

Colourful fruit jars

Serves 2

Ingredients

- ¼ cup blueberries*
- ½ kiwifruit, peeled and sliced*
- ½ banana, peeled and sliced*
- ½ cup diced rock melon or ½ orange, peeled and sliced*
- ¼ cup raspberries, strawberries or halved grapes*
- ¼ cup reduced-fat yoghurt*
- mint sprigs to garnish (optional)*

Method

1. Layer blueberries in the bottom of a glass or jar. Top with kiwifruit, banana and rock melon.
2. Finish with raspberries, garnish with mint (if using) and serve with yoghurt.

Variation

- Use fresh, thawed frozen, drained canned or poached dried fruit.

Tips

- Choose fruits that are in season and readily available to reduce cost of the recipe.
- Use fruits canned in water or juice.



Equipment

- Cutting board and knife
- Measuring cups
- Spoons
- 2 glasses or jars

Preparation and cooking skills

Dice, peel, slice.

Nutrition

- Eating a 'rainbow' of colourful vegetables and fruit everyday will help you get a wide range of nutrients to grow and stay healthy.

Choose fruits that are in season during each school term

Term 1

Apple
Apricot
Banana
Berries (strawberry, raspberry, blueberry)
Melon
Peaches
Watermelon

Term 2

Apple
Banana
Feijoa
Kiwifruit
Mandarin
Orange
Pear
Frozen berries

Term 3

Apple
Banana
Kiwifruit
Mandarin
Orange
Pear
Frozen berries

Term 4

Banana
Kiwifruit
Orange
Pear
Canned plums
Canned pineapple
Frozen berries

Rainbow salad jars



Serves 2

Ingredients

- ½ red capsicum, diced or 4 tomatoes, sliced*
- ½ carrot, grated*
- ½ cup cooked corn kernels*
- ½ cup finely sliced red cabbage*
- ½ cucumber, seeded and sliced into thin strips*
- ½ cup finely sliced lettuce*
- 2 tablespoons vinaigrette*

Method

1. Layer capsicum in the bottom of a glass jar. Top with carrot, corn kernels, cabbage and cucumber.
2. Finish with lettuce and serve with vinaigrette.






Variations

- Add ¼ cup cooked rice or quinoa in the bottom of each jar to create the first layer.
- Use roasted chopped pumpkin or kūmara in place of grated carrot.
- Use roasted chopped beetroot in place of grated beetroot.

Tips

- Choose vegetables that are in season and readily available to reduce the cost of the recipe.
- Place heavy vegetables, such as cooked kūmara, at the bottom of the jar and layer light vegetables, such as bean sprouts and baby spinach, on top.

Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  2 glasses or jars

Preparation and cooking skills

Dice, grate, slice.

Nutrition

- Each different coloured vegetable contains different nutrients that are good for your health. To make sure you eat all the different nutrients, it's important to eat a 'rainbow' of coloured vegetables every day.

Equipment find

Equipment list

blender	electric frying pan	measuring jug	saucepan
bowls/cups/plates	frying pan	measuring spoons	spatula
can opener	grater	mixing bowl	tongs
cutting board	kitchen scales	oven mitts	vegetable peeler
colander	knife	potato masher	whisk
dish rack	measuring cups	roasting pan	wooden spoon

1 Use the **word list** and search the kitchen to fill in the table.



Name:

Location:

Use:



Name:

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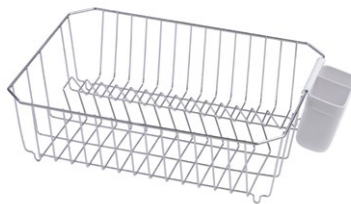
Use:



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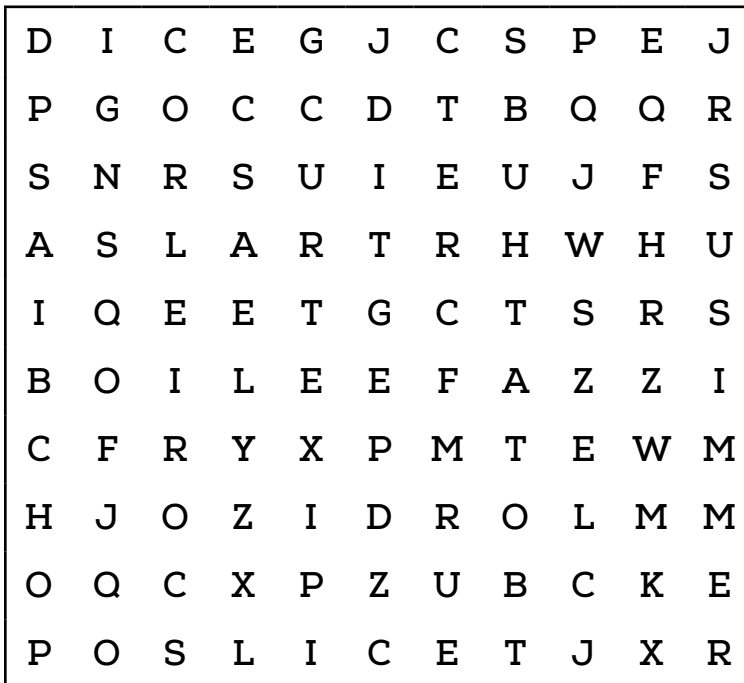
Location:

Use:

Word search – food skills

Practicing food preparation, cooking and knife skills will help you to prepare tasty and healthy meals.

1 Can you **find** all the food skills?



- Boil
- Chop
- Cut
- Dice
- Fry
- Grate
- Mash
- Peel
- Slice
- Stir
- Simmer

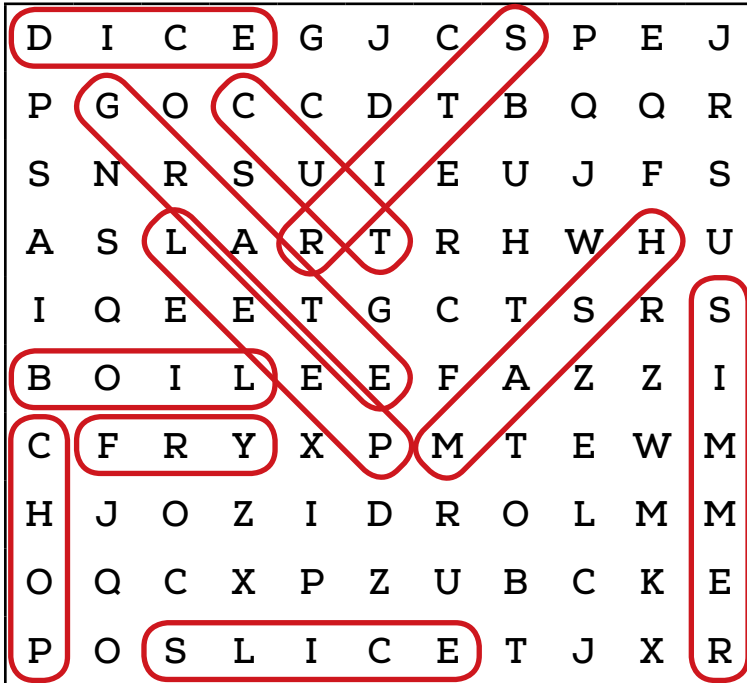
2 Name the **food preparation** or **knife skill** being used in **each image**.



Word search – food skills

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- Chop
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- Fry
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- Mash
- Peel
- Slice
- Stir
- Simmer

2 Name the **food preparation** or **knife skill** being used in **each image**.



Dice



Slice



Cut



Peel



Grate



Mash

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?

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



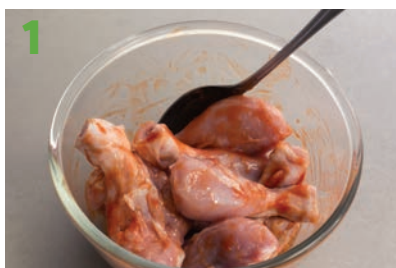
Chicken drumsticks with coleslaw

(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.

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.

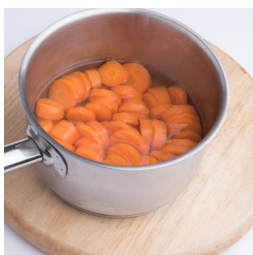
Can be:



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

Cucumber

Available

All year round.

Buy

Choose cucumber with a firm skin and even colour.

Store

In the vegetable bin in the fridge.



Prepare



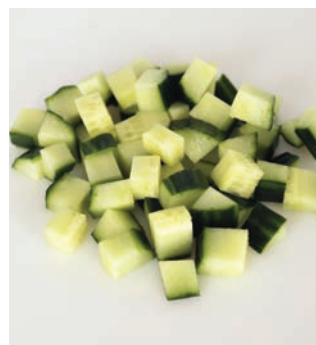
Whole.



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.

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

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)

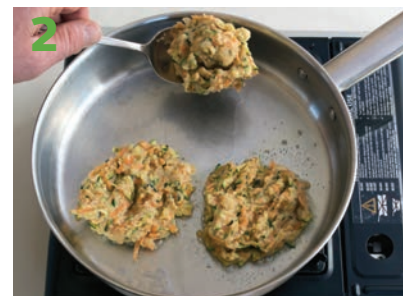
Ingredients

- 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.

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My Family Food

Easy, fast and affordable food ideas

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.

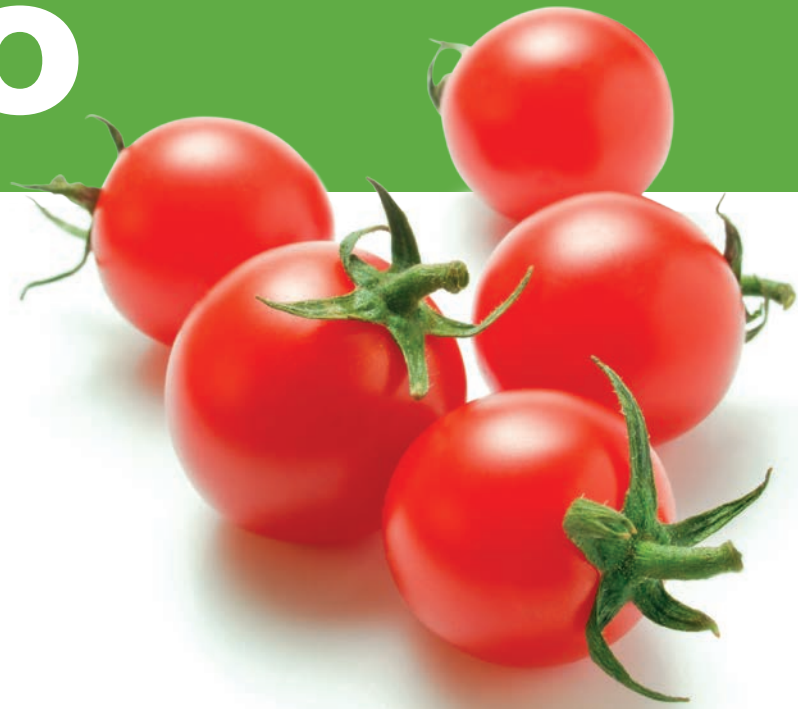
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My Family Food

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.

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My Family Food

Easy, fast and affordable food ideas