

Parental Guidance

Recommended

Involving Children in Cooking
Handout C1

Spending time with your children in the kitchen can be very rewarding - for both them and you. Not only is it fun, but there are many developmental benefits to having kids in the kitchen. It is important that children are aware of potential hazards in the kitchen and they should always be supervised.

- Before entering the kitchen, ask your child to identify any potential dangers. What's hot? What's sharp? Electrical appliances? Demonstrate if necessary what to watch out for.
- Demonstrate safe cutting techniques (peel away from your hand, keep fingers away from the blade, don't point the sharp end of the knife at yourself or others, etc.)
- Know where the first aid kit and fire extinguisher are kept, hopefully close by.
- Turn saucepan and skillet handles to the middle/back of the stove this way you won't bump a handle and spill hot food.
- Make sure mixers and blenders are turned off before you scrape the sides of the bowl or allow little fingers near them.
- Provide only microwave safe equipment when choosing the equipment and utensils needed.
- Instead of wiping hands on aprons or tea towels, encourage regular hand washing and drying.

Only allow your children perform tasks you feel they can achieve safely. As a guide:

Children under 6 years can...

- Use blunt scissors to cut soft foods
- Wash fruits and vegetables
- Tear lettuce
- Stir, whisk, beat liquid or dry ingredients together
- Grease pans or baking trays
- Use a rolling pin (to roll dough, crush cookies, make biscuit crumbs)
- Peel oranges, bananas, hard boiled eggs
- Spread with a butter knife or sandwich spreader
- Squeeze lemons or oranges
- Mash vegetables or fruits with a fork or potato masher
- Measure dry ingredients
- Shape hamburgers or meatballs

For further information contact:
Kidsafe WA
Godfrey House, Princess Margaret Hospital
Subiaco WA 6008
Phone: (08) 9340 8509
Country Callers: 1800 802 244
Email: kidsafe@kidsafewa.com.au

Children aged 6 - 9 can...

- Use a blunt knife
- Use a can opener
- Use a microwave and blender
- Mix, roll and shape biscuits
- Beat ingredients with a whisk
- Grate cheese and vegetables
- Measure liquid and dry ingredients
- Peel onions, garlic, carrots, cucumbers
- Crack eggs
- Knead dough
- Set the table

Children aged 10-12 can...

- Use microwave and blender
- Handle recipes with few ingredients
- Use stove top and oven
- Use knives
- Cut, chop, shred vegetables and fruits
- Plan a meal

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Food Safety Handout C2

Caring for your food is important to avoid food poisoning from bacteria which can grow to dangerous levels in the wrong environment. Storing food carefully can reduce waste and can save money and shopping time.

You can prevent food poisoning if you clean equipment well and cook, chill and separate foods effectively. If in doubt, throw it out.

Clean

- Wash your hands for 20 seconds with warm soapy water and dry your hands for 20 seconds before starting to cook. Repeat frequently, especially after handling raw meats, poultry or vegetables with visible soil.
- Wash and dry chopping boards, utensils in hot soapy water and wash work surfaces after preparing raw meats, fish and poultry.
- Only use thoroughly cleaned equipment for food that will not be cooked or heated.

Cook

- Cook poultry, hamburger patties, minced and stuffed meats and sausages until juices run clear.
- Defrost frozen meat, fish and poultry thoroughly before cooking.
- Always follow cooking instructions on packaged foods.
- Reheat foods to steaming hot all the way through before eating.
- Keep hot foods steaming hot, at or above 60°C.

Chill

- Keep your fridge at 5°C and your freezer at -15°C.
- Keep cooked and perishable foods in the refrigerator.
- Refrigerate hot foods as soon as they stop steaming.
- Defrost food in the fridge or microwave, not on the sink or bench.
- Refrigerate leftovers promptly.
- If you use a microwave to defrost foods, cook them immediately.

Separate

- Keep raw meat, fish poultry and fish from touching other food.
- Keep raw meat, fish and poultry in the bottom of the fridge or in a sealed container so it can't drip onto other food.
- Cover all stored food.

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Safe food storage

Storing food correctly is important to avoid food poisoning from bacteria which can grow to dangerous levels in the wrong environment. By storing food carefully we reduce waste and can save money and shopping time.

It is important to be aware that a temperature danger zone exists for food. This danger zone is between 5°C and 60°C and foods considered to be high risk should not enter this temperature zone. High risk foods include but are not limited to meat, dairy products and prepared salads.

Basic safety rules to be observed when storing food:

- Store food in clean, non-toxic containers designed for food storage.
- Food should not be stored in open cans.
- When purchasing chilled and frozen foods from the supermarket, buy them last. If possible place them in an insulated cooler bag and store in the fridge or freezer as soon as possible after arriving home.
- When storing left over cooked food, place the hot food in a shallow or small dish to allow for the quickest possible cooling and place in the refrigerator when steam no longer rises from the food. Food can be transferred to freezer if necessary after being cooled in fridge.
- Raw meats should be stored in sealed or covered containers below cooked foods in the fridge.
- Food should not be eaten after the use-by-date.

Basic safety rules to be observed when reheating food:

- Thaw frozen food in the refrigerator or defrost in a microwave oven.
- Food that is defrosted in the microwave should be cooked immediately afterwards.
- Make sure frozen meats, poultry and fish are defrosted thoroughly before cooking.
- Do not refreeze food once it has been thawed.
- Reheat food as quickly as possible.
- Food should be reheated to steaming hot - above 75°C, or boiling.

For more information about food safety visit:

- www.health.wa.gov.au/envirohealth/food/docs/Food_Safety_for_Consumers.pdf
- Food Standards Australia and New Zealand: www.foodstandards.gov.au

Food Safety Information Council: www.foodsafety.asn.au

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Recipe Modification

Handout C3

How can we keep these recipes tasting great and reduce the fat, sugar and salt and increase the fibre?

Recipe 1- Spaghetti Bolognese

Ingredients (Serves 4)

375g packet dried spaghetti

1 tablespoon olive oil

500g beef mince

500g jar of bolognese pasta sauce

1/3 cup shredded fresh basil leaves

A pinch of salt

Shaved parmesan to serve

Method:

Cook spaghetti following packet directions. Drain well.

Meanwhile, heat oil in a fry pan over high heat. Add mince and salt and cook, uncovered, stirring for 3-4 minutes or until the mince changes colour. Pour in pasta sauce and simmer over medium heat, stirring occasionally, for 5 minutes. Remove from heat.

Stir in basil. Divide pasta among bowls and spoon over sauce. Top with parmesan cheese.

Modifications to make a healthier spaghetti bolognese:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

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Recipe 2 - Apple and Cinnamon Muffins

Ingredients (Makes 12 muffins)

90g butter
1 cup milk
2 large eggs, beaten
2 heaped cups self-raising flour
½ cup castor sugar
1 teaspoon baking powder
2-3 apples, peeled and chopped
¾ cup sugar
1½ tablespoons cinnamon

Method:

Preheat oven to 180°C.

Melt butter. Add milk and beaten eggs to butter and set aside. In a separate mix together the flour, sugar, baking powder and cinnamon.

Stir the wet ingredients into the dry ingredients, leaving the mixture a little lumpy. Stir in chopped apples.

Spray 12 muffin tins. Fill each muffin tin with the mixture.

Bake for 25 minutes.

Modifications to make healthier Apple and Cinnamon Muffins:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Getting Organised for School Lunches

Handout C4

Organising school lunches is a task many parents do five days a week, 40 weeks a year, for approximately 8 years.

Nutritious school lunches are important as they will provide the fuel for your child's learning. Try encouraging your child to be involved in the preparation of lunch each day.

Here are some examples:

- Baking on weekends and freezing for the busy week ahead: scones (date, plain, pumpkin, sultana), fruit muffins, banana or carrot loaf, pikelets
- Roast dinner on weekend use left over's for sandwich fillings
- Wash out lunchboxes after school, ready for the next day
- Refill water bottles after school (freeze in the summer months - great to use as a cooler)
- Prepare salads the night before while preparing dinner
- Make a large fruit salad and serve in portions for the week. Squeeze orange or lemon juice to prevent browning
- Make sandwiches the night before when cleaning up after dinner or while preparing dinner - store in the fridge
- Some sandwich fillings can be frozen:
 - Low fat cheese and vegemite
 - Lean meat and light mayonnaise
 - Tuna and creamed cheese
- Soups are great for winter and can be made over the weekend.
- Alternate with different breads, e.g. knot rolls, pita wraps, rice cakes
- Include lunchbox items when planning your grocery shopping
- Involve children in selecting healthy choices for the lunchbox

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Healthy Food and Drinks in Schools

Handout C5

The traffic light system is an initiative of the Department of Education Healthy Food and Drink Policy; it is a system used to rate the nutritional profile of food and drinks in primary and secondary schools in WA. This system of classifying foods can also be applied to school lunchboxes. Foods are separated into three categories:

Healthy Food and Drinks in School:

Green food and drinks

These foods/drinks should be encouraged and promoted and they should fill the school lunchbox. Majority, if not all food, drinks and snack choices in lunchboxes should be "Green". In general these foods are excellent sources of important nutrients, are low in saturated fat and/or added sugar and/or salt and help to avoid an intake of excess energy (kilojoules).

Examples include: Fruit, vegetables, wholegrain breads and cereals (low in added sugar, high fibre), reduced-fat dairy products such as milk, yoghurt and cheese, fruit drinks (at least 99% fruit no added sugar, <250 ml) unprocessed lean meats (fish, chicken), eggs, plain water. Other items such as plain popcorn, raisin bread, water/rice crackers, trail mix.

Amber food and drinks

School lunchboxes should not be dominated by these food and drinks. They should be limited and chosen carefully. Large serving sizes should not be used. School lunchboxes should not offer any more than one food from the "Amber" category. Foods and drinks categorised as amber also contain some valuable nutrients, but may be too high in saturated fat and/or sugar or salt.

Examples include: refined cereals (added sugars and low fibre), full fat dairy foods (milk, yoghurt, and custard), fruit drinks (at least 99% fruit no added sugar, >250 ml), mineral waters, low or reduced fat ice-cream, and commercial/homemade muffins/cakes that are small serve size or have reduced fat and/or sugar with a wholemeal base.

Red food and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they lack adequate nutritional value, are high in saturated fat, and/or added sugar and/or salt, can contribute excess energy (kilojoules) and can contribute to tooth decay and erosion.

Examples include: soft drinks, sports drinks, iced tea, cordial, confectionary (all types), deep fried foods, high fat sandwich meats (polony, salami), iced cakes and slices, and other items such as chips and snacks high in sugar and fat. Topping (syrup, jam and honey).

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Nutrition criteria for packaged food

If the food is less than or equal to the number in the 'good' or 'okay' column for: total fat, saturated fat, sugar or sodium, the food may be included in the lunchbox. Take note to consider the serve size of all packaged foods. Comparing packaged products per 100g using the table below.

Choose foods with less than 600kj per server and high in fibre (3g or more per serve) for added benefits. Parents are encouraged to move towards foods that meet the 'good' criteria for school lunch boxes.

	Good	Okay	Poor
Total fat	<3 g	3-20 g	>20g
Saturated fat	<1.5g	1.5 - 5g	>5g
Sugar	<5g	5-15g	>15g
Sodium	<120mg	120-600mg	>600mg

Source: www.drawtheline.com.au

For more information see the Department of education and training website at www.det.wa.edu.au/healthyfoodanddrink/

Or Health Department website at <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>

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Lunchbox Food and Drink Record

Handout C6

Please be as detailed as possible listing the food or drink and the amount given in your child's lunchbox.

Lunchbox	Foods E.g. Snack Food or Drink Consumed 2 pieces dried pear 1 x 250ml glass of water
Snack(s)	
Meal(s)	
Drink(s)	

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Please be as detailed as possible listing the food or drink in the school lunchbox according to the traffic light category.

Food Group	Foods and traffic light category		
	Green	Amber	Red
Breads, cereals, rice, pasta, noodles			
Vegetables, legumes			
Fruit			
Milk, yoghurt, cheese			
Lean meat, fish, poultry, eggs, nuts, legumes			
Drink			
Extras			

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Lunchboxes
 Handout C7

Seeing a lunchbox and its contents return home untouched can be disheartening. Organising school lunches is a task many parents do five days a week, 40 weeks a year, for approximately 8 years. That's a total of 1600 school lunches!

A study of Australian children's school lunches found that:

- Most children brought a home packed lunch box.
- Children consumed up to four highly processed 'junk foods' each day!
- Almost all lunch boxes included bread and fruit, but also contained biscuits, unhealthy muesli/fruit bars, and packaged snacks.

Children and teenagers eat around a third of their daily food intake at school. Filling a lunch box with foods from each food group is an easy way to ensure kids get all the nutrients they need.

What should be in a lunchbox?

	Number of serves 4-7 years	Number of serves 8 - 11 years	Number of serves 12 -18 years
Fruit	1	1	1-1.5
Vegetables and Legumes	1-1.5	1-1.5	2-3
Breads and Cereals	1-1.5	1-2	1.5-2
Milk, Yoghurt, Cheese	1	1	1-1.5
Meat and Meat Alternatives	0-0.5	0.5	0.5-1
Extra Foods	0-1	0-1	0-1

The ideal lunch box:

1. Fruit and vegetables (as snacks or as a filling)
2. Wholegrain breads and cereals
3. Reduced fat dairy items rich in calcium (milk, yoghurt, cheese) or alternatives
4. Meat and meat alternatives rich in protein
5. A drink - water is the best

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Snack Ideas:

Vegetables and legumes: corn on the cob, veggie sticks (carrot, cucumber, celery) and dip (salsa, hommus, natural yoghurt - look for reduced fat varieties), ½ carrot, cherry tomatoes, snow peas or sugar snap peas, small can of creamed corn, baked beans

Breads and cereals: chunky breakfast cereal served in a small container, homemade mini fruit muffins, high fibre crackers, popcorn, crisp bread, homemade pikelets or pancakes, left over vegetarian pizza slice, mini bagels, raisin bread, fruit bread, toasted sandwiches (fillings: baked beans, cheese, cheese and tomato, apple and cinnamon, pear and ricotta), bagel crisps, creamed rice in small container, pretzels, rice cakes, corn crackers, crunchy granola (oats, nuts*, raisins, honey), bircher muesli, small container of assorted salads (tabouli, rice or pasta), grissini sticks, microwave pappadums

Milk, yoghurt, cheese: reduced-fat yoghurt (can be frozen, fruit or low-fat muesli can be added for variety), yoghurt sticks, cheese cubes, cheese sticks, cheese slices, plain reduced-fat milk, or small carton of flavoured milk (can be frozen), reduced-fat yoghurt 'dip' served with fruit pieces for dipping, cheese and crackers

Meat and alternatives: nuts and seeds*, tuna and crackers, boiled egg

*Parents are encouraged to be aware of the schools allergy policy

Recipes
Handout C8

Recipe 1

Hearty Minestrone Soup

Ingredients (Serves 6)

1 medium brown onion, chopped
1 clove garlic, crushed
425g can crushed tomatoes
1 carrot, peeled and diced
2 sticks celery, sliced
1 large parsnip, peeled and diced
1 tablespoon tomato paste
1 bay leaf
4 cups of reduced-salt beef stock
2 cups water
½ cup small wholemeal pasta
6 Brussels sprouts, finely sliced or 1
cup sliced cabbage
300g can four bean mix, rinsed and
drained

Method

- Cook onion and garlic in a large pot with a little water until onion is translucent.
- Add tomato, carrot, celery, parsnip, tomato paste, bay leaf, beef stock and water.
- Bring to the boil, add the pasta and simmer for 15 minutes or until tender. Add Brussels sprouts and beans.
- Cook for a further 5 minutes.

Variation

Substitute lentils or butter beans for the four bean mix. Spinach or peas are tasty alternatives to Brussels sprouts and cabbage.

Recipe 2

Pumpkin Soup

Ingredients (Serves 4)

1 medium brown onion, chopped
1 clove garlic, crushed
1 tablespoon olive oil
750g pumpkin, peeled and cubed
1 large potato, peeled and cubed
4 cups of reduced-salt vegetable or
chicken stock
¼ cup low-fat natural yoghurt

Method

- Heat oil in a large pot and cook onion and garlic over low heat until onion is translucent.
- Add pumpkin, potato and stock and bring to the boil.
- Reduce heat and simmer for 20 minutes or until pumpkin is tender.
- Remove from heat and cool slightly.
- Puree in a blender until smooth. Add yoghurt to serve.

Hint

If the soup is too thick add a little low-fat milk to make desired consistency.

Variation

Replace yoghurt with ¼ cup reduced-fat coconut milk and heat through. Sprinkle with coriander.

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Recipe 3

Tuna and Avocado Salad

Ingredients (Serves 4)

315g can tuna in spring water, drained
300g can cannellini or butter beans, drained
1 tomato, chopped
1 avocado, skin and pip removed and chopped

Dressing

Juice of ½ lemon
1 teaspoon grated lemon rind
1 tablespoon chopped basil
2 tablespoons low-fat natural yoghurt
Freshly ground or cracked black pepper, to taste

Method

- In a bowl lightly fold tuna, beans, tomato and avocado.
- In a small bowl mix all dressing ingredients together and pour over tuna mixture.

Serving suggestion

Stuff the mixture into pita bread pockets; serve in a wholemeal roll; or pile on top of a baked jacket potato or toasted Turkish bread.

Recipe 4

Lamb and Mushroom Kebabs

Ingredients (Serves 4)

500g lean lamb round, cut into cubes
8 button mushrooms, halved
1 green capsicum, seeded and diced
8 cherry tomatoes
1 medium red onion, cut into wedges

Marinade

2 teaspoons wholegrain mustard
2 teaspoons mint jelly
2 teaspoons reduced-salt soy sauce

Method

- Thread lamb and vegetables onto skewers. Mix marinade ingredients together and microwave for 40 seconds to combine.
- With a pastry brush, coat meat and vegetables with marinade.
- Preheat barbecue or grill to moderately hot. Cook kebabs for 5-10 minutes, turning frequently and brushing regularly with marinade.

Hint

Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning on barbecue.

Serving suggestion

Serve kebabs with pita bread and a salad of diced tomatoes, sliced Lebanese cucumber, pineapple chunks, diced olives and crumbled feta. Alternatively, serve on a bed of warm, cooked potato, sweet potato and chopped herbs.

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Recipe 5

Chicken and Veggie Stir-Fry

Ingredients (Serves 4)

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into strips
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce

Method

- Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside.
- Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes.
- Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes.
- In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through.
- Serve with rice.

Variation

Use lean pork loin instead of chicken.
Try noodles instead of rice.

Recipe 6

Fast Fish Medley

Ingredients (Serves 4)

- 1 cup rice
- 1 teaspoon olive oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 425g can chopped tomatoes with herbs
- 1 fresh red chilli, seeded and chopped
- ⅓ cup of water or reduced-salt stock
- 1 medium red capsicum, seeded and chopped small
- 1 cup frozen peas
- 350g white fish fillets, cut into small pieces
- 100g scallops or scallop pieces (optional)
- 1 bunch English spinach, washed, drained and chopped

Method

- Cook rice following packet directions. Heat oil in pan and cook onion and garlic until softened.
- Add tomatoes, chilli and wine and simmer for 5 minutes. Stir in cooked rice, capsicum, peas, fish and scallops, cover and cook for 5 minutes or until fish and capsicum are cooked.
- Stir through spinach until wilted and mixed well with all ingredients.

Hint

You can use frozen fish in this recipe.

Variation

Prawns may replace the scallops, and other vegetables may be used, such as green beans, sweet corn and snow peas.

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Recipe 7

Baked apples

Ingredients (Serves 4)

- 4 Granny Smith apples, washed and cored
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 30g walnuts, chopped (optional)
- 50g dried mix fruit
- 1 teaspoon cinnamon

Method

- Run a knife around the middle of the apples to pierce the skin.
- Combine remaining ingredients in a small bowl. Spoon into apple cavities, leaving a little excess on top of each apple.
- Microwave on HIGH (100%) for 8 minutes or until apples are tender. Serve with extra sauce from the bottom of the dish.
- Hint: scoring around the middle of the apple ensures the apple doesn't burst out of its skin during cooking.

Variation

Substitute pears or nashi fruit for the apples.



Recipe 8

Rhubarb and Pear Crumble

Ingredients (Serves 6)

- 4 pears peeled, cored and diced
- 2 cups rhubarb (4 stalks), diced
- 2 tablespoons sugar
- 2 tablespoons water

Crumble

- 2 tablespoons honey
- 2 teaspoons margarine
- 1½ cups untoasted muesli
- ½ cup plain flour

Method

- Preheat oven to 180 °C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8-10 minutes until softened.
- Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds.
- In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs.
- Spread over fruit and bake for 20-30 minutes until golden. Serve hot.

Variation

Substitute nashi fruit or apples for pears.

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Recipe 9

Cheese and salad Wrap

Ingredients (Serves 2)

- 2 large flatbreads
- ½ cup reduced-fat grated mozzarella cheese
- 1 large tomatoes, diced
- 1 lebanese cucumber, diced
- ½ red capsicum, diced
- 1 cup lettuce leaves, shredded

Method

- Top flatbread with grated cheese, tomato, cucumber, capsicum and lettuce.
- Fold bottom of flatbread over about 2cm and then wrap each side around.

Variation

Canned tuna may replace cheese. Any other salad ingredients can be included.

Recipe 10

Chicken and salad sandwich

Ingredients (Serves 2)

- 4 slices wholemeal bread
- ½ cup shredded roast chicken
- ½ cup grated carrot
- 1 large tomato, sliced
- ½ cup spinach leaves
- 4 large slices beetroot

Method

- Place shredded chicken, carrot, tomato, spinach leaves and beetroot slices between 2 slices of bread.
- Cut into 2 triangles.

Canned tuna, salmon or fresh lean meat may replace chicken. Any other salad ingredients can be included.

Recipe 11

Veggie Pikelets
Makes 12 pikelets

Ingredients

- 1 small zucchini
- 1 carrot
- 1 orange (or 1 tablespoon of 100% orange juice)
- 1 cup self-raising wholemeal flour
- 1 tablespoon sugar
- 1 egg
- ¾ cup low fat milk
- ½ teaspoon oil

Method

- Squeeze the juice from the orange (if using).
- Grate the Zucchini and carrot and put them in a saucepan over medium heat.
- Add orange juice to vegetables.
- Cook vegetables until soft, about 3 minutes.
- Sift flour into a bowl.
- Stir in sugar, egg and milk to make a smooth batter.
- Mix the cooked vegetables into the batter.
- Heat a frying pan and add oil and cover the bottom of the pan with the oil.
- Drop a tablespoon of mixture into frying pan.
- Cook until bubbles appear, then turn over and cook the other side
- Wrap individually in cling wrap and store in the freezer until needed (take out in the morning before school)

Recipe 12

Popcorn snack pack

Makes 8 serves

Ingredients

½ cup popping corn

1 cup of dried fruit (sultanas, apricots, apple - chopped)

Method:

- Place popping corn without oil in a microwave safe bowl with a lid, or in a paper bag
- Place in microwave
- Cook for 3-4 minutes or until the 'popping' sounds stop.
- Mix together popcorn and dried fruit.

Hint: Popcorn snack pack can be placed in small air tight bags and be kept for a few days in the pantry.

Recipe 13

Sweet Potato Risotto

Ingredients (Serves 4)

1 tablespoon olive oil

2 cloves garlic, crushed

1 medium onion, peeled and finely chopped

500g sweet potato, peeled and cut into 1cm cubes

200g Arborio rice

500ml reduced-salt stock or water

1 cup frozen peas

1 tablespoon fresh herbs, chopped

Pepper, ground

Method

- Heat oil in a large saucepan over medium heat.
- Add garlic and onion and cook for 5 minutes until soft.
- Add sweet potato and rice, stirring.
- Add stock and peas.
- Bring to the boil, stirring occasionally.
- Reduce heat and cover.
- Simmer gently for 20 minutes adding more water if it starts to look dry.
- Risotto is ready when rice and sweet potato are cooked.
- Season with pepper and herbs before serving.
- Serve with a green salad or steamed vegetables

Recipe 14

Chilli Con Carne

Ingredients (Serves 6)

1 teaspoon of olive oil
1 medium onion, peeled and chopped
2 cloves garlic, crushed
300g lean beef mince
425g can kidney beans, drained
1 large stick celery, chopped
2 medium carrots, peeled and grated
425g can reduced-salt tomatoes, mashed
3 tablespoons reduced-salt tomato paste
1 cup water
2 teaspoons paprika
2 teaspoons chilli powder (optional)
Pepper

Method

- Pour 1 teaspoon of oil into a large fry pan, mix onion and garlic with mince and brown.
- Break up with a fork, stirring and cooking until brown.
- Add beans, celery, carrot, tomatoes, tomato paste, water, paprika, chilli, and pepper.
- Simmer for 50 minutes, stirring occasionally.

Recipe 15

Spaghetti Bolognese

Ingredients (Serves 4)

2 cups dry wholemeal pasta
1 medium onion, peeled and finely chopped
1 clove garlic, chopped
2 sticks celery, chopped
1 medium carrot, peeled and grated
1 teaspoon olive oil
200g lean beef mince
425g can kidney beans, drained or can of lentils
Pepper to taste

Plus *Pasta sauce ingredients from C5* (425g can of reduced-salt tomatoes, 1 tablespoon tomato paste, herbs)

Method

- Cook pasta according to packet directions.
Drain and set aside.
- Heat oil in a large pan.
Add onion, garlic, celery and carrot and cook for 2 minutes.
- Add mince and cook until browned. Add pasta sauce ingredients cook for 5 minutes.
- Season with pepper
- Cover and simmer for 45 minutes.

- Meanwhile make a salad or steamed vegetables. Serve over pasta next to vegetables

Recipe 16

Vegetable Casserole

Ingredients (Serves 4)

- 2 teaspoons vegetable oil
- 2 medium onions, peeled and chopped
- 2 cloves garlic, chopped
- 4 medium carrots, peeled and chopped
- 4 potatoes, peeled and chopped into cubes
- 1 medium zucchini, sliced
- 440g can tomatoes
- 1 -2 cans legumes or lentils
- 500ml reduced-salt Vegetable stock
- 1 teaspoon dried herbs
- 1 teaspoon paprika

Method

- Heat oil in a saucepan on medium heat and add onion and garlic, and cook until soft.
- Add carrot and potato, cover and cook for 10 minutes, stirring occasionally.
- Add the remaining ingredients, cover and simmer for 10 minutes.
- Serve with brown rice, mashed potato or wholemeal bread.

Recipe 17

Tuna Casserole

Ingredients (Serves 4)

- 2 tablespoons reduced-fat margarine
- 2 tablespoons plain flour
- 1 cup reduced-fat milk
- 1 teaspoon paprika
- 2 teaspoons lemon juice
- 400g canned tuna (in springwater)
- 1 cup grated reduced-fat cheese
- 4 cups vegetables (e.g. chopped mushrooms, peas, corn, spinach, finely chopped carrot or celery)
- 1 cup wholemeal bread crumbs (3 slices processed wholemeal bread)
- 2 cups wholemeal pasta

Method

- Preheat oven to 180°C
- Prepare pasta as per instructions on the packet.
- Melt the margarine in a saucepan and add flour, stirring continually for 3-4 minutes.
- Remove from heat and very slowly, add the milk a little at a time stirring it in well after each addition.
- Add the paprika and lemon juice and mix well



Add half of the cheese and vegetables and cook over a low heat until vegetables are tender, about 4 minutes.

- Drain pasta and place it in the bottom of an ovenproof dish.
- Top with the tuna mixture, breadcrumbs and remaining cheese.
- Bake in oven for 15-20 minutes until top is crispy and brown.

Recipe 18

Lentil Soup

Ingredients (Serves 4)

- 1 cup brown lentils
- 2 cups boiling water
- 1 teaspoon vegetable oil
- 2 tablespoons water
- 1 large onion, peeled and finely chopped
- 2 cloves garlic, finely chopped
- 2 medium carrots, peeled and finely chopped
- 2 medium stalks of celery, finely sliced
- 3 cups of stock or water plus stock cubes
- Pepper
- 2 tablespoons fresh coriander, finely chopped (optional)

Method

- Place lentils in a bowl and pour boiling water over. Cover and leave for 1 hour. Drain.
- Place oil, water, onion and garlic in a large saucepan and cook onion until soft.
- Add lentils, carrot, celery, stock and pepper.
- Simmer for 1 hour.
- Just before serving add freshly chopped coriander

Recipes Handout C9

Sauces, stocks, dressings, marinades

Recipe 1

White Sauce

Ingredients (Makes 250ml)

1 tablespoon low-fat spread
2 tablespoon plain flour
250ml skim milk, heated
Pepper, to taste

Method

- Melt margarine in small saucepan over medium heat.
- Stir in flour with a wooden spoon
- Stir until it forms a smooth paste. Continue to cook for 2 minutes.
- Reduce heat to low.
- Gradually add hot skim milk, stir with a whisk to reduce lumps.
- Continue to stir until mixture is smooth, approximately 2 minutes.

Variation

To make a cheese sauce, add grated reduced-fat cheese once removed from the heat.

Recipe 2

Chicken Stock

Ingredients (makes 1.5L)

1 kg chicken necks or whole chicken carcass
250g carrots, chopped
250g celery (including tops, leaves), chopped
250g brown onions, peeled, chopped
250g leek, chopped
1 bunch of parsley (stems included)

1 teaspoon peppercorns
3 litres of water

Method

- Place all ingredients in the water, in a large stock pot. Bring to the boil, then turn heat down to a simmer.
- Cook for approximately 2 hours, regularly skimming the foam from the surface of the stock.
- Strain the stock through a colander.

Variation

To make vegetable stock, omit chicken necks and add a bay leaf, sprig of thyme.
To make beef stock, omit chicken necks and add 1 kg of beef bones.

Tip Cool stock overnight in the fridge and skim the fat off the top the next morning.

Recipe 3

Pasta/tomato sauce

Ingredients (Serves 4)

1 medium brown onion, peeled and chopped
1-2 cloves garlic, crushed
410g can reduced-salt tomatoes (crushed, whole or diced)
1 x can reduced-salt tomato puree
1 tablespoons of dried or fresh Italian herbs - basil, oregano, rosemary

Method

- Cook onion and garlic in a saucepan over a medium heat

Parental Guidance



Recommended

- (may need a small amount of oil if not using a non-stick pan)
- Add remaining ingredients
- Cook on a low heat for 10 minutes
- Use within a couple of days.

Recipe 4

Balsamic dressing

Makes ½ cup of dressing

Ingredients

¼ cup balsamic vinegar

¼ cup olive oil (or grapeseed oil)

1 teaspoon wholegrain mustard

Method

- Mix all ingredients together.
- Use within a couple of days..

Recipe 5

Stir fry sauce

Ingredients (Serves 4)

¼ cup reduced-salt soy sauce

2cm piece ginger, peeled and grated

2 cloves garlic, crushed

1 teaspoon sesame oil

Method

- Mix all ingredients together and pour into stir fry ingredients, then heat through.

Recipe 6

Red wine vinegar marinade

For beef, lamb or chicken

Ingredients

2 tablespoons red wine vinegar

2 tablespoons olive oil

1 tablespoon seeded mustard

2 garlic cloves, crushed

2 tablespoons rosemary, finely chopped

Method

- Mix ingredients together, shake.



Meat and alternatives

Recipe 7

Fish

Ingredients (Serves 2)

2 x fish fillets (125g), thawed

Method

Microwave:

- Place fish fillets in a single layer in a shallow microwave-proof dish. Cover loosely and microwave on HIGH (850W) for about 5 minutes until just cooked.
- Stand for 2 minutes.

Frying:

- Use a light coating of spray oil in a fry pan or use a non-stick pan, raise to a medium heat.
- Add fish to pan and cook on one side for 5 minutes, then flip and cook other side for a further 5 minutes.
- Serve.

Grill:

- Place fish fillets under a hot grill.
- Cook for 5 minutes on each side.

Recipe 8

Scrambled eggs (serve 2)

Ingredients

4 eggs

6 tablespoons reduced-fat milk

Method

- Lightly beat eggs with milk in a microwave-proof bowl.
- Cook on HIGH (850W) power for 1 minute, remove from the microwave and beat again. Small

pieces of the egg will begin to cook.

- Return to the microwave and cook on HIGH (850W) for a further 30 seconds and beat again. Cook for another 20-30 seconds or until the eggs look scrambled, but are still wet.
- Add any ingredients that you wish (grated vegies, onion, spinach) and season with pepper.
- Cook for another 30 seconds. Serve.

Tip: don't put anything metal in the microwave

Recipe 9

Beans (lentils and legumes)

Legumes describe a large family of plant foods, including pulses and beans. Some are sold in their pod (i.e. snow peas, runner beans) and others are sold without the pod (i.e.: chickpeas, lentils). They can be bought packaged in bags - dried or pre-cooked and then canned.

Cooking beans

- Most dried beans need to be soaked overnight. This destroys any toxins.
- After being soaked, drain and replace with fresh water in a saucepan.
- Bring to the boil and simmer until tender (approximately 30 minutes, though varies with different beans)
- Skim foam from surface if needed.

Types of beans

Chickpeas, lentils, kidney, adzuki, anasazi, black, black-eyed, edamame, fava, lima, soy, butter, broad, cannellini, mung, peas

How to use them

- Add legumes to soups, stews, casseroles, stir fries, curries, salads
- Substitute half the mince for lentils/legumes in casseroles, spaghetti bolognese, lasagne, taco's, chilli con carne
- Add to salads, just add vegies
- Use legumes (red or brown lentils) to make burger patties, or substitute half the mince for legumes
- Make hommus with chickpeas, eat with vegies sticks
- Baked beans can be heated straight from the can for a healthy snack

Chickpeas (garbanzos, garbanzo beans, ceci beans) can be added to;

- Stir fries
- Salads
- Pasta dishes
- Used to make hommus
- Casseroles
- Minestrone soup
- Stews
- Indian dishes, such as dahl

Lentils can be added to;

- Spaghetti bolognese (substitute some of the mince for lentils)
- Used to make burger patties
- Dahl

Kidney beans can be added to;

- Spaghetti bolognese
- Stews
- Mixed bean salad

- Chilli
- Cajun bean dishes

Adzuki beans (azuki beans, asuki beans, field peas, red oriental beans)

- Rice dishes and Japanese or Chinese cuisine

Anasazi beans (Jacob's cattle beans)

- Homemade refried beans and soups

Black beans (Turtle beans, black Spanish beans and Venezuelan beans)

- Soups, stews, rice and beans, Mexican dishes

Black-eyed peas (Cowpeas, cherry beans, frijoles, China peas, Indian peas)

- Salads, casseroles, fritters, bean cakes, curry dishes

Edamame (Green soybeans)

- Side dishes, snacks, salads, soups, casseroles, rice or pasta dishes

Fava beans (broad beans, faba beans, horse beans)

- Stews, side dishes, lentils Soups, stews, salads, side dishes and Indian dishes, such as dahl

Lima beans (butter beans, Madagascar beans)

- Casseroles, soups and salads

Soy (soybean seeds, roasted soybeans)

- Snacks or as garnish to salads

Cooking meat

	Cut	Temperature	Cooking Time
Lamb	Eye of loin/backstrap, lamb round or topside roasts, lamb rump	220 °C	Rare 15 - 20 min per 500g Medium 20 - 25 min per 500g Well Done 25 - 30 min per 500g
	Rack of lamb, crown roast	200 °C	Rare - 20 -25 min total Medium - 30 - 35 min total Well done - 40 -45 min total
	Loin (boned and rolled), Leg or shoulder (bone in) Easy carve leg or shoulder	180 °C	Rare - 20 -25 min per 500g Medium - 25 -30 min per 500g Well done - 30 -35 min per 500g
Beef	Rib eye/scotch fillet, rump, sirloin, fillet, topside, standing rib roast	200°C	Rare - 15-20 min per 500g Medium - 20-25 min per 500g Well Done - 25-30 min per 500g
	Silverside, blade, round	160 °C	Rare - 20 -25 min per 500g Medium - 25 -30 min per 500g Well done - 30 -35 min per 500g
Veal	Fillet, leg, loin/eye of loin, rump and shoulder	200 °C	Rare 15 -20 min per 500g Medium 20 -25 min per 500g Well Done 25 -30 min per 500g
Pork	Pork scotch fillet without rind	180°C	40 minutes per 1kg
	Pork topside (mini roast pork) without rind	180°C	40 minutes per 1kg
Chicken	Whole chicken	190°C	20 minutes per 500g plus an extra 20 minutes

Recipe 10 Roast Chicken

- Preheat the oven to 190°C
- Remove any giblets from the chicken cavity.
- Rinse the chicken out under cold water. Make sure the skin of the chicken is dry by patting with paper towel.
- Fill the chicken with fresh herbs and some unpeeled garlic cloves or onion slices.
- Tie the legs of the chicken together with kitchen string.
- Season the chicken with pepper and a little olive oil spray.
- Place the chicken on a roasting rack in a roasting dish.
- Allow 20 minutes per 500g, plus an extra 20 minutes at 190°C.

Vegetables

Recipe 11

Roasting vegetables

Ingredients

Vegies good for roasting: sweet potato, potato, pumpkin, parsnip, carrot, capsicum, leek, onion (red, brown), eggplant, zucchini..

Method

- Preheat oven to 180°C.
- Wash all vegies well (leave skins on if possible) and chop into chunks.
- Arrange vegies in baking dish, spray with a little olive oil, toss to coat.
- Bake for ~40mins or until tender and golden.

Recipe 12

Steaming

Ingredients

Vegies good for steaming: sweet potato, pumpkin, carrot, capsicum, eggplant, zucchini, cauliflower, broccoli, beans, corn..

Method

- Place a small amount of water in the bottom of a saucepan, bring to the boil
- Cover with a colander (steel), place chopped and washed vegies in the colander and cover with a lid.
- Steam for 2-4 minutes, or until just tender

Recipe 13

Microwaving

Ingredients

Vegies good for microwaving: sweet potato, pumpkin, carrot, capsicum, eggplant, zucchini, cauliflower, broccoli, beans, corn.

Method

- Washed a chop all vegies (leave skins on if possible)
- Place vegies in a microwave safe dish, place a teaspoon of water in the bottom of the dish, cover with a microwave safe lid.
- Microwave on HIGH (850W) for 2 mins (sweet potato may need longer)

Tip: Corn on the cob works well in the microwave - a quick healthy snack!

Frozen vegetables will take 2-2½ minutes cooked on high per 150g serving and need no added water.

Mashed potato

Ingredients (Serves 4)

400g medium potatoes, scrubbed and peeled
2 tablespoons skim milk
½ tablespoon reduced-fat spread
Pepper

Method

- Cut potatoes into large chunks, place in saucepan, cover with water, bring to the boil.
- Cook until potato is soft, drain, Add spread and milk and mash. Season with pepper.



Variations

Use half potato, half sweet potato/carrot.
Cauliflower can be used instead of potato.

Recipe 14

Baked potatoes in oven

Method

- Preheat oven to 180°C
- Scrub potatoes well, prick with a sharp knife, wrap in aluminium foil.
- Place in oven and cook for 1 hour

Recipe 15

Baked potatoes in microwave

Method

- Place scrubbed potatoes on a microwave safe dish, prick with a knife
- Microwave on HIGH (850W) for 6 mins (for a medium sized potato)

Recipe 16

Spicy Potato Wedges

Ingredients (Serves 4)

4 medium-large potatoes, washed
1 teaspoon vegetable oil
½ teaspoon ground chilli
½ teaspoon paprika (optional)
1 clove garlic, finely chopped

Method

- Preheat oven to 220°C.
- Microwave or boil potatoes until just tender, about 10 minutes.

- Cut potatoes lengthwise into wedges.
- Put into a plastic bag and add oil, spices and garlic. Shake well.
- Remove wedges from the bag and place in a single layer on a lightly greased oven tray.
- Place under the grill, turning occasionally or bake at 220°C for approximately 20 minutes, or until lightly browned.

Variation

Substitute the chilli and paprika for other seasoning such as; dried herbs.

Recipe 17

Zucchini/eggplant boats

Ingredients (Serves 2)

1 medium zucchini OR 1 small eggplant
½ medium carrot
1 tablespoon of grated parmesan cheese

Method

- Preheat oven to 180°C.
- Wash vegies well. Cut in half lengthen ways and scoop flesh out, leaving a 2 cm edge.
- Fill the vegies with grated carrot, grated parmesan cheese and the flesh.
- Cook in moderate oven (180°C) for 30 mins or until vegies are cooked.

Variation

Use eggplants instead of zucchini and stuff with mushrooms, tomato, carrot.

Cooking grains

Recipe 18

Pasta

Both fresh and dried pasta needs plenty of room to cook and swell in boiling water.

As a rough guide, allow $\frac{1}{2}$ - $\frac{3}{4}$ cup of dried pasta per person. Pasta at least doubles in weight when cooked.

Method

- Boil a large saucepan of water.
- Once water is boiling add pasta.
- Cooking times depends on the type of pasta, dried pasta takes about 10-12minutes (wholemeal pasta may take a little longer). Check packet instructions for cooking times.
- To check if pasta is 'al dente', bite into it, it should be firm but cooked.
- Drain pasta in a colander and serve.

Recipe 19

Rice

Make sure you choose the right rice for your dish (i.e. basmati - Indian; Long grain - salads, stir fry, pilaffs, curries; Risotto, Arborio, carnaroli - risottos; sushi rice - sushi)

Boiling method

Use 5 times the volume of water to rice (ie: 1 cup rice, plus 5 cups water).

Wholegrain rice will take longer to cook, approximately 30 minutes.

Method

- Bring a large pan of water to boil. Add rice and return to boil.
- Reduce heat to a simmer and cook for 15 minutes. Rice should be firm but tender
- Drain rice through a sieve.

Absorption method

Tips

Accurate measuring is important, as the aim is for the rice to absorb all the cooking water.

1 cup of rice needs 1 $\frac{1}{2}$ cups of water or stock.

Wholegrain rice will take longer to cook, about 25-30minutes.

Method

- Place rice and liquid in a large saucepan, bring to the boil, stir many times.
- Cover and reduce heat to low and cook for 15-20 minutes.
- Remove the pan from the heat and leave to stand for 5 minutes before serving.



Baking

Recipe 20

Basic sponge

Ingredients

3 eggs
½ cup castor sugar
¾ cup plain flour
1 tablespoon boiling water
few drops vanilla essence

Method

- Put eggs and sugar in a large bowl and use an electric mixer to whisk the mixture until it becomes thick and creamy and has at least doubled in volume.
- Beat for around 7-10 minutes, depending on your mixer.
- Sieve half the flour over the mixture.
- Use a large metal spoon to gently fold in the flour, cutting and carefully folding it into the mixture.
- Repeat with the remaining flour, boiling water and vanilla essence. Pour the mixture into the prepared tin.
- Spread evenly by tilting the tin.
- Bake in a preheated oven at 190°C for 25 minutes.

Recipe 21

Custard

Ingredients (Serves 2)

2 tablespoons custard powder
2 tablespoons sugar
250ml skim milk

Method

- Place custard powder and sugar in a microwave safe bowl (with

high edges to prevent overflowing)

- Pour a few drops of the milk into the custard mixture, stir into a paste.
- Gradually add the rest of the milk, stirring.
- Put in microwave on HIGH (850W) for 3 minutes
- Remove from microwave, stir, put back in the microwave for a further 2 minutes.

Variation

Custard powder can be replaced with cornflour and a few drops of vanilla essence.

Recipe 22

Stewed fruit

Ingredients

Apples, pears, berries, rhubarb, mango

Method

- Wash and cut up fruit (good to use fruit that is about to go off).
- Place in a saucepan over medium heat, add 2 tablespoons of water to the mixture.
- Simmer on low for 5 minutes, keeping an eye on it to make sure it doesn't cook dry.

Tip

Stewed fruit can be stored in an air tight container in the fridge for up to 3 days.

Fruit such as apple and rhubarb are cooked well in the microwave. No extra water needs to be added. Cut into small pieces and place in a microwave-proof dish. Cover and cook on HIGH (850W) for 3 minutes per 300g, stirring halfway through.

Recipe 23

Crumble

Ingredients

Chopped and washed fruit (berries, pears, apples, peaches) - equal to 4 pieces of fruit

1 cup oats

1 cup plain wholemeal flour

¼ cup brown sugar

2 teaspoons baking powder

2 tablespoons reduced-fat margarine, melted

2 tablespoons orange juice

Cinnamon

Method

- Preheat oven to 180°C. Spray a baking dish with vegetable oil spray. Spread the chopped fruit over the base of the baking dish.
- To make the crumble topping, combine the oats, sugar, flour and baking powder in a mixing bowl. Add margarine and orange juice and stir until combined
- Sprinkle the topping, then the cinnamon, over the fruit in the baking dish. Bake in the oven for 20-25 minutes, until golden.
- Serve hot, warm or cold with low-fat custard (see recipe)





Food Staples

Handout C10.

This list contains basic foods to stock your kitchen with. You will always be able to make a variety of healthy and tasty meals with these foods on hand.

PANTRY	FRIDGE
PASTA, RICE, GRAINS	FRESH FRUIT & VEGETABLES
Pasta	Salad Greens
Lasagne sheets	Carrots
Spaghetti	Celery
Rice	Green onions
Noodles	Fresh herbs
Couscous	Seasonal vegetables
DRIED LEGUMES	Apples
Red lentils	Seasonal fruit
chickpeas	DAIRY & EGGS
Kidney beans	Eggs
SAUCES & CONDIMENTS	Reduced-fat milk
Tomato sauce - salt reduced	Reduced fat cheese
Soy sauce - salt reduced	Parmesan cheese
Fish sauce	Margarine
Sweet chilli sauce	Reduced-fat plain yoghurt
White vinegar	SAUCES & CONDIMENTS
Olive oil	Mustard
Vegetable oil	Tomato paste
HERBS & SPICES	Reduced-fat mayonnaise
Oregano, thyme, sage	FREEZER
Curry powder	MEAT
Paprika	Beef mince
Cumin	Minute steak
Coriander	Skinless Chicken thigh/breast
Chilli	Lamb cutlets
CANNED FOODS	Fish fillets
Tomatoes	FROZEN FRUIT & VEGETABLES
Light Evaporated milk	Peas
Coconut flavoured evaporated milk	Green Beans
4 bean mix	Mixed vegetables
Corn	Corn kernels/cobs
Reduced-salt stock powder	Spinach
Tuna	Berries
Salmon	BREAD
Pie apples	Wholemeal Bread
Fruit in natural juice	Wholemeal Rolls
BAKING FOODS	Breadcrumbs
Plain Flour	
Baking powder	
Cocoa powder	
White Sugar	
VEGETABLE BASKET	Western Australia
Potatoes	
Onions	
Garlic	

