

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 a 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.

Tip: download the VFG from heartfoundation.org.nz and display in the classroom.

- a) **Label** the different types of food that you can see on the food product below.
 b) **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