Label the foods

Lasagne

Ingredients

Serves 4

½ tablespoon oil200 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 1/2 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.



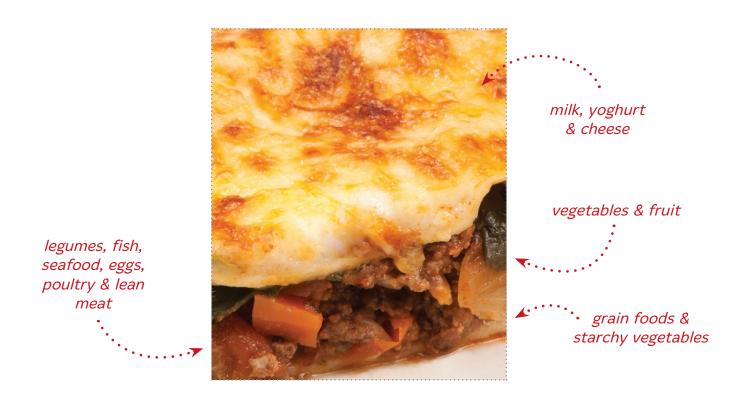


1 Use the lasagne recipe and the Visual Food Guide (VFG) to complete the following.

Teacher Copy

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. a)
- **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
spinachtomatocarrotonionpasta sauce	flourinstant lasagne	milktasty cheese	beef mince



