



**Heart
Foundation™**

Kids in the kitchen

Easy lesson plans to
help children learn
to cook



Recipe	Nutrition	Skills Learned
Crumble	Fruit as a substitute for sugar, source of fibre, vitamins and minerals. Yoghurt and calcium	Label reading and exploring density
Omelette spring roll	Eat a variety of foods from four food groups	Wrap rolling and enzyme browning
Banana nuggets	Sources of fibre	Versatility of bananas and starch to sugar
Salmon & potato cakes	Salt and salt alternatives	Exploring different herbs, division and portions
Banana berry pikelets	Eating more fruit and vegetables, seasonal produce	Substitute for sugar and fruit reduction
Mini hash browns with emerald sauce	Starchy vegetables and non-starchy vegetables	Vegetable grating and starch as thickener
Chocolate truffles	Nut nutrition	Taste and texture of nuts and rancidity
Cauliflower croquettes	Milk and milk products and saturated fat	Mashing vegetables and soaking
Spaghetti carbonara	Processed meats	Cooking pasta until al dente, grating safety and blanching
One-dish roast chicken with vegetables	Balanced one pot meal, eating from the four food groups	Chopping root vegetables evenly for cooking and removing skin from the chicken
Warming chicken and bean chowder	Legumes, protein and fibre	Soup thickening
Roast carrot & cumin dip	Benefits of beta-carotene and vitamin A	Vegetables as an alternative to spreads and butter, roasting
Almond & oat shapes	Whole grains and wholemeal	Rolling dough

Acknowledgements:

Thanks to the pupils and staff from Pukeatua Primary School for their help in testing these recipes, and to the Garden to Table Trust for their input into the recipes. Garden to Table is a programme that teaches children to grow food, harvest, prepare and share. Visit their website www.gardentotable.org.nz

Encouraging kids to cook

‘Kids in the kitchen’ is a collection of fun recipes designed to get children interested in food and helping out with measuring, grating, stirring, cutting, mixing, pouring, shaping, mashing and tasting.

Children gain knowledge and understanding of food by being involved in its preparation and cooking. They are much more likely to try new foods, even those that were previously unappealing, if they have been involved in the preparation.

All children have different food preferences but they all benefit from having these challenged from time-to-time. While some of the recipes in this book may not appeal to every child, we are certain almost all children will find several to enjoy and ones that will be challenging to make.

You can start involving your children in cooking from as early as 18 months old. Begin with very basic tasks and then progress them onto more complicated jobs, as their skills develop. A fantastic way to get kids involved is to give them food to taste during the cooking process and ask for their input on how to make it better.



How to make the most of cooking with kids

- ▶ Introduce your kids to cooking in a fun, engaging and relaxed way
- ▶ Let your kids choose a recipe. Check that it is well written, easy to follow and has plenty of colourful ingredients
- ▶ Go shopping for the ingredients with them. Collect herbs or vegetables from your garden together and use interesting children's cooking utensils
- ▶ Set aside a couple of hours on a weekend to prepare a meal with your kids. This is when most people have more time to spend on the food they eat
- ▶ Be prepared. It will be messy and test your patience. Resist the urge to "do it for them" just because they are too slow or not doing it correctly. Allow them to think and learn from their mistakes, they will get there eventually
- ▶ Teaching kids to cook is a time to talk about family, culture, where food comes from, nutrition and health
- ▶ Introduce your kids to some of the broader issues surrounding food. You are not just teaching kids how to cook, but are stimulating their critical thinking and influencing a life skill

Getting started

Once you've picked a recipe, you can select an appropriate task for each child. Here is a general progression of tasks from very basic to more advanced:

- ▶ Washing vegetables and fruits
- ▶ Squashing dough between their fingers, progressing to kneading the dough
- ▶ Mixing or stirring liquids, batter and/or other cold ingredients in a bowl
- ▶ Mashing soft fruits and vegetables – make sure these are not too hot
- ▶ Cutting soft foods such as kiwifruit, bananas, avocado or mushrooms (use a butter knife)
- ▶ Sifting dry ingredients such as flour
- ▶ Breaking eggs
- ▶ Rolling out doughs and cutting shapes
- ▶ Flouring, egging and crumbing foods
- ▶ Measuring and weighing ingredients
- ▶ Peeling and grating vegetables or fruits

Depending on a child's confidence and skills, the tasks below are achievable from about five years of age with close adult supervision:

- ▶ Cutting with scissors and sharp knives
- ▶ Cooking foods such as eggs, pancakes or tortillas in a hot pan
- ▶ Stirring hot sauces and foods on the stove
- ▶ Operating electrical equipment such as a food processor, stick blender or even turning the stove on

Remember, cooking with children can be a messy and potentially frustrating process for parents. Make sure you're not in a hurry to get the meal on the table and that you're ready to be encouraging and patient.

Healthy Heart Visual Food Guide

eat most

vegetables
& fruit

eat some

grain foods &
starchy vegetables

legumes, fish, seafood,
eggs, poultry & meat

milk, yoghurt
& cheese

healthy oils,
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:

vegetables & fruit : a variety of colours



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

my step

grain foods & starchy vegetables : wholegrain & high-fibre



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



or

Choose just one starchy or grainy food at a meal

my step

legumes, fish, seafood, eggs, poultry & meat : lean & skinless



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

my step

milk, yoghurt & cheese : reduced fat



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to plain yoghurt



Try homemade instead of bought takeaways

junk food & takeaways : cut back



Downsize from a big plate to a smaller size

healthy oils, nuts & seeds



Swap from butter or ghee to oils or margarine



Choose a handful of nuts for a snack instead of potato chips



Swap a can of fizzy to water or milk



Swap from two scoops of ice cream to one scoop

Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

Components of a meal



Vegetables (non-starchy)

Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower, you should include at your meal. Include more, if you can.

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.



Grain foods and starchy vegetables or legumes

A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potato, taro, corn, rice, green banana or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.

Tip – if you want more than one grain food or starchy vegetable in your meal, reduce the size of each one so the total portion is the size of your fist.



Fish

The whole of your hand is a good portion guide for a piece of fish.

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal.



Poultry or meat

The palm of your hand is a guide for a portion of red meat, chicken or pork.

Tip – the thickness of the meat should be about the same thickness as the palm of your hand.

Snacks



Vegetables (non-starchy), fruit or nuts

A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.

Tip – this is a good size for your snacks.

Food labels

Taking a little bit of extra time to read food labels when you're shopping can have big pay-offs, but it can be hard to make sense of all those numbers. Here's a quick guide to what the numbers mean.

Choose foods with less energy (kilojoules) if you need to lose weight

Choose foods lower in saturated fat. Eating unsaturated instead of saturated fats reduces the risk of heart disease

Sodium is the harmful part of salt. When too much is eaten it can raise blood pressure

Nutritional Information		
Servings per package: 3		
Serving Size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kj	405kj
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
- Sugar	18.6g	12.4g
Sodium	90mg	60mg

Shows how much of the nutrient is in one serving. The serving size is determined by the manufacturer

Use the 'per 100g' column to compare foods

Sugar can occur naturally in food or be added. The problem with added sugar is that it adds energy (kilojoules) but not nutrients. Choose a product with lower sugar content within their category

We recommend comparing the food labels on products and choosing foods that are:

- ▶ Higher in fibre
- ▶ Lower in saturated fat
- ▶ Lower in sodium
- ▶ Lower in sugar

If you are watching your weight, look for foods that contain less energy (calories/kilojoules).

Crumble Serves 8 children

Ingredients

1 cup muesli,
(recipe on page 11)
1/3 cup wholemeal flour
3 Tbsp vegetable oil
2 Tbsp brown sugar
4 apples, peeled and
sliced

Method

1. Heat oven to 180°C
2. Mix together muesli, flour, oil and sugar
3. Put the apple slices into a pot with a little water and cook over a medium heat for 5 minutes until tender
4. Place the stewed fruit in an oven proof dish and sprinkle over the muesli mix
5. Bake in oven for 15-20 minutes until browned and crisp
6. Serve with strained yoghurt (see instructions below)

Strained yoghurt (overnight)

1. Line a sieve with clean paper towels
2. Place the sieve over a bowl and add 1 cup natural reduced-fat yoghurt
3. Cover yoghurt and refrigerate overnight to allow the whey to drain into the bowl. The longer you leave it draining, the thicker the yoghurt becomes

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
6212kJ	1g	21.2g	19.7g	4.6g	15.3mg



Equipment

-  Measuring cup and spoons
-  Potato peeler
-  Vegetable knife and chopping board
-  Bowl
-  Pot
-  Oven proof dish
-  Sieve

Preparation

Make strained yoghurt (see page 10)

Make the muesli by mixing together

3 cups rolled oats

1 cup nuts/seeds, roughly chopped

2/3 cup dried fruits, roughly chopped

1/3 cup optional extras, such as ground linseed, buckwheat groats, desiccated coconut and sesame seeds

Alternatives

Replace the apple with different fruit, such as plum, pear, peach and mixed berries.

Skills learned

Label reading

Use the yoghurt container to read food labels (see page 9) and to look at the 'use-by' and 'best-before' dates.

Use-by dates are about food safety. As long as the food is stored correctly and isn't opened, it should be safe to eat before its use-by date.

Best-before dates are about food quality. Food can be sold and eaten after its best-before date as long as it's been stored according to the instructions on the label. However, it may have lost some quality and nutritional value.

Exploring density through straining yoghurt

When the liquid whey is strained out of natural yogurt, the volume of the yogurt reduces which means it's more concentrated and thicker. The consistency of the yogurt becomes firmer and creamier.

Nutrition

Fresh fruit, canned (in natural juice) and frozen fruit can all be used as a replacement for sugar in most dessert recipes. Fruit not only sweetens your food but also adds nutrients such as fibre, vitamins, minerals, flavour and texture to your dish.

Yoghurt is lower in fat than cream and gives us calcium for strong bones. Use unsweetened yoghurt, in place of cream and sour cream, to go with your dessert.

Omelette spring roll

Serves 4 adults or 8 children

Ingredients

4 eggs

2 tsp cornflour

4 tsp water

½ cup cooked brown rice

½ cup cooked vegetables, such as carrots, peas or broccoli, finely diced

2 Tbsp peanuts, roasted and chopped

1 Tbsp fresh coriander, chopped

½ spring onion, chopped

1 Tbsp salt-reduced soy sauce

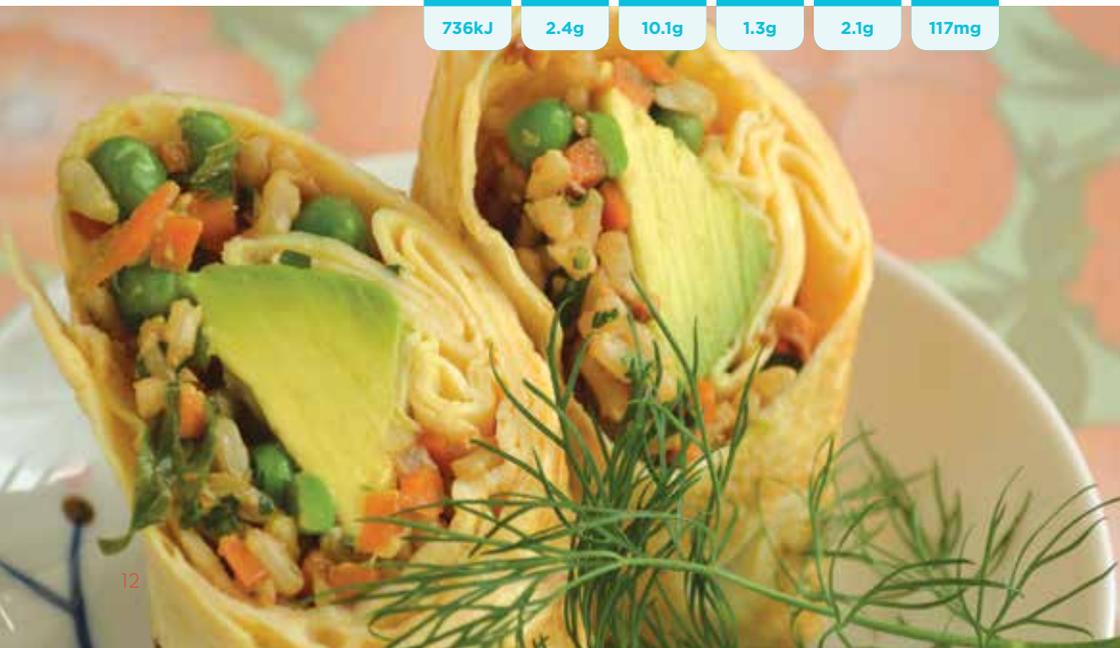
½ avocado, sliced

Method

1. Beat the eggs with the cornflour and water
2. Lightly grease a large non-stick frying pan over a low heat
3. Pour approximately ¼ cup of the batter into pan and swirl around to cover the bottom, so it's as thin as possible
4. Allow the omelette to cook through then lift out onto a plate
5. Continue this process with remaining batter
6. Mix cooked brown rice, chopped vegetables, peanuts, coriander, spring onion and soy sauce
7. Place a spoonful of rice mixture in middle of each omelette, along with a piece of avocado
8. Fold sides in and roll up to form spring rolls
9. Serve immediately or keep refrigerated

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
736kJ	2.4g	10.1g	1.3g	2.1g	117mg



Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Egg beater or whisk
-  Peeler
-  Bowl
-  Frying pan and ladle

Preparation

Cook the brown rice

Cook vegetables

Roast peanuts at 180°C for 10-15 minutes until golden brown shaking the dish occasionally

Alternatives

Replace peanuts with chickpeas or other beans and peas (legumes) for people with peanut allergy.

Try cottage cheese or salt-reduced feta, when avocado is out of season.

Skills learned

Wrap rolling

Visually divide the wrap into three strips. Place the fillings down the middle to bottom strips, fold the sides in. Bring up the bottom of wrap, roll it up and over the filling. Continue rolling the wrap up till the end.

Enzyme browning

Avocado goes brown when cut, due to an enzyme in the fruit that reacts with oxygen in the air. This process is known as oxidation. Lemon juice prevents avocado from browning. If you leave the avocado stone with the avocado it also prevents it from browning.

Nutrition

We need a variety of foods to help us learn and grow, and stop us from getting sick. Food variety means eating a wide range of foods in the right amounts from each of the following food groups: vegetables and fruit, grain foods and starchy vegetables, milk, yoghurt and cheese, legumes, fish and other seafood, eggs, poultry and red meat (protein foods) and healthy oils, nuts and seeds.

Eating many different foods helps maintain a healthy and interesting diet which provides the body with a range of different nutrients. This recipe has a good combination of foods from different food groups.



Banana nuggets Makes 12

Ingredients

*1 large ripe banana,
mashed*

¾ cup rolled oats

½ cup ground almonds

*¼ cup raisins or dried
fruit, chopped*

1 tsp honey

1 Tbsp vegetable oil

Method

1. Heat oven to 175°C
2. Mix all ingredients together
3. Divide into approximately 12 portions and flatten slightly on a greased baking tray
4. Bake for approximately 15-20 minutes or until lightly browned
5. Allow to cool
6. Keep in a sealed container for up to five days

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
347kJ	0.5g	8.9g	4.2g	1.2g	7mg

Equipment

-  Measuring cup and spoons
-  Masher or fork
-  Chopping board and knife
-  Bowl
-  Baking tray and sheet

Preparation

Mash the banana – remember they go brown quickly so mash them just before using

Chop dried fruits finely

Alternatives

You can use mashed cooked kumara to replace banana.

Skills learned

Use of ripe banana

Don't waste those brown bananas. They're still packed full of goodness and you can use them in baking and smoothies. Peeled bananas can also be easily frozen for later use.



Starch to sugar

Bananas are approximately 71% water, 24% carbohydrates and 5% other nutrients. As the banana ripens from green to yellow/brown, the carbohydrates in the banana change from starch to sugar – the banana gets sweeter.

Nutrition

Fibre is found mainly in vegetables, fruit, whole grains and legumes, and is essential to our health. Fibre helps to fill us up, supports digestion, helps bowel movements and maintains bowel health. The raisins, banana and oats used in this recipe are all good sources of fibre. Try to include a wide variety of fruits and vegetables in your diet for not only the benefits of fibre, but also the various vitamins and antioxidants found in them.

Salmon and potato cakes

Serves 4 adults or 8 children

Ingredients

300g potatoes

100g canned salmon,
drained

1 egg

¼ cup dry breadcrumbs

1 spring onion, finely
chopped*

1½ gherkins, finely
diced*

1 tsp lemon zest*

½ Tbsp mustard*

2 Tbsp fresh herbs,
dill or parsley, finely
chopped*

2 Tbsp oil

* Optional ingredients

Method

1. Peel and boil potatoes until a fork comes out easily when inserted
2. Mash the potatoes and allow to cool
3. Add remaining ingredients except oil
4. Form mixture into round patties
5. Heat a large frying pan with oil and brown the patties on each side
6. Serve warm with seasonal salad or refrigerate for later use

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
473kJ	1g	14.6g	2.7g	1g	224mg



Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Masher or fork
-  Peeler
-  Grater
-  Bowl
-  Pot
-  Frying pan and ladle

Preparation

Chop the spring onion and herbs

Dice the gherkins

Zest the lemon with a grater

Alternatives

Instead of salmon, you can use canned tuna, flaked smoked fish, finely chopped cooked mussels, minced meats, canned/cooked beans or small amounts of ham or bacon.

Skills learned

Exploring different herbs

Visit gardens, garden centres and spice shops so you can see, smell and touch a variety of herbs and spices. You can then add your favourites into your own garden or kitchen pots. To learn the difference between herbs, rub the leaves of herbs to release the scent and then take a deep sniff. Herbs can be added to your food fresh or dried.

Division and portions

To make even-sized salmon and potato cakes, divide the mixture in half, then divide each half mixture in half again. Carry on until you get the right number of portions.

Nutrition

Eating too much salt (sodium) can increase blood pressure and make it harder for our hearts to pump blood around our body. Instead of salt, use fresh or dried herbs to season your food and improve the flavour. Try growing your own herbs and adding them to your cooking. Start with the one you like. Choose condiments carefully. For example, bottled salad dressings, dips, ketchup and relish can be high in sodium and sugar. Look for reduced or lower sodium and sugar versions.

Banana berry pikelets Makes 20

Ingredients

2 large bananas, mashed

3 medium eggs

2 Tbsp vegetable oil

2 cups berries, fresh or frozen

Method

1. Mix together the mashed banana with the eggs
2. Heat a large non-stick frying pan and add the oil
3. Place tablespoon amounts of mixture into the frying pan
4. Cook the pikelets until brown on each side
5. Place frozen or fresh berries into a saucepan, cover with a lid
6. Heat slowly over a low heat for 3-5 minutes or until the berries are cooked and most of the liquid has evaporated. Serve with pikelets

Per serve (four pikelets):

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
703kJ	2.3g	18.7g	15.5g	1g	60mg



Equipment

-  Measuring cups and spoons
-  Masher or fork
-  Egg beater or whisk
-  Bowl
-  Saucepan
-  Frying pan and ladle

Preparation

Mash the bananas just before using, to prevent them going brown

Use the back of a spoon or a fork to mash the banana on a plate – it is much easier than in a bowl

Alternatives

Stone fruit such as peaches, nectarines and plums are good for fruit compotes.

Skills learned

Sugar substitution

When a banana ripens starch changes to sugar. Ripe bananas are a great natural sweetener to add to recipes. Not only do they sweeten your food but they also add nutrients such as fibre, vitamins, minerals and texture to your food.

Fruit reduction

This is a simple way to bring out the flavour of fresh fruits. Making a reduction involves boiling away the water in the fruit, so that the flavour intensifies. Any fruit and fruit juice combination can be used to create a reduction, so it's easy to modify if you don't like the fruit used in a recipe.

Nutrition

Eating more fruits and vegetables adds vitamins, minerals and fibre which helps you stay healthy. We should aim to eat mostly non-starchy vegetables and fruits. This can be achieved by eating 5+ a day which is two servings of fruit and at least three servings of vegetables every day.

Adding fruit to the pikelet mix boosts your fruit intake and reduces the need to add sugar. Frozen fruit and vegetables are relatively cheap, convenient and available all year round. There is little difference between fresh and frozen when it comes to nutrition.

Mini hash browns with emerald sauce Serves 4

Ingredients

2 medium potatoes,
grated

$\frac{1}{3}$ cup fresh coriander,
finely chopped

$\frac{1}{3}$ cup fresh parsley,
finely chopped

2 Tbsp olive oil

2 Tbsp lemon juice

1 clove garlic, crushed

$\frac{1}{2}$ tsp ground cumin

Method

1. Heat oven to 200°C
2. Squeeze out excess liquid from the grated potato
3. Press grated potato firmly into a greased mini muffin tray, or use a standard muffin tray and press in until $\frac{1}{3}$ full
4. Bake in oven for approximately 45 minutes or until tops are lightly browned
5. Prepare the sauce by mixing the remaining ingredients together or blend for a smoother sauce
6. Serve hash browns and emerald sauce with roast meat and some lightly roasted cherry tomatoes and steamed greens

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
1537kJ	4.2g	22.8g	1.4g	3.1g	71mg



Equipment

-  Measuring cups and spoons
-  Chopping board and knife
-  Peeler and grater
-  Bowl
-  Muffin tray
-  Frying pan
-  Roasting dish and a rack

Preparation

Grate the potatoes

Chop the herbs

Squeeze juice out of a lemon

Alternatives

Replace the potato with other root vegetables, such as kumara and taro.

Skills learned

Grating potato

Starch is the liquid that comes out of potatoes when they are grated. To achieve crispy textured hash browns (rather than mushy) you need to squeeze out as much moisture (starch) as possible from the grated potatoes. To do this, place the grated potato into a clean dish towel. Gather the corners of the towel and twist them until you form a tight ball. Continue twisting the towel and squashing the potato in your fist until you've squeezed as much liquid as you can out of the potato.

Nutrition

Potatoes, yams, taro, green banana, corn and kumara are called starchy vegetables because they contain mainly carbohydrate and provide energy for our bodies. You can have one portion of starchy vegetables or grain foods in every meal. A portion is the size of your closed fist.

Peeling potatoes and kumara can reduce the amount of fibre, vitamins and minerals in them. Leave the skins on wherever possible.



Chocolate truffles Makes 12

Ingredients

¼ cup nuts, chopped

¼ cup dried apricots, chopped

¼ cup dried dates, chopped

¼ cup orange juice

½ tsp orange zest

⅔ cup rolled oats

¼ cup sunflower seeds

1½ Tbsp cocoa powder

Method

1. Place all ingredients into a food processor and blend until it forms a slightly sticky ball
2. Roll dessertspoons of mixture into balls
3. Keep refrigerated

Tips

If your dates are quite hard, soak them in the orange juice to soften

This recipe is very flexible. Any dried fruit, nuts and seeds will work but remember to keep the quantities consistent with the recipe. The juice can be substituted for water and the cocoa and zest can be omitted

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
255kJ	0.6g	6.2g	2.6g	1.1g	9mg

Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Food processor
-  Bowl

Preparation

Chop nuts and dried fruit

Zest an orange by using a grater

Squeeze the juice out of the orange and add to the chopped dates

Alternatives

Replace nuts with seeds such as sesame and pumpkin seeds. Replace rolled oats with ground almonds.

Skills learned

Taste and texture of nuts

Nuts can be eaten raw. Dry roasting helps intensify their flavour, without adding any more fat. Unshelled nuts can be kept for up to a year in a cool place. Shelled nuts, especially those that have been cut or roasted, are more prone to rancidity (going off). Rancidity is when fats are exposed to air for a long time and develop stale flavours and smells. Nuts should be stored in the refrigerator or freezer in an airtight container.

Nutrition

Nuts and seeds are very nutritious foods. They contain protein, healthy fats, fibre and a number of other essential nutrients. Remember to include them in your daily diet by adding them to your cereal, salad, soup and baking. Nuts are the ultimate fast food – convenient and easy to carry around. If you feel really hungry during morning or afternoon tea time, nuts can tide you over nicely until your lunch or evening meal. The best choice is raw and unsalted.



Cauliflower croquettes

Serves 4 adults or 8 children

Ingredients

- ¼ cup currants**
 - ¼ head of cauliflower*
 - ½ medium onion, finely chopped*
 - 1 Tbsp vegetable oil*
 - 2 Tbsp toasted nuts, roughly chopped**
 - 1 egg*
 - ⅓ cup dry breadcrumbs*
 - 1 cup Edam cheese, grated*
 - 1 Tbsp herbs, finely chopped or 1 tsp dried herbs**
 - ½ Tbsp dried, ground spices such as paprika, pepper, fennel or cumin**
- * Optional ingredients

Method

1. Soak the currants in water for 30 minutes
2. Cut the cauliflower into florets and boil until tender, drain
3. Heat a large pot and gently cook the onions in the oil until soft
4. Add the cauliflower, drained currants and chopped nuts
5. Continue to cook while mashing the mixture with a fork or potato masher until it is a pulpy texture. Remove from heat and allow to cool
6. Heat oven to 220°C
7. Once cauliflower mixture is cool, add remaining ingredients and mix thoroughly
8. Roll into egg shapes and place on baking tray and bake for approximately 15 minutes or until golden brown
9. Serve with steamed or raw seasonal vegetables

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
582kJ	3.2g	8.9g	4.2g	1.4g	144mg

Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Egg beater or whisk
-  Peelers
-  Bowl
-  Pot
-  Fork or masher
-  Baking tray and sheet

Preparation

Soak currants in water for 30 minutes

Toast the nuts

Grate the cheese

Alternatives

Replace some of the cauliflower with broccoli, as they are from the same family – Brassica. Try pumpkin or sunflower seeds instead of nuts.

Skills learned

Mashing vegetable

Most vegetables can be easily mashed, as long as they have some starch in them such as potatoes, kumara, and pumpkin, or they have a starchy ingredient added to them. Once you've chosen your vegetables, cook them until soft. Don't waste stalks as these can be eaten. If the mash is too dry, add some liquid such as milk or water.

Soaking dried fruit

This technique gives the fruit a soft texture and more flavour. If you plan to cook or bake with dried fruit, soaking it first will keep it plump and moist. It also prevents the fruit from absorbing excess liquid from the recipe.

Nutrition

Milk, yoghurt and cheese have lots of calcium which helps build strong bones. But, some varieties are high in saturated fat. Too much saturated fat is bad for your heart. Do your heart a favour by choosing low fat or reduced-fat varieties such as: trim or reduced-fat milk, cottage cheese, Edam cheese, Noble cheese or reduced fat cheddar. For people who have a dairy allergy and intolerance, look for dairy substitutes such as reduced fat unsweetened calcium-fortified soy/rice/almond milk and tofu.

Spaghetti carbonara Serves 4

Ingredients

300g dried spaghetti

100g lean bacon, sliced

1 clove garlic, crushed

½ cup low-fat evaporated milk

2 medium zucchini, sliced

1 medium carrot, sliced

1 egg

¼ cup parmesan cheese, grated

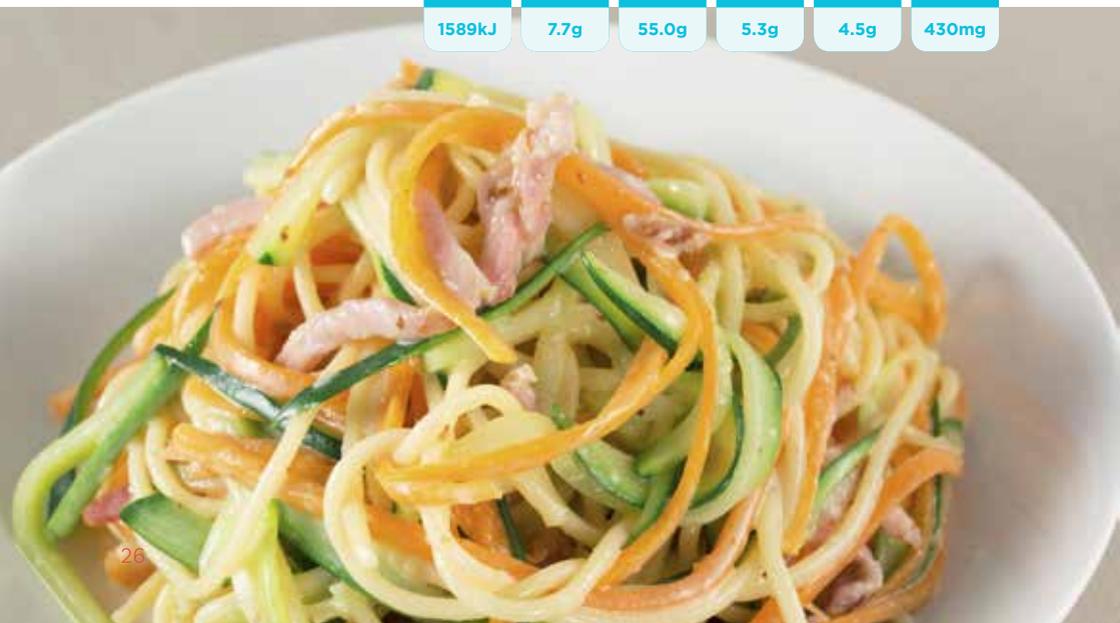
pinch ground pepper

Method

1. Bring two pots of water to the boil
2. Into one pot add the spaghetti and boil for approximately 10 minutes or until al dente
3. Heat a frying pan and cook the sliced bacon. The bacon will render its own fat so no need to add more
4. Once bacon is crispy, add garlic and stir gently
5. Remove from heat before garlic browns and add evaporated milk, set aside
6. Once the pasta is cooked, drain and set aside
7. In the second pot of boiling water blanch the zucchini and carrots for one minute
8. Drain and add to the pasta
9. Add the bacon and evaporated milk, egg, parmesan cheese and pepper to the pasta
10. Mix well and serve

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
1589kJ	7.7g	55.0g	5.3g	4.5g	430mg



Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Egg beater or whisk
-  Peeler and grater
-  Bowl
-  Pots
-  Frying pan and ladle

Preparation

Grate parmesan cheese

Alternatives

Use thinly sliced leeks and spaghetti squash. Cut the leeks into thin strips with a knife, mandolin or julienne peeler. Cut the spaghetti squash in half lengthwise and remove the seeds. Boil (15-20 minutes) or bake (40-45 minutes) until cooked, then using a fork scrape out the flesh.

Skills learned

Cooking pasta

Follow the cooking instruction on the package, but always taste pasta before draining to make sure the texture is right. Pasta cooked properly should be al dente – a little chewy.

Grating cheese safely

Rub the cheese against the grater in an up-and-down motion. Once you reach the end of the cheese, rub it with your palm to avoid scraping your knuckles.

Blanching

Enzymes cause the change of colour, flavour and texture in vegetables as they grow and ripen. The enzymes continue to work after vegetables are picked. Blanching stops the action of enzymes thus setting the colour and keeping the nutritional value of the vegetables.

Nutrition

Processed meats are those which have been smoked, salted, cured, fermented or treated in other ways, to enhance flavour and preserve freshness. Examples include: bacon, ham, sausage and salami. They are high in saturated fat and salt. Use these foods occasionally in small quantities. Some products are better choices than others. Check the nutrition panel and ingredients list on the back or side of the packaging. Choose the one with lower sodium and saturated fat.



One-dish roast chicken with vegetables serves 4

Ingredients

500g chicken
1 medium onion
2 cups pumpkin, peeled and seeded
1 medium red pepper
1 large kumara, washed
2 Tbsp olive oil
3 Tbsp lemon juice
2 cups watercress leaves
Pepper, to taste

Method

1. Preheat oven to 200°C
2. Cut the chicken, onion, pumpkin, red pepper and kumara into similar sized pieces
3. Spread out on a roasting dish and toss with oil
4. Roast approximately 30 minutes or until cooked through and browned. You will need to turn the pieces over once or twice during the cooking
5. Remove from the oven and mix through the lemon juice and watercress leaves before serving. Season with pepper

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
1512kJ	2.8g	38g	18.3g	4.8g	135mg

Equipment

-  Measuring cups and spoons
-  Chopping board and knife
-  Peeler
-  Bowl
-  Roasting dish

Preparation

Remove the skin and bone from chicken thighs

Peel pumpkin and remove the seeds

Squeeze lemon juice out of a lemon

Alternatives

Replace the chicken with silken tofu.
Roast the tofu with the vegetables for 30-40 minutes until golden brown and crunchy.

Skills learned

Chopping root vegetables evenly for cooking

To make your cutting safer, place a rubber mat or a damp towel under your cutting board, so it doesn't move around. For potato, beetroot and kumara, cut the top and bottom off first so you can lay the vegetable flat and firm on your cutting board. Some vegetables can be softened up in the microwave or oven before cutting. It is much easier to handle once it is softer. However, make sure the vegetables have cooled down first.

Nutrition

Food variety means eating a wide variety of foods from each of the food groups in the right amounts. Eating many different foods helps maintain a healthy and interesting diet, which provides a range of different nutrients to our body. One-dish roast chicken with vegetables is a good combination of foods from different food groups.

Warming chicken and bean chowder serves 6

Ingredients

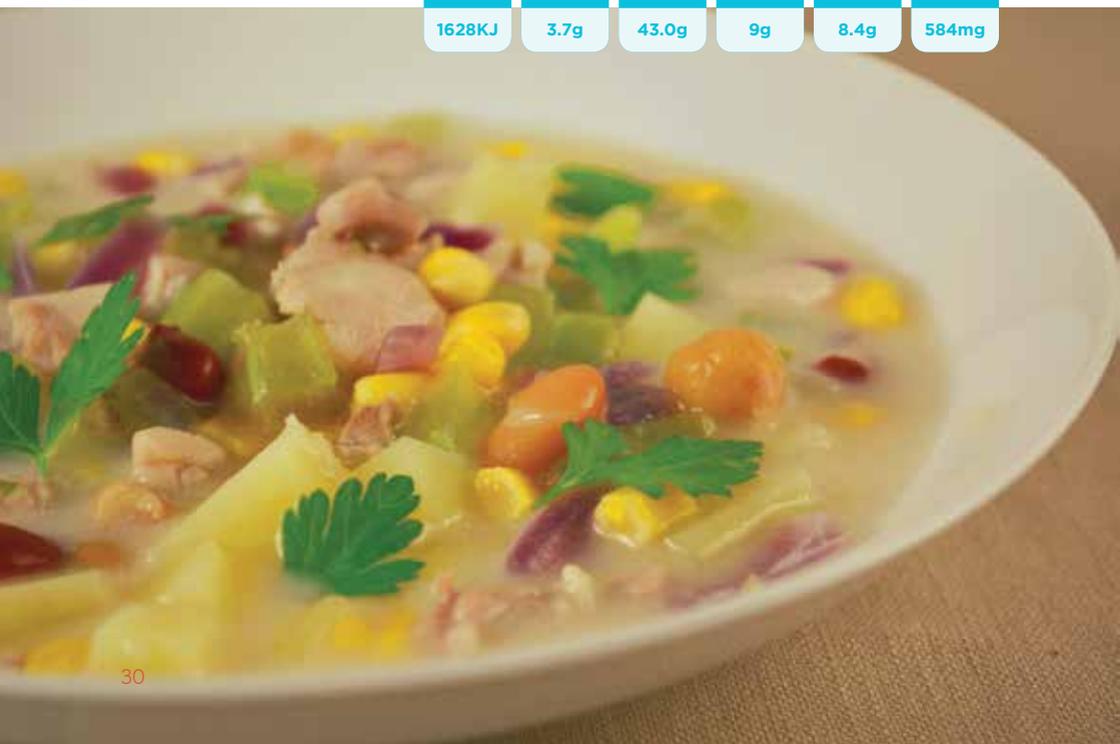
1 Tbsp oil
1½ cups onion, diced
2 cups celery, diced
3 cloves garlic, crushed
6 cups water
3 medium potatoes, diced
450g boneless chicken thighs, diced
1 can four bean mix, drained and rinsed
1 can corn kernels
4 Tbsp cornflour
1 can lite evaporated milk

Method

1. Heat oil in a large saucepan. Sauté onion and celery until soft
2. Add garlic and sauté briefly
3. Add water, potato, beans and chicken
4. Moisten cornflour with ¼ cup of water and mix until smooth
5. When the chicken and potatoes are cooked, slowly pour in the cornflour mixture stirring constantly
6. Remove from the heat and add evaporated milk

Per serve:

ENERGY	SAT. FAT	CARBS	SUGAR	FIBRE	SODIUM
1628KJ	3.7g	43.0g	9g	8.4g	584mg



Equipment

 Measuring cup and spoons

 Chopping board and knife

 Bowl

 Frying pan and ladle

 Pot

Preparation

Peel and dice all the vegetables

Dice chicken

Alternatives

Use pumpkin, kumara, carrot instead of potatoes.

Skills learned

Soup thickening

Starch is used to thicken soups, sauces and casseroles. There are several types of starches used as thickeners such as corn flour, rice starch, potato starch, arrowroot and tapioca. Add starch to a small amount of cold water and whisk into a thick slurry. This prevents the starch from clumping and helps it dissolve into the soup evenly. Stir the slurry a bit at a time into the simmering soup at the end to set the final thickness of the soup.

Nutrition

A legume is a simple, dry fruit enclosed within a pod such as peas and beans. The most well-known legumes are beans, peas, peanuts, chickpeas, soybeans and lentils. They are low in fat but higher in protein and fibre. Not only are legumes nutritious, they are also very cheap. By adding legumes to a meat-based dish, they can help stretch the protein component of a meal further. Canned beans are convenient. Choose the one with lower sodium content.



Roasted carrot and cumin dip Serves 8

Ingredients

6 medium carrots,
peeled and chopped
2 tsp whole cumin seeds
1 Tbsp vegetable oil
2 Tbsp tahini paste or
peanut butter
1 Tbsp lemon juice

Method

1. Heat oven to 210°C
2. Mix the carrots with the cumin seeds and vegetable oil
3. Spread out in a roasting dish
4. Roast in the oven for approximately 45 minutes or until browned, stirring every 10 minutes
5. Remove from oven and allow to cool
6. In a food processor, blend roasted carrots with tahini and lemon juice
7. Serve with vegetable sticks, almond and oat shapes (see page 34) or pita bread crisps

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
283kJ	4.9g	0.5g	2.8g	2.9g	33mg

Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Peeler
-  Bowl
-  Roasting dish
-  Food processor

Preparation

Squeeze the lemon

Peel and chop carrots

Alternatives

Kumara, beetroot and chickpeas are great ingredients for dips too.

Skills learned

Vegetable dips as alternatives to spreads and butter

Vegetable-based dips such as roasted carrot, beetroot, kumara or pureed peas with thickened yogurt are much better options than creamy mayonnaise, cream cheese and sour cream which are high in saturated fat.

Roasting

The process of roasting vegetables brings out the sweetness and intensifies the natural flavours. The difference between roasting and boiling or steaming vegetables is that roasting provides different colours, flavours and textures.

Nutrition

Eating more vegetables and fruit adds vitamins, minerals and fibre to diets and helps us stay healthy. We should aim to eat mostly non-starchy vegetables and fruit.

Beta-carotene is a red-orange pigment found in vegetables and fruit, especially in carrots and colourful vegetables. The human body converts beta-carotene into vitamin A. We need beta-carotene and vitamin A for our immune system (fights infections), healthy skin and good vision.



Almond and oat shapes Serves 12

Ingredients

- ½ cup ground almonds*
- ¼ cup wholemeal flour*
- ¼ cup rolled oats*
- 3 Tbsp olive oil*
- ¼ cup water*

Method

1. Heat oven to 180°C
2. Mix all ingredients together to form a slightly sticky dough
3. On a floured bench, roll the dough out to approximately 3-5mm thick
4. Cut into desired shapes
5. Place on a baking sheet and bake for approximately 10-15 minutes or until crisp and lightly browned

Per serve:

ENERGY	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
318kJ	0.5g	5.6g	0.4g	0.5g	38mg

Equipment

-  Measuring cup and spoons
-  Bowl
-  Rolling pin
-  Baking paper

Preparation

- Measure out the dry ingredients
- Measure out the wet ingredients
- Two sheets of baking paper

Alternatives

Replace the ground almonds with another ground nut or seeds.

Skills learned

Rolling dough

Dust the work surface lightly with flour. Put dough on it and sprinkle a little flour on top. Use your rolling pin to press down on the dough, making little grooves. Turn 90 degrees and repeat until the dough is about twice its original diameter. Begin to roll out the dough gently, until it is the right thickness. If your dough is too sticky, roll it between two pieces of baking paper.

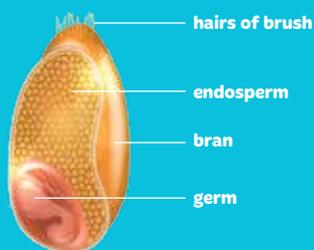
Nutrition

Wholegrain and wholemeal cereals are an important source of fibre and nutrients. The best wholegrains are those that contain the intact grain including the germ, endosperm and bran. The grains in wholemeal foods have been processed to a finer texture, so they can be digested quicker.

Wheat, whole oats, barley, maize, brown rice, rye, millet, buckwheat, quinoa, amaranth,

teff and triticale (wheat/rye/corn cross commonly grown as silage for stock) are our common wholegrains.

Anatomy of a grain





The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

To make a donation, please go to
www.heartfoundation.org.nz/donate
or contact us at:

Heart Foundation, PO Box 17160, Greenlane, Auckland 1546
T 09 571 9191 E info@heartfoundation.org.nz W www.heartfoundation.org.nz