

# **Kids in the Kitchen**

**Teacher Resource Pack**

## In this folder you will find:

### Introductory Information

- What is Kids in the Kitchen?
- Why include Kids in the Kitchen in your Classroom?
- Kids in the Kitchen and KLAs

### Safety

- Workplace Health and Safety
- Hygiene Rules
- Food Safety
- Knife Rules

### Posters

- Kids in the Kitchen Rules
- Knife Handling

### Supporting Documents (Samples)

- Permission Note
- Newsletter Snippet
- Parent Volunteer Note
- Knife Licence

### Recipes

- Equipment and Ingredients for each Recipe
- 15 recipes that may be useful in your classroom

### Sanity Savers

## What is Kids in the Kitchen?

Kids in the Kitchen is a cooking program used in many schools to encourage healthy eating to students and the wider community. It is a hands on cooking experience undertaken within the classroom (or another area of the school) and provides students with an opportunity to prepare and try a range of healthy foods to which they may not otherwise be exposed.

The main objectives of Kids in the Kitchen are for students to:

- Try a diverse range of healthy (every day) foods
- Learn how food affects their bodies
- Learn cooking skills
- Develop healthy eating habits
- Reflect a whole school approach to a healthy school canteen

The recipe selection and duration of the session can be tailored to a class's skill level and situation. This resource pack contains a variety of recipes ranging from those requiring minimal equipment to requiring an electric frypan. The frequency of the program varies with some schools running Kids in the Kitchen weekly, while others only run it once a term or year.

Each recipe is designed to provide students with a small "taster" to sample. We encourage you to split the class in to groups of 5-6 and have them cook different recipes. That way students can sample a variety of foods in small portions.

Remember the key is... don't make it complicated, make it happen regularly and have fun!



## Why include Kids in the Kitchen in your classroom?

Food preparation is cross curricular and provides practical examples of a number of KLA's, for example English (Procedures), and Maths (Volume, Measurement, Fractions).

Children need to practise skills used to prepare healthy food. Often the little cooking they have done in the past has been preparing high fat and high sugar treats. Cooking healthy recipes with lots of vegetables and fruit can help change children's attitudes to these foods as well as increase their knowledge of and consumption of vegetables and fruit.

Research shows that involving children in hands on cooking experiences increases the likelihood of them eating vegetables and fruit, and contributes to the development of healthy eating habits. Healthy cooking classes are now a recognised strategy to reduce population overweight and obesity rates and promote healthy lifestyles.



## **Kids in the Kitchen and KLAs?**

Cooking activities can be incorporated into all key learning areas of the curriculum, with cross over links to the new Australian Curriculum. Some learning activities children could participate in that link to cooking are listed below:

### **Mathematics**

- Measurement units – volume, weight, time
- Doubling, halving (fractions)
- Graphs – favourite foods etc
- Money – planning and shopping for ingredients

### **English**

- Reading recipes
- Procedure writing
- Poetry
- Research skills.

### **Science and Technology**

- Growing things
- Water cycle
- Heating and cooling
- Food and kitchen safety.

### **Personal Development, Health and Physical Education**

- Healthy food choices and The Australian Guide to Healthy Eating
- Healthy lifestyle choices
- Hygiene
- Digestive system
- Physical activity.

### **Human Society and its Environment**

- Where our food comes from, how it is grown, how and when it is harvested and how it is produced
- How to care for our environment with ecofriendly practices such as water conservation, worm farms and what to do with organic waste
- Recycling and reusing for the garden – worm farms
- Local food and food from different parts of the world
- Geography – climate variations and how this influences food grown.

### **Creative Arts**

- Drawing, painting, designing placemats, menus etc
- Art with pasta shapes
- Funny faces made with chopped vegies and fruit

### **Languages**

- Names of foods from different cultures

## Workplace Health and Safety

Workplace Health and Safety is an issue for everyone involved with cooking including children, volunteers and teachers.

### Safety Rules

It is important that a set of safety rules are established with students before they start their cooking lesson. Use the “Kids in the Kitchen RULES” poster as a guide or you can try to get the students to come up with what they think would help make the kitchen safe in a brain storming session. This will include things such as:

1. STOP, LOOK and LISTEN when an adult asks you to, or when there is a certain signal such as a hand clap or bell
2. Wash your hands before handling food and throughout food preparation
3. Clean up spills straight away. Use paper towel, not sponges or tea towels
4. Walk carefully and behave sensibly in the kitchen. No running
5. No knives without supervision
6. Use a chopping board to cut fruit and vegetables on
7. No use of electrical appliances (stoves, microwaves etc) without supervision
8. Have dry hands when turning on switches
9. Turn electrical things off when you have finished
10. Turn handles inwards over the stove or bench top.

Make sure all adult helpers are aware of these rules beforehand. If you are doing more than one lesson with the students, you may need to remind them of the rules each time.

Adult helpers are encouraged to be safety vigilant and intervene if there is a potential hazard. Safety and food hygiene are paramount. As part of the introduction to the students (and volunteers) it is good to demonstrate some of the safety techniques when using the equipment during a cooking lesson. For example, demonstrate how to use knives and sharp equipment such as peelers and graters safely (see following).

### Hygiene Rules

The hygiene of everyone participating in the session needs to be considered.

- Staff and children who are sick should not prepare food
- Everyone washes their hands with soap and warm running water before handling food
- After washing, dry hands completely with a paper or single use towel
- Hair is tied back
- When preparing food do nothing else with your hands. If you blow your nose or cover your mouth, wash and dry your hands again
- Throw away any food that gets dropped on the floor
- Children do not share food, plates, cups or utensils.

## Food Safety

It is important at all times to be aware of issues related to food safety. Consider the following points.

### Safe food storage

- Perishable food is kept cold while transporting
- All perishable food is stored in the refrigerator
- Perishable food left at room temperature for longer than 2 hours is thrown out
- The interior refrigerator temperature is 5°C or lower
- All food in the refrigerator is covered or in sealed containers
- Raw food is stored at the bottom of the refrigerator or in a sealed section of the refrigerator
- The interior of the freezer is -15°C or lower
- Large amounts of food are divided into smaller flat containers before refrigerating or freezing
- Non-perishable foods are stored in sealed containers in a dry place.

### Safe food preparation

- Separate equipment (e.g. chopping boards) is used to prepare raw and cooked foods
- Fruit and vegetables are washed well
- Meat, fish and poultry are thawed in the refrigerator or microwave
- Thawed food is not refrozen
- Food is reheated once only
- Food is reheated quickly to at least 60°C.

## Knife Handling

Knife Handling is something students can manage if they are taught how to do so, and monitored in the beginning. Each type of knife has a specific purpose and appropriate way to be used. Younger, less skilled students may not have had much opportunity to use knives (but don't be shy to teach them – they learn quickly, are quite capable with time and it is a skill without which you cannot prepare most food!), but older children will build up to using normal, sharp knives. Blunt chopping knives are dangerous – you have to press harder to cut, and this increases the potential for the blade to slip and cut a finger or hand. Depending on the steps involved with your chosen recipes, the skills you may need to teach in order to build confidence and capability are:

**1) Inverted upside down U hold and push down cut**



**2) Push down cut**



**3) Chopping with the fingers (holding the produce) curled back so only the knuckles make contact with the knife.**



**4) Peeling – always working away from self**



- The knife is ideally left on the chopping board at all times (especially with younger students).
- To carry across the room, always hold with the blade tip facing the ground, and the sharp blade facing behind you. Hold as close to your side leg as possible and not facing straight ahead where it could stab someone!
- To wash a knife, either give it to an adult, or wash VERY CAREFULLY, holding it securely at all times so it does not fall into a tub of soapy water.
- To pass a knife to someone else, hold it securely by the top of the handle, with the blade tip facing the floor, and the sharp blade facing the person passing the knife or just leave it on the chopping board for the next person.



# Kids in the Kitchen

## RULES

1. **STOP, LOOK and LISTEN** when an adult asks you to, or when there is a signal such as a hand clap
2. **Wash your hands** before handling food and throughout food preparation
3. **Clean up spills** straight away. Use paper towel, not sponges or t-towels
4. Walk carefully and **behave sensibly** in the kitchen. No running
5. **No knives** without supervision
6. Use a **chopping board** to cut fruit and vegetables
7. **No use of electrical appliances** (stoves, microwaves etc) without supervision
8. Have **dry hands** when turning on switches
9. **Turn electrical things off** when you have finished
10. **Turn handles inwards** over the stove or bench top.

# Knife Handling

1) Inverted upside down U hold and push down cut



2) Push down cut



3) Chopping with the fingers (holding the produce) curled back so only the knuckles make contact with the knife.



4) Peeling – always working away from self



## Permission Note

Dear Parents,

Our class is planning to run Kids in the Kitchen this term. Kids will be learning about Procedures/ Recipes, Food Safety and Hygiene and then participate in hands on food preparation. Kids will have a chance to experience a wide variety of different vegetables, fruits and grains; and have a go at different food preparation methods. We will use recipes that improve children's confidence in the kitchen, explore different tastes, learn valuable life skills and think in a procedural way, all while having fun.

We are aware that a small number of children are allergic to certain foods. Therefore, it is important to let us know. Please sign and return the permission slip below, to allow your child to participate in the Kids in the Kitchen program and to indicate any food allergies or dietary requirements if appropriate.

Parent helpers are needed in your child's class on the day, please let us know if you can help.

Regards,

\_\_\_\_\_  
Teacher



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### Permission Slip for Kids in the Kitchen Cooking Program

I give permission for my child/children \_\_\_\_\_  
to participate in the Kids in the Kitchen cooking program being conducted at school.

**1. Does your child have any food allergies?**

**Yes / No**

If yes, please specify what food/foods should be avoided.

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**2. Are there any other foods your child should not eat (i.e. due to religious or cultural beliefs)**

**Yes / No**

If yes, please list which foods.

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**3. I'm interested in helping in the class on the day:**

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

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# Kids in the Kitchen



**Come along, be involved, and have fun.**

Our school is planning to run Kids in the Kitchen this year. This program is about children thinking about how food is grown and prepared.

Kids will have a chance to experience a wide variety of different vegetables, fruits and grains; and have a go at different food preparation methods.

Kids will be learning about Procedures/ Recipes, Food Safety and Hygiene and then participate in hands on food preparation.

We will use recipes that improve children's confidence in the kitchen, explore different tastes, learn valuable life skills and think in a procedural way, all while having fun.

This is a fantastic opportunity for parents, guardians and grandparents to be involved in their child's education. If you can spare a couple of hours to help teach our kids valuable life skills let us know!

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I would like to help with Kids in The Kitchen on \_\_\_\_\_ at

\_\_\_\_\_

Name and phone: \_\_\_\_\_

Child's name and class: \_\_\_\_\_

I am allergic to: \_\_\_\_\_

## **Newsletter Insert / Social Media advertisement**



**We are looking for some parents, grandparents or community members to help run Kids in the Kitchen with our teachers this year. Please contact your teacher if you can spare an hour or two to assist.**





**Kids in the Kitchen**

# **KNIFE LICENCE**

This is to Certify that:

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Can safely use a knife.

Signed: \_\_\_\_\_ (Principal)

## Equipment and Ingredients for each Recipe

Unless otherwise stated, each recipe is designed to provide students with a small “taster” to sample. We encourage you to split the class in to groups of 5-6 and have them cook different recipes. That way students can sample a variety of foods in small portions.

<b>RECIPE</b>	<b>EQUIPMENT</b>	<b>INGREDIENTS</b>
<b>TOOTY FRUITY CUPS</b>  <b>No cooking required</b>	2 chopping boards 2 knives 1 lemon squeezer 2 measuring cups 1 melon baller 10 plastic cups 10 plastic spoons 3 small bowls	4 large bananas ¼ watermelon 250g grapes or berries 1 small pack muesli 1L yoghurt 1 lemon
<b>TANGY MELON SALAD</b>  <b>No cooking required</b>	2 chopping boards 2 knives 1 lemon squeezer 2 measuring cups 2 melon ballers 10 plastic cups 10 plastic spoons 3 small bowls 1 large bowl 1 Dessert spoon	½ watermelon ¼ rockmelon ¼ honeydew melon Handful fresh mint leaves 1 lemon
<b>KIDS SURVIVAL PACK</b>  <b>No cooking required</b>	2 chopping boards 2 knives Microwave (or saucepan or frypan to pop the corn) 1 Large bowl 1 Spoon Small cups to serve	1 cup popping corn 1 ½ cup dried apricots 1 ½ cup dried apple 1 ½ cup sultanas
<b>TUNA &amp; AVOCADO SUSHI SANDWICHES</b>  <b>No cooking required</b>	3 chopping boards 3 chopping knives 3 spreading knives 1 grater 1 Can opener 1 Rolling pin	1 loaf wholemeal bread 1 small tub reduced fat cream cheese Medium (approx. 400g) can tuna in spring water 1 medium avocado 2 medium carrots

<b>RECIPE</b>	<b>EQUIPMENT</b>	<b>INGREDIENTS</b>
<p><b>JAMIE OLIVER'S RAINBOW WRAPS</b></p> <p>No cooking required</p>	<p>4 graters 4 chopping boards 1 sharp knife 2 Spoon measures 1 large mixing bowl 1 mixing spoon 1 jar (to mix dressing)</p>	<p>2 small beetroots 2 carrots 180g cabbage 1 firm pear ¼ bunch each of mint and parsley 5 tablespoons natural low fat yoghurt ½ tsp English mustard 3 tsp apple cider 2 tablespoons extra virgin olive oil 6 small tortillas 60g feta cheese</p>
<p><b>VEGETABLE PARCELS</b></p> <p>No cooking required</p>	<p>4 chopping boards 3 knives 2 graters 2-3 Rolling pins 3 Mixing spoons 1 Spoon measures 1 Cup measures 3 large bowls Toothpicks (optional)</p>	<p>25 slices wholemeal bread 4 carrots 200g low fat cheese 4 capsicum 4 cucumber 4 stick celery 4 cup alfalfa sprouts 10 teaspoons mayonnaise</p>
<p><b>MEXICAN CORN &amp; TOMATO SALAD</b></p> <p>No cooking required</p>	<p>4 chopping boards 4 knives 1 can opener 1 large mixing bowl 1 juicer 1 spoon measures</p>	<p>420g can sweet corn kernels (or 1 cob corn) 1 green capsicum 3 ripe tomatoes 2 Tbsp. chopped parsley 2 spring onions 1 Lebanese cucumber 1 Tbsp. olive oil Juice 1 lemon 1 Tbsp. sweet chilli sauce Low fat natural yoghurt</p>
<p><b>HUMMUS WITH CRISP VEGETABLES</b></p> <p>Food processor required</p>	<p>1 can opener 1 food processor 1 medium bowl to serve 2 chopping boards 2 knives</p>	<p>2 tins chick peas ½ cup tahini 2 cloves garlic Juice 1-2 lemons 3 Tbsp. extra virgin olive oil Salt &amp; pepper to taste Vegetables (such as carrots, snow peas, capsicum, beans, cucumber). A selection of flat breads</p>



<b>RECIPE</b>	<b>EQUIPMENT</b>	<b>INGREDIENTS</b>
<b>RICE PAPER ROLLS</b>  <b>Electric jug to heat water</b>	2 graters 3 chopping boards 3 knives 2 large bowls 1 colander 1 dish large enough to wet rice paper round Plates \ tea towels for each to make roll on	2 cups julienne cucumber 2 cups bean shoots Small piece of ginger Coriander \ Vietnamese mint 2 Tbsp. fish sauce 2 Tbsp. soy sauce Lime juice (1-2 limes) 20 rice paper roll sheets Sweet chilli sauce
<b>ALOHA RICE</b>  <b>Microwave</b>	1 grater 3 chopping boards 3 knives 1 large bowl 1 can opener 1 Large spoon to mix & serve Microwave to cook rice	½ carrot ½ celery stick ½ small red or green capsicum 2 spring onions 1 can pineapple rings- natural juice 2 slices reduced fat \ salt ham (optional) 4 cups cooked rice (brown rice is the best option, microwave rice) Small tin corn kernels Pepper to season 2 Tbsp. reduced fat salad dressing (purchase already made or make up using olive oil, balsamic vinegar, lemon juice)
<b>VEGIE BURGERS</b>  <b>Electric frypan</b>	1 electric frypan 1 grater 2 chopping boards 2 knives 1 measuring cup 1 teaspoon 1 big bowl 1 egg flip Paper towel 1 pair of tongs 1 vegetable peeler	2 carrots ½ zucchini 130g can corn kernels 1 med potato 2 sticks celery 1 small onion 2 eggs ½ cup SR flour 1 tsp salt and pepper to taste Oil Small bottle sweet chilli sauce Salad items for burgers 10 Bread rolls

<b>RECIPE</b>	<b>EQUIPMENT</b>	<b>INGREDIENTS</b>
<b>VEGIE FRITTERS</b>  <b>Electric frypan</b>	3 graters 3 chopping boards 2 knives 1 can opener 1 large bowl Electric frypan 1 egg flip 1 large spoon to mix 1 spoon measure 1 cup measures 1 egg whisk \ beaters 1 egg yolk separator	1 medium zucchini 310g can sweet corn kernels 1 small carrot 1 small red onion ¼ cup wholemeal self-raising flour ½ tsp ground cumin 3 eggs Olive oil cooking spray Tzatziki to serve (optional) Salad greens and cherry tomatoes to serve (optional)
<b>STIR FRIED RICE</b>  <b>Microwave and electric frypan</b>	1 electric wok or frypan 1 wooden spoon 2 knives 2 chopping boards 1 measuring cup/ spoon 1 vegetable peeler 2 large bowls	1 carrot 1 small red capsicum ¼ cabbage 1 large onion 1 clove garlic Piece ginger 1 egg Oil 1 small bag frozen peas 310g corn kernels 1 small soy sauce (low salt) 3 cups cooked rice (microwave rice)
<b>BREAD BASE QUICHES</b>  <b>Oven</b>	2 knives 2 chopping boards 1 rolling pin (if available) 2 graters 2 bowls (large) 1 12 whole muffin tin 1 measuring cup set 1 Fork or whisk 1 Dessert spoon 1 vegetable peeler	1 loaf wholemeal bread 6 eggs 75mls low-fat milk 3 slices low fat ham Small packet grated low fat cheese 1 shallot ½ zucchini 1 corn cob Margarine Pepper
<b>PIZZA MUFFINS</b>  <b>Oven / Sandwich Toaster</b>	4 chopping boards 4 knives 1 spoons 2 oven trays	1 packet English muffins (halved) ½ cup tomato paste 2 tablespoons of oregano 1 capsicum 5 mushrooms 2 tomatoes 1 onion 1 small can of pineapple ½ cup reduced fat cheese (grated)

<b>RECIPE</b>	<b>EQUIPMENT</b>	<b>INGREDIENTS</b>
<b>GENERAL EQUIPMENT</b>	Tea towels Hair elastics Detergent Garbage bags Bowls\ plates\ cups and cutlery to serve Serving platters Serving tongs	

# Tooty Fruity Cups

**Serves:** 1 child

**Difficulty:** Easy

**Equipment:** 2 chopping boards, 2 knives, 1 lemon juicer, 2 measuring cups, 1 melon baller, 3 small bowls, plastic cups and spoons to serve

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## INGREDIENTS

- 3 banana slices
- Squeeze of lemon juice
- 1 teaspoon berries or grapes
- 2 watermelon balls
- 50 mL natural yoghurt
- 1 tablespoon muesli or cereal such as 'Just Right' or 'Great Start'

## METHOD

1. Slice bananas and squeeze lemon over bananas
2. Scoop watermelon balls into a bowl
3. Layer fruit evenly into cups
4. Pour yoghurt over fruit
5. Sprinkle cereal on top of the yoghurt



# Tangy Melon Salad

**Serves:** 5-6 children, or 20-24 as a taster

**Difficulty:** Easy

**Equipment:** 2 chopping boards, 2 knives, 1 lemon juicer, 2 measuring cups, 2 melon ballers, 3 small bowls, 1 large bowl, 1 dessert spoon, plastic cups / bowls and spoons to serve

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## INGREDIENTS

- ½ medium watermelon
- ¼ rockmelon
- ¼ honeydew melon
- 2 tablespoons fresh mint leaves
- 1 lemon

## METHOD

1. Using a melon-baller or teaspoon, scoop out balls of watermelon, rockmelon and honeydew melon into a bowl
2. Remove any seeds as you go
3. Chop the mint finely. Add it to the bowl
4. Squeeze juice from the lemon. Add juice to the bowl
5. Toss the melon lightly allowing the mint and lemon juice to mix
6. Refrigerate for one hour (optional)

# Kids Survival Pack

**Serves:** 20-24

**Difficulty:** Easy

**Equipment:** 2 chopping boards, 2 knives, microwave (or saucepan / frypan to pop corn), 1 large bowl, spoon, plastic cups to serve

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## INGREDIENTS

- 1 cup popping corn
- 1 ½ cup dried apricots, chopped
- 1 ½ cup dried apple, chopped
- 1 ½ cup sultanas

## METHOD

1. Chop dried apricots and dried apple into small pieces
2. Put the popping corn in a microwave safe dish. Microwave on HIGH (100%) for four minutes or cook in a saucepan or electric frypan according to packet instructions
3. Stand popcorn for one minute
4. Mix remaining ingredients into the popcorn
5. Divide evenly into bowls, cups or zip lock bags

# Tuna and Avocado Sushi Sandwiches

**Serves:** 5-6 children, or 20-24 as a taster

**Difficulty:** Easy

**Equipment:** 3 chopping boards, 3 knives, 3 spreading knives, 1 grater, 1 can opener, 2 rolling pins

## INGREDIENTS

- 1 loaf wholemeal bread
- 1 small tub reduced fat cream cheese
- Medium (approx. 400 g) can tuna in spring water, drained
- 1 medium avocado, thinly sliced
- 2 medium carrots
- (Any combination of ingredients and vegetables could be used such as capsicum, cucumber, lettuce, ham, chicken)

## METHOD

1. Place bread slices on chopping board. Remove crusts and flatten with a rolling pin.
2. Spread 1 side of each slice of bread with cream cheese.
3. Thinly slice avocado
4. Peel and grate carrots
5. Arrange tuna, avocado and carrot in rows next to each other on the bread leaving a 1cm border along 1 edge.
6. Roll up bread from opposite edge to enclose filling. Cut into bite size pieces and place on serving platter



# Hummus

**Serves:** 25

**Difficulty:** Easy

**Equipment:** 1 can opener, 1 food processor, 1 medium bowl to serve, 2 chopping boards, 2 knives

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## INGREDIENTS

- 2 400g tins chickpeas
- ½ cup tahini
- 2 cloves garlic
- Juice 1-2 lemons
- 3 tablespoons extra virgin olive oil
- Salt & pepper to taste
- Vegetables and flat bread cut into strips for dipping (such as carrots, snow peas, capsicum, beans, cucumber).

## METHOD

1. Drain chickpeas and place into blender and process briefly
2. Add tahini, garlic, lemon juice, olive oil and salt and pepper and process again
3. Add a small amount of water to achieve a soft creamy paste
4. Cut up vegetables into long sticks and flat breads to dip into hummus
5. Serve a small amount of hummus to each person either on a small saucer or in a small cupcake case, with a selection of cut vegetable sticks or bread strips





# Rice Paper Rolls

**Serves:** 20 rolls

**Difficulty:** Medium

**Equipment:** 2 graters, 3 chopping boards, 3 knives, 2 large bowls, 1 colander, 1 large dish (to wet rice paper), plates / tea towels (to roll on)



## INGREDIENTS

- 1 cup rice noodles
- 2 cups grated carrot
- 2 cups julienne cucumber
- 2 cups bean shoots
- Small piece of ginger
- Coriander \ Vietnamese mint
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce
- Lime juice (1-2 limes)
- 20 rice paper roll sheets
- Sweet chilli sauce

## METHOD

1. Soak rice noodles in boiling water for 5-10 minutes or until soft
2. Grate or julienne (slice thinly) carrot and cucumber. Grate ginger and chop mint
3. Mix carrot, cucumber, ginger and mint together with bean shoots
4. Add fish sauce, soy sauce and lime juice to the salad mix
5. Place one rice paper sheet in a medium bowl of lukewarm water for 15 seconds or until soft. Place on a clean tea towel or plate
6. Place small amount of rice noodles and filling down the middle of the softened rice paper sheet. Fold in both sides and roll to enclose the filling
7. Repeat with remaining rice paper rounds and filling. Store in airtight container until ready to use. Can be stored in refrigerator
8. Serve with sweet chilli sauce to dip

# Aloha Rice

**Serves:** 5-6 children, or 20-24 as a taster (1/4 cup each)

**Difficulty:** Easy

**Equipment:** 1 grater, 3 chopping boards, 3 knives, 1 large bowl, 1 can opener, large spoon to mix and serve, microwave to cook rice, plastic cup or bowls to serve



## INGREDIENTS

- ½ carrot
- ½ celery stick
- ½ small red or green capsicum
- 2 spring onions
- 1 can pineapple rings in natural juice
- 2 slices reduced fat \ salt ham (optional)
- 4 cups cooked rice (brown rice is the best option)
- 4 tablespoons sweet corn kernels
- Pepper to season
- 2 tablespoons reduced fat salad dressing (purchase already made or make up using olive oil, balsamic vinegar, lemon juice)

## METHOD

1. Grate the carrot and put into a mixing bowl
2. Slice the celery finely and add to the bowl
3. Remove the seeds from the capsicum. Cut into small squares and add to the bowl
4. Cut the root end off the spring onion. Slice finely, then add to the bowl
5. Drain the pineapple. Cut rings into small pieces and add to the bowl
6. Slice the ham into small squares and add to the bowl with the cooked rice, sweet corn, pepper and dressing
7. Using a spoon, mix thoroughly
8. If not using at once, cover with cling wrap (or transfer to a storage container) and refrigerate until needed

# Vegie Patties

**Serves:** 20 fritters

**Difficulty:** Medium

**Equipment:** 3 graters, 3 chopping boards, 2 knives, 1 large bowl, 1 can opener, electric frypan, egg flip, large spoon to mix, spoon measures, cup measures, 1 egg whisk



## INGREDIENTS

- 1 medium zucchini
- 310g can sweet corn kernels
- 1 small carrot
- 1 small red onion
- ¼ cup wholemeal self-raising flour
- ½ teaspoons ground cumin
- 3 eggs
- Olive oil cooking spray
- Tzatziki to serve (optional)
- Salad greens and cherry tomatoes to serve (optional)

## METHOD

1. Grate zucchini, carrot and onion into a large bowl along with the drained corn. Add flour and cumin.
2. Whisk eggs and stir through vegetable mixture. Season with freshly ground black pepper
3. Spray a large frying pan with olive oil and heat over medium heat
4. Place two tablespoons of the mixture into the pan and cook for two minutes on each side, or until golden
5. Remove the fritters from the pan repeat the process with the remaining mixture
6. Serve with Tzatziki, cherry tomatoes and mixed green leaves

# Bread Base Quiches

**Serves:** 12 quiches, cut each in half for a class taster

**Difficulty:** Medium

**Equipment:** 2 chopping boards, 2 knives, 1 rolling pin, 2 graters, 2 large bowls, 1 muffin tin, measuring cup, 1 egg whisk (or fork), dessert spoon



## INGREDIENTS

- 12 slices bread
- Margarine
- 6 eggs
- 75 mL low fat milk
- 3 slices low fat ham
- ½ cup low fat cheese
- ¼ cup shallots
- ½ cup zucchini
- ½ cup corn kernels
- Pepper to taste

## METHOD

1. Preheat oven to 180 degrees Celsius
2. Trim crusts off bread and flatten with rolling pin
3. Spread one side of flattened bread with margarine and push this side of bread down into the base of the muffin tin
4. Mix eggs and milk in a bowl and add pepper if desired
5. Finely slice ham, grate cheese and zucchini and chop shallots
6. Divide evenly into each bread cup the ham, shallots, zucchini, corn and grated cheese
7. Pour egg milk mixture to just below the level of the muffin tin
8. Place in oven and cook for 15-20 minutes

# Jamie Oliver's Rainbow Wraps

**Serves:** 12 wraps, cut each in half for a class taster

**Difficulty:** Easy

**Equipment:** 4 graters, 4 chopping boards, 4 knives, 2 spoon measures, 1 large mixing bowl, 1 mixing spoon, 1 jar (to mix dressing)



## INGREDIENTS

- 4 small raw beetroots
- 4 carrots
- 360g cabbage
- 2 firm pear
- 1 bunch mint and parsley
- 120g feta cheese
- 12 small tortillas
- Dressing: ½ cup natural yoghurt (low fat), 1 teaspoon English mustard, 6 teaspoons apple cider vinegar, 4 tablespoons olive oil

## METHOD

1. Wash and peel beetroots and carrots
2. Grate carrots and beetroot, and place into large bowl
3. Coarsely grate or thickly slice cabbage. Remove stalk from pear and coarsely grate, add to bowl.
4. Pick mint and parsley leaves. Tear or finely chop, add to bowl
5. Add yoghurt, mustard, vinegar and olive oil to glass jar. Put on lid and shake well.
6. Drizzle dressing on salad, you can add more later if needed but you can't take it out!
7. Divide salad over tortillas, crumble over feta. Roll up wrap!

# Vegetable Parcels

**Serves:** 25 as a taster

**Difficulty:** Easy

**Equipment:** 4 chopping boards, 3 knives, 2 graters, 2-3 rolling pins, 3 mixing spoons, 1 spoon measure, 1 cup measure, 3 large bowls, toothpicks (optional)



## INGREDIENTS

- 25 slices wholemeal bread
- 4 carrots
- 200g low fat grated cheese
- 4 capsicums
- 4 cucumbers
- 4 sticks celery
- 4 cups alfalfa sprouts
- 10 teaspoons mayonnaise

## METHOD

1. Cut crusts off the bread
2. Grate carrot and put into a bowl. Add cheese.
3. Chop capsicum, cucumbers and celery into tiny pieces and add to bowl
4. Add alfalfa sprouts and mayonnaise to bowl and mix well together
5. Divide mixture between slices of bread and either roll up or fold in half and secure with toothpicks

# Mexican Corn and Tomato Salad

**Serves:** 5-6 children, or 20-24 as a taster

**Difficulty:** Easy

**Equipment:** 4 chopping boards, 4 knives, 1 can opener, 1 large mixing bowl, 1 juicer, 1 spoon measure, 1 jar (for dressing)



## INGREDIENTS

- 420g can of sweet corn kernels (or 1 corn cob blanched and kernels removed)
- 1 green capsicum
- 3 ripe tomatoes
- 2 tablespoons parsley, chopped
- 2 spring onions
- 1 Lebanese cucumber
- Dressing: 1 tablespoon olive oil, 1 lemon (juiced), 1 tablespoon sweet chilli sauce, 1 dollop low fat yoghurt

## METHOD

1. Cut capsicum, tomato, cucumber and spring onions into small pieces.
2. Combine in a large bowl and mix well.
3. Put all dressing ingredients into jar and shake well to combine.
4. Pour dressing onto salad and mix well.

# Vegie Burgers

**Serves:** 12 burgers

**Difficulty:** Medium

**Equipment:** 1 electric frypan, 1 grater, 2 chopping boards, 2 knives, 1 measuring cup, 1 teaspoon, 1 big bowl, 1 egg flip, paper towel, tongs, peeler



## INGREDIENTS

- 2 carrots
- ½ zucchini
- 130g can corn kernels (drained)
- 1 medium potato
- 2 sticks of celery
- 1 small onion
- ½ cup self-raising flour
- 2 eggs
- Salt and pepper to taste
- Small amount of oil for frying
- Salad items to go on burger: e.g. lettuce, tomato, carrot, cheese, beetroot, zucchini or capsicum.
- Sauce (e.g. BBQ, sweet chilli, tomato)
- Wholemeal bread rolls (6 if topping on half only, 12 if having closed burger)

## METHOD

1. Grate carrot, zucchini, potato. Finely cut onion and dice celery
2. Place carrot, zucchini, potato, onion and celery, along with corn, self-raising flour, eggs and salt and pepper into a bowl and mix
3. Form mixture into patties or scoop straight onto BBQ or hot plate
4. Heat oil in a pan and brown patties on both sides
5. Chop salad ingredients
6. Place patty onto a wholemeal roll with salad and sauce



# Fried Rice

**Serves:** 10 children, or 20 as a taster

**Difficulty:** Medium

**Equipment:** 1 electric frypan or wok, 1 wooden spoon, 2 knives, 2 chopping boards, 1 measuring cup, 1 measuring spoon, 1 peeler, 2 large bowls



## INGREDIENTS

- 3 cups cooked and cooled long grain rice (not basmati)
- 1 onion
- 1 clove garlic (or 1 tsp of minced garlic)
- 1 cm ginger (or 1 tsp of minced ginger)
- 1¼ cup cabbage
- 1 carrot
- 1 red capsicum
- 310g can of corn kernels (drained)
- 1 cup peas (frozen)
- 1 egg
- 3 tablespoons soy sauce
- 2 tablespoons oil

## METHOD

1. Chop up all vegetables
2. Heat oil in wok or large fry pan
3. Stir fry all vegetables in oil until cooked as desired
4. Crack egg into a cup and scramble with a fork
5. Push all vegetables to the side of the pan and pour egg into the free space
6. Allow egg to cook through, then break up and stir through the vegetables
7. Reduce the heat and add precooked rice
8. Combine gently
9. Add soy sauce and mix thoroughly

# Pizza Muffins

**Serves:** 10, or cut in half and 20 as a taster

**Difficulty:** Medium

**Equipment:** 4 chopping boards, 4 knives, 4 spoons, 2 oven trays, oven or a sandwich toaster

## INGREDIENTS

- 1 packet English muffins (halved)
- ½ cup tomato paste
- 2 tablespoons of oregano
- 1 capsicum
- 5 mushrooms
- 2 tomatoes
- 1 onion
- 1 small can of pineapple
- Reduced fat cheese (grated)

## METHOD

1. Chop up all vegetables and pineapple into small pieces.
2. Lay halved English muffins on oven trays. Spread with tomato paste.
3. Cover each muffin with vegetables, cheese and sprinkle with oregano.
4. Cook in sandwich toaster with lid half open, or in oven for 100 degrees Celsius until cheese has melted.



## **Sanity Savers**

The following activities may be useful to provide to students as they finish the Kids in the Kitchen tasks, or while waiting for food to cook. Feel free to photocopy these activity sheets or develop your own.

Just remember the focus is on promoting healthy eating and food preparation skills.

## Letters and Vegetables

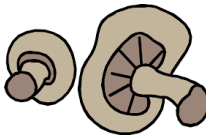
Trace the letter then, draw a line to the vegetable that starts with that letter.

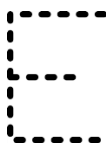
For example, R could be for Radish.

Bb 

Eggplant 

Cc 


Mushroom 

Ee 


Zucchini 

Gg 


Carrot 

Mm 

Potato 

Pp 

Broccoli 

Zz 

Garlic 

Did you know you should eat 5 serves of vegetables a day?

Pick one of these or try a new vegetable this week.

## How do I spell that Vegetable? – Part 1

Fill in the blank spots, ensuring you spell the vegetables name correctly.



sp \_ \_ \_ t \_



on \_ on



sp \_ nac \_



sw \_ \_ t

po \_ at \_



c \_ l \_ ry



av \_ \_ ad \_



\_ ea \_ s



l \_ tt \_ \_ e



m \_ shr \_ \_ ms



b \_ \_ cc \_ l \_



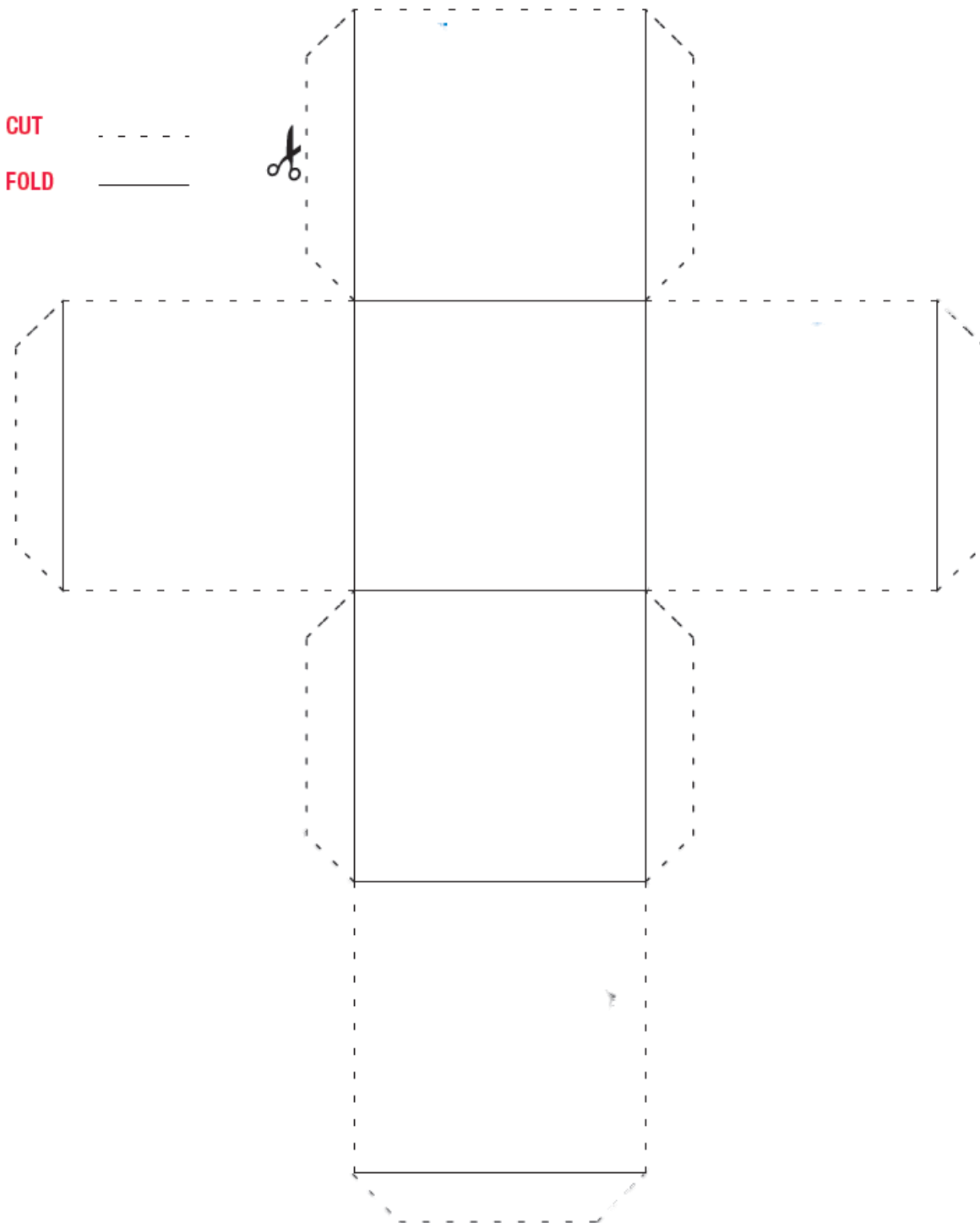
c \_ psic \_ \_



\_ \_ rr \_ t

## Activity Cube

Write 6 activities you can complete inside on your cube, e.g. 10 jumping jacks, walk like a crab across the room three times, etc. Cut around the dotted lines, and make the activity cube by folding along the solid lines and gluing the tabs. Whenever you are watching television this week, for every commercial break, roll the activity cube. Complete the activity that it lands on. Continue this for the entire commercial break. Ask your family members to join in on the activity.













## Know your fruit and vegetables

State if the food is a fruit or vegetable.

OPTION: In the shopping centre, see if you can find each of these foods.

Mark those that you could find with a tick.

Item	Interesting fact	Fruit or Vegetable?
Apple	Some of us can be called a bonza or pink lady.	
Grapefruit	We have a slightly sour but pleasant citrus taste. 	
Garlic	We make food taste great, we're really good for you, and wow do we smell great.	
Lychee 	I am small and round, and come from China.	
Broccoli	We look like a small, dense tree with greeny-white branches.	
Carrots	Doctors say that we improve vision, especially at night because of our very high level of vitamin A.	
Passionfruit 	Size of an egg with a purple thick skin.	
Pineapple	Our name came from an explorer who thought we looked like a pine cone.	
Pumpkin	We carried Cinderella to the Ball.	
Raspberry 	A collection of tiny fruits, each with its own seed covered in red skin, bunched together.	
Kiwi fruit	Brown skin which is covered in short hairs and a green coloured flesh.	
Lettuce	Our most popular type is the Iceberg and often used in salads 	
Mushroom	We are a fungus and grow well in the dark.	
Orange 	The best known citrus fruit.	

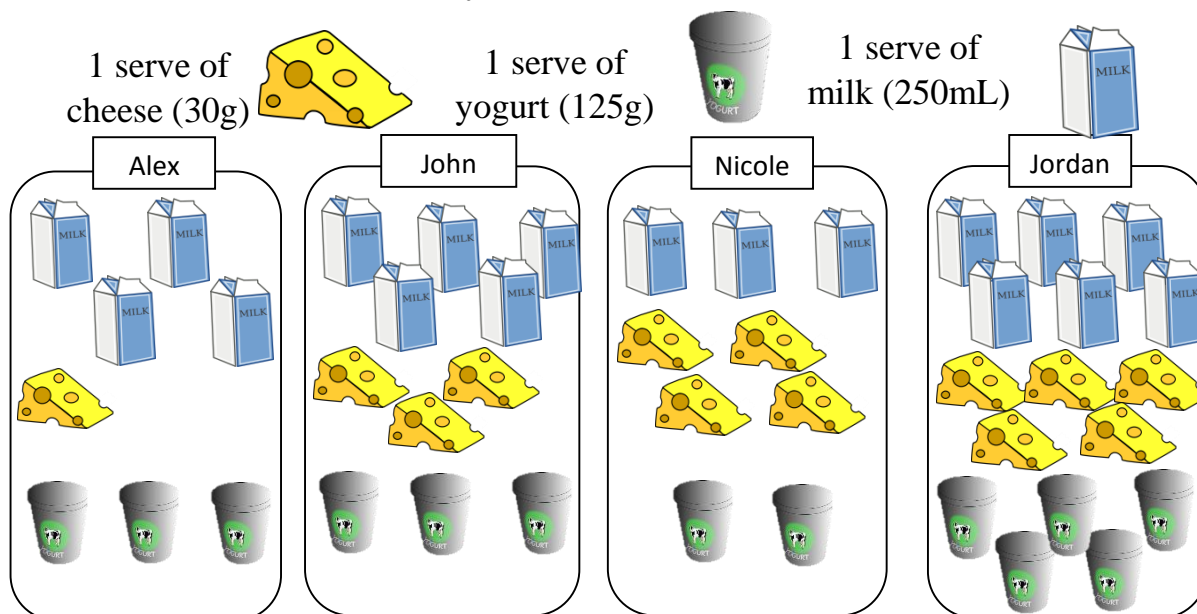
Grapes	We grow in bunches, which can be like a pyramid, round or long and thin.	
Onion	We tend to make people cry.	
Potatoes	We're also called 'spuds'	
Tomato	We're a fruit but everyone thinks we're a vegetable. 	
Strawberry	An average of 200 seeds on my red skin.	
Banana	A crescent shape, smooth, soft, pliable skin, easily bruised.	
Avocado	The most nutritious fruit known to man. Creamy nutty taste. 	
Lemon	We're a little tart in flavour, but used in a lot of cooking.	
Corn	We are also called maize and found on a cob 	
Beans	We have long, narrow pods that contain seeds which are more or less kidney-shaped.	
Cucumber	Torpedo-shaped with green to dark-green or white skin.	
Peas	We grow on a climbing plant which produces pods. 	

To meet your fruit and vegetable recommendations this week, try a new fruit or vegetable that you have not tried before.



## Dairy Consumption

Look at the amount of dairy the four friends consumed over a week.



Answer the following questions.

1. How many serves of milk did the four friends drink over the week?

\_\_\_\_\_ Serves

2. Who ate the most cheese? How many serves did they have?

\_\_\_\_\_ with \_\_\_\_\_ Serves

3. How many serves of yoghurt did the four friends eat over the week?

\_\_\_\_\_ Serves

4. Which three friends drank 14 glasses of milk altogether?

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

How many serves of dairy have you had today? \_\_\_\_\_

For your age and gender how many serves should you have? \_\_\_\_\_

Did you meet your recommended serves?

Discuss with your family member how you could make sure you meet your recommendations.

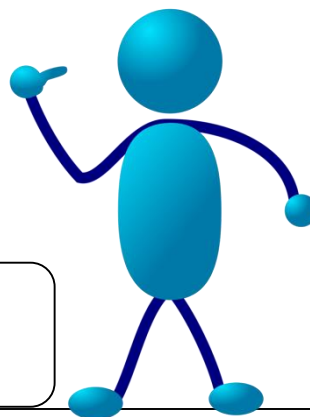
### Recommended Serves per day

	2-3 years	4-8 years	9-11 years
Boys	1.5	2	2.5
Girls	1.5	1.5	3

## Sandwich Recipe

Marcus is making a healthy lunchbox.

Write a recipe to help him make a healthy sandwich.



Title

Ingredients

- 
- 
- 
- 
- 

Equipment

Method

1.



# Tooty Fruity Veggie

## Kids in the Kitchen Wonderword

Circle the words in the list below. Cross off each word on the list as you find it.

kitchen

utensils

ingredients

spoon

fork

knife

bowl

skewer

oven

stove

whisk

stir

beat

cut

squeeze

grill

rolling pin

sifter

fridge

freezer

boil

cool

drain

cup

eat

veg

fruit

n	c	b	n	a	u	g	e	v	d	f	l
g	e	e	e	a	t	r	a	y	r	r	i
m	v	h	s	k	e	w	e	r	a	o	o
o	o	g	c	c	n	h	z	j	i	l	b
r	t	f	l	t	s	i	e	h	n	l	e
e	s	k	w	p	i	s	e	l	p	i	a
t	d	r	o	u	l	k	u	l	e	n	t
f	t	o	b	c	s	j	q	i	f	g	i
i	n	f	h	r	i	t	s	r	i	p	u
s	t	n	e	i	d	e	r	g	n	i	r
t	t	u	c	o	o	l	g	h	k	n	f
e	g	d	i	r	f	r	e	e	z	e	r

