

# Courgette fritters

## Ingredients

**Serves 2 (makes 8 fritters)**

1 egg

¼ cup milk

⅓ cup wholemeal flour

½ teaspoon baking powder

1 courgette, grated and liquid squeezed out

1 teaspoon oil

pinch salt

pepper to taste

## Method

1. Beat the eggs and milk in a bowl.
2. Stir in the flour, baking powder, courgette, salt and pepper.
3. Heat the oil in the frying pan over medium heat.
4. Place spoonfuls of mixture into the pan, 3-4 at a time.
5. When the mixture bubbles on top, turn over with a spatula.
6. Cook on the other side until golden brown.
7. Remove and place on a plate. Cook remaining mixture.

## Serving suggestion

- Serve with rocket or green salad.

## Variation

- Use a grated carrot or corn kernels in place of courgette.

## Tip










- Squeeze excess water from grated courgette using a clean tea towel.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



## Equipment

-  Bowl
-  Dessert spoon or ladle
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Large plate
-  Measuring cups
-  Measuring spoons
-  Spatula or fish slice

## Preparation and cooking skills

Beat, fry, grate, stir.

## Lesson 2:

# Attributes of a healthy and tasty meal

## Courgette fritters

### We are learning to:

- use seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- describe key attributes of a food product
- work safely in the kitchen, using good hygiene practices
- work together as a team
- manage time effectively
- evaluate a food product.



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

- use courgettes or other seasonal vegetables to make healthier fritters
- grate vegetables using a large-hole grater
- form similar-sized fritters, fry and then share these evenly amongst my team
- describe key attributes of courgette fritters
- work with my team to make healthier fritters safely, within time constraints.

### Evaluate the outcome:

**What went well?**

**What did not go well?**

**What could be improved?**

# Eat most – vegetables and fruit



Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

**1** Fill in the table below.

3 examples of <b>vegetables</b> that I already eat	
3 examples of <b>fruit</b> that I already eat	
1 <b>vegetable</b> I would like try	
1 <b>fruit</b> I would like to try	
My favourite meal that contains <b>at least 2</b> different vegetables	

**2** Why are vegetables and fruit so good for us?

.....

# Eat most – vegetables and fruit



Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

**1** Fill in the table below.

3 examples of <b>vegetables</b> that I already eat	<i>e.g. broccoli, carrots, corn</i>
3 examples of <b>fruit</b> that I already eat	<i>e.g. apples, bananas, watermelon</i>
1 <b>vegetable</b> I would like to try	<i>e.g. parsnip</i>
1 <b>fruit</b> I would like to try	<i>e.g. blackberries</i>
My favourite meal that contains <b>at least 2</b> different vegetables	<i>e.g. broccoli and carrot beef stir-fry</i>

**2** Why are vegetables and fruit so good for us?

- Vegetables and fruit provide vitamins, minerals and dietary fibre to protect our health and keep us full for longer.*

# Foods and functions

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

- 1 Cut out** each picture and its matching nutrients and health benefits.
- 2 Place** each picture and matching words in its correct food group in the table on the next page.

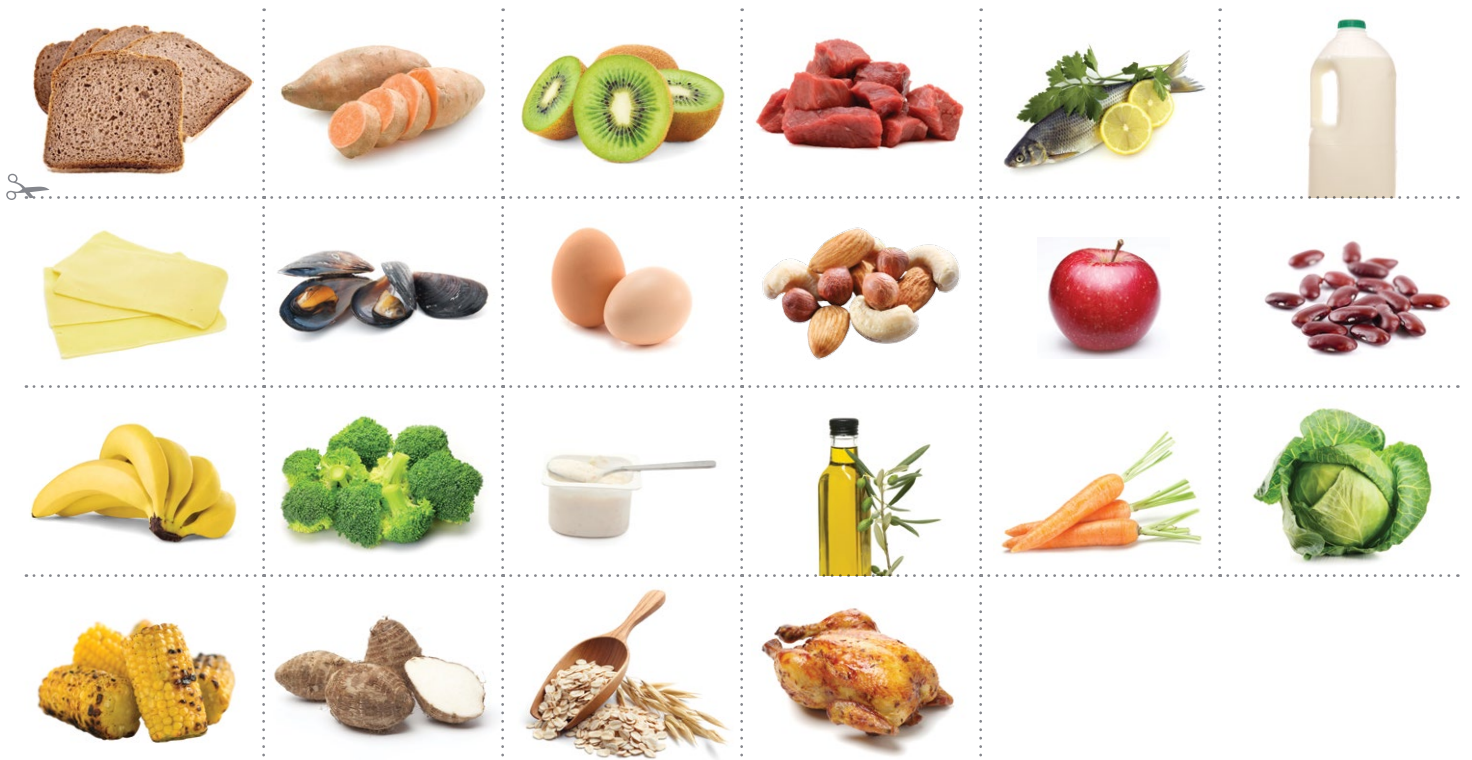
**Hint:** there will be more than one picture for each type of food.

## Key nutrients

vitamins, minerals and fibre	healthy fats	carbohydrates and fibre	calcium	protein and minerals
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## Health benefits

muscle growth and repair	energy	protecting our health and keeping full for longer	healthy heart	teeth
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Type of food	Key nutrients	Health benefits
vegetables & fruit		
grain foods & starchy vegetables		
legumes, fish, seafood, eggs, poultry & lean meat		
milk, yoghurt & cheese		
healthy oils, nuts & seeds		

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**To complete this task digitally:**























1. Use a snipping tool to copy your image or text.
2. Click Paste (Ctrl+V) at the place where you want your image or text.


## Key nutrients

vitamins, minerals and fibre	healthy fats	carbohydrates and fibre	calcium	protein and minerals
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## Health benefits

muscle growth and repair	energy	protecting our health and keeping full for longer	healthy heart	teeth
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Type of food	Key nutrients	Health benefits
<p>vegetables &amp; fruit</p> 	<p><i>vitamins, minerals and fibre</i></p>	<p><i>protecting our health and keeping full for longer</i></p>
<p>grain foods &amp; starchy vegetables</p> 	<p><i>carbohydrates and fibre</i></p>	<p><i>energy</i></p>
<p>legumes, fish, seafood, eggs, poultry &amp; lean meat</p> 	<p><i>protein and minerals</i></p>	<p><i>muscle growth and repair</i></p>
<p>milk, yoghurt &amp; cheese</p> 	<p><i>calcium</i></p>	<p><i>teeth</i></p>
<p>healthy oils, nuts &amp; seeds</p> 	<p><i>healthy fats</i></p>	<p><i>healthy heart</i></p>



# 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.

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)



**My Family Food**

Easy, fast and affordable food ideas