder in a bowl.



3 Mix well and season with salt and pepper.



4 Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into pan to form fritters. Cook in batches until browned on each side.

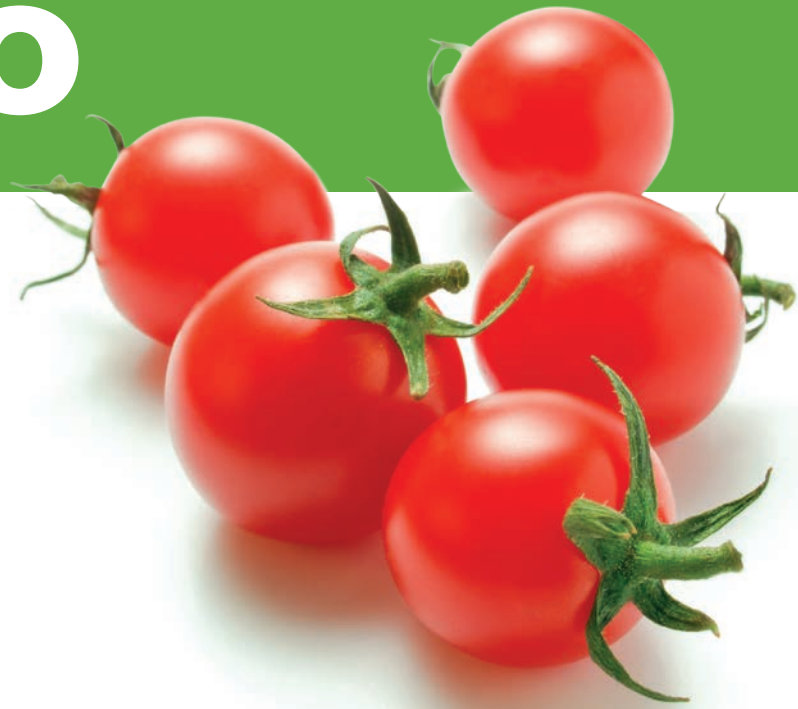
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# Tomato



## 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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