

FAMILY LEARNING

2007 Edition

Cooking & Eating Together



ACKNOWLEDGEMENTS

Camden, Lambeth and Wandsworth Family Learning departments have worked together to produce this cookbook. We hope that families, individuals and tutors will find this a useful resource in the home and classroom. More activities and information can be found on the attached CD.

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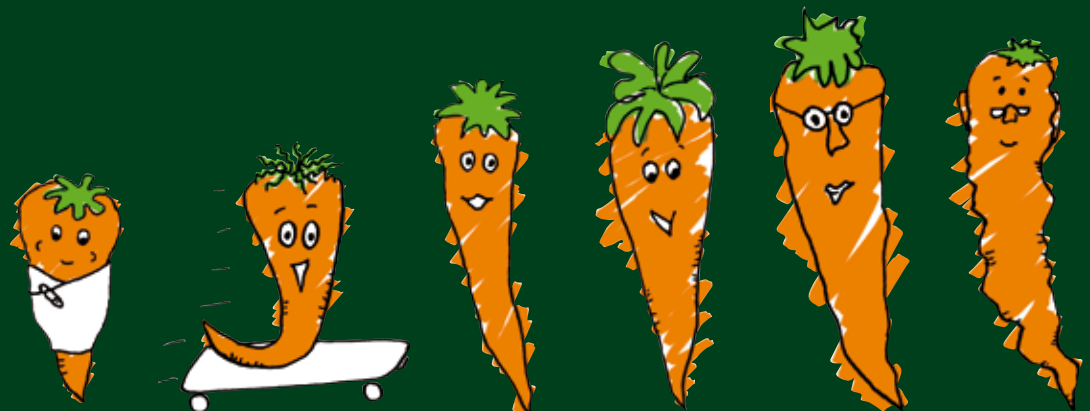


Leading learning and skills

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“Meet the Carrot Family,
look out for them
in the book.”



1 HEALTHY EATING

If you buy or cook food for your family, you can have a big influence on the lives of the people you love. This cook book has information and ideas about how you can help everyone in your family to eat healthily and enjoy food.

All the experts agree that the food we eat has a big effect on us, whatever age we are.

Children need to eat well in order to grow and develop into healthy people. But it is important that adults also eat well in order to have the energy to look after their families and be in good shape for work and everything else they have to do.



Talk Together

Who likes to do the cooking in your family?

What are your family's favourite meals?



2

CHOOSING THE RIGHT FOODS



The picture opposite shows the 5 different food groups. To stay healthy we should eat more foods from the biggest group and less from the smallest groups. This means we should eat lots of fruit and vegetables and very little food that contains sugar and fat.

It is also a good idea to avoid foods that contain added salt.

It is important that we drink lots of healthy liquids. Not all drinks are good for you. Water is the healthiest drink of all as two thirds of the human body is water. If we don't drink enough water it can affect how we feel and think.

Eating different kinds of food is the way to have an interesting and balanced diet.

Are you eating a balanced diet? Making a food diary of everything you eat during one day is a good way to find out. Have a look at Kieran's example on the next page. A blank food diary is on the CD for you to print out and use.

You could get everyone in your house to make a food diary for one day. Give a special treat to the people who have eaten most healthily that day.

If you buy packaged food look carefully at the label. It will tell you what it contains. This is a good way of checking the amount of salt, sugar and fat that your family is eating.



“Children should be given lots of water to drink.
Don't give young children drinks
with added sugar.”

Talk Together

Do you think you are eating healthily?

Which food group do you need to eat more of?

Which food group could you eat less of?

The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods containing fat
Foods and drinks containing sugar

Milk and dairy foods

There are five main groups of valuable foods

(Reproduced by kind permission of the food standards agency)

Kieran's food diary, Friday

What you eat	Fruit and vegetables	Cereals, bread, pasta, rice, potatoes	Milk, eggs, cheese, butter, yoghurt and other dairy products	Meat, poultry, fish	Biscuits, chocolate, butter, fatty foods
Toast		X			
Fried egg			X		
Orange	X				
Pizza		X			
Mars bar					X
Biscuits					X
Chicken curry				X	
Rice		X			
Salad	X				
Total portions	2	3	1	1	2

Talk Together

Look at Kieran's food diary.

Do you think that he is eating healthily?

What do you think Kieran could do to make sure he has a balanced diet?

Do Together

Cut out pictures of food from magazines.
Put 5 plates on the table and label each one for each of the 5 food groups.
Ask your child to work out which food group each picture belongs to.

3

FAMILIES AND FOOD

“Bought ready-made meals are expensive and usually contain too much salt, sugar and fat.”



Although it is nice to eat favourite foods, it is also fun to try foods that you have not tasted before. You may find new tastes to enjoy.

Young children often have strong likes and dislikes and refuse to eat certain foods. However, if they see others in the family enjoying a wider range of foods, most children will try more things as they get older.

We all want something quick and simple when we are feeling tired. Supermarkets know this and sell ready-made meals that only need to be heated up. These meals are often expensive and usually contain too much added salt, sugar and fat. You can save money and eat more healthily by making your own ready-made meals.

Your children can help you make some of their favourite dishes and freeze them. Take the dish out of the freezer in the morning and then all you have to do is heat it through in the evening.

Encourage your child to help you prepare the food that they like to eat. This will help them to see that cooking is interesting and fun.

Arrange the food in a fun way on the plate, for example to look like a smiley face. Or try wrapping items up in little parcels.

Do Together



“Snacks can be good for you, but make sure they’re healthy and not eaten just before meal times.”

Food tasting

Play this game with all the family, to encourage them to try new foods.

Cut up a few pieces of different types of food, for example apple, cheese and cooked pasta.

Cover the eyes of each person in turn.

Ask them to describe the smell/texture/taste of the food and guess what it is.

4

BUYING FOOD



In a big city like London, there are lots of choices about where to buy food for your family. But if you always go to the same shop, you probably always end up cooking the same kind of food. Add a bit of spice to your life (and your diet) by going somewhere new to do your food shopping.

Street markets are interesting places to visit, and the food is often cheaper than in supermarkets. Another benefit is that the fruit and vegetables on sale are likely to be fresh and in season, because stallholders can't keep food for more than a day or two.

Many of London's markets specialise in serving our city's different ethnic communities, so you can find out about what people eat around the world as you do your shopping. Why not set yourself and your children the challenge of finding out about one type of food you have never eaten before each time you go shopping?

Do Together

Make mystery vegetable soup - let every family member choose a vegetable they want to buy.

Write a shopping list.

Encourage children to write their own shopping list or draw pictures of vegetables they want to buy. Younger children could cut out pictures from magazines.

See recipe in chapter 9

Talk Together

Where is your nearest street market?

What sort of food does it sell?

What would be the best way to get there?

Look at the list of London street markets on the CD.

5

FAMILY MEALS

“If you **encourage** young children to help you prepare food they will learn about foods that are good to eat.”



Growing children need three balanced meals a day. Breakfast is probably the most important meal of the day, and yet many of us don't eat properly in the morning. You can help your family get off to a good start by making sure everyone (including yourself) eats a healthy breakfast.

It's hard to find time in the mornings, but getting things organised the night before

really helps. If your children have packed their bags and got their clothes ready before they go to bed, you can all have time for a proper breakfast.

Here are some good ideas for quick, healthy breakfasts. The smoothie recipe in chapter 9 is easy to make, so why not encourage your children to make breakfast for you sometimes.

- Fruit smoothies
- Porridge
- Cereals
- Yoghurts
- Fruit
- Breads

Sitting while you eat will help your digestion, which is very important for growing children. Sitting together for a meal and talking is a nice thing to do.

Do
Together

Try putting together your weekly meal plan by using the blank chart on the CD
- have fun!



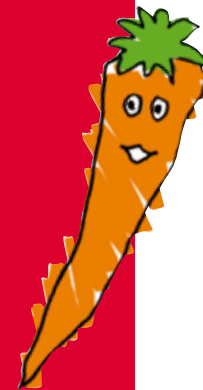
Talk Together

Ask each other what you had for lunch.

Talk about your favourite parts of the day.

6

PACKED LUNCHES AND PICNICS



“Don't let the weather put you off. If it is raining put a blanket on the living room floor for your picnic.”

“Why not hide a surprise in your child's lunch box? You could write out a riddle, a joke or a message!”



Children enjoy picnics both indoors and out. This can be a good way of encouraging children to try new foods. They will enjoy preparing and packing the picnic as well as laying it out and eating it. Why not bring a healthy snack when you collect children from school and stop somewhere on the way home to eat it?

It can be hard to think of new things to put in packed lunches, but it gets very boring eating the same thing every day. Your children could help you make a list of the different sandwich fillings that they like, and give you suggestions for their packed lunches. Remember to include a piece of fruit and a bottle of water every day.

Try making sandwiches with different types of bread. Wholemeal bread is tastier and better for you than sliced white bread.

Pitta bread is easier for small hands to hold and comes in lots of flavours and sizes.

Sandwiches can be made from anything. Try some new ideas, you will be surprised what unusual combinations taste good together. Why not try making one large sandwich to share? Can you make a very tall or a very long sandwich which you can cut up to share with everyone?

Talk Together

Read your child's favourite book together and plan a meal for the characters.

If you invited Goldilocks and the Hungry Caterpillar to your picnic, what would you pack?

A list of suggested children's books are on the CD.

7 GROW YOUR OWN FOOD

Children really enjoy eating food they have grown themselves. Even if you do not have a garden, you can grow some of your food on a window sill or balcony.

This is a good way to encourage children to eat salad and vegetables.

If children grow food themselves, they understand

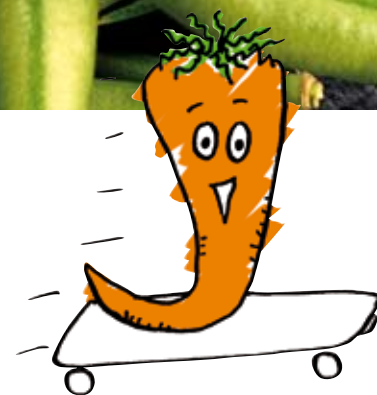
that food needs to be treated with respect and not wasted.

Try keeping the seeds when you eat a tomato and growing your own tomatoes in any container.

You don't even need a pot to grow a potato plant. Leave a potato in a dark place until it starts to sprout and then plant it 15cm (6in) deep in a plastic

bag filled with potting compost. You won't get a huge crop, but it's fun to do.

You will need to water and feed your plants regularly and pull up any weeds that grow around them.



“I grew my cress seeds in half an egg shell. I think it looks like hair!”

Do Together



Why not organise a trip with some friends to a Pick-Your-Own farm?
Look at the details of Pick-Your-Own farms around London on the CD.

8

SAFETY AND HYGIENE IN THE KITCHEN



Kitchens can be dangerous places, however there is a lot you can do to make sure your kitchen is a safer place for everyone in your family.

Children should be supervised at all times. Ovens and knives can cause serious injury.

Use this checklist to start thinking about whether there are any risks in your kitchen:

- Are there any dangling electrical cords?
- Is long hair tied back?
- Are hands always washed?
- Are saucepan handles always turned inwards?
- Do you know how to put a kitchen fire out?
- Are knives stored safely?
- Are hot drinks left in reach of young children?
- Where are cleaning materials stored?
- Is your food stored correctly?
- Is all food within the sell by dates?

Talk Together

Talk about how you could make your kitchen a safer place.



“Remember
knives can be sharp”



9

RECIPES



Tzatziki Dip

Ingredients:

- 1 carton Yoghurt (preferably Greek)
- 1 clove Garlic (chopped)
- 1/2 small Cucumber (cubed)

Method

1. Blend cucumber & garlic for 5 seconds.
2. Mix into yoghurt.

Smoothies

Ingredients:

- 1 Banana
- 3 or 4 strawberries
- 1 tbsp of yoghurt
- 1 glass of milk

Method

1. Place all of the ingredients together in a blender and blend until smooth. If you do not have a blender you can mash the fruit together until all of the lumps have gone and then whisk together with the yoghurt and milk



Houmus Dip

Ingredients:

- 2 cans unsalted Chick Peas (strained)
- 1 tbsp Tahini (Sesame Seed Paste)
- 2 tbsp Olive Oil
- 2 tbsp Water
- 2 cloves garlic
- Juice of 1 Lemon

Method

1. Place all ingredients into a blender and blend for a few minutes until smooth.

“You can use different fruits to make smoothies. Try using other ingredients such as juice instead of milk or frozen instead of fresh yoghurt”



Fruit Salad

Ingredients:

- 1 cup orange juice
- Juice of 1 lemon
- Choose a combination of any of the following: apples, pears, bananas, melon, seedless grapes, tangerines or satsumas or oranges, mango, raspberries, strawberries

Method

Wash and core the fruit where necessary. Chop the fruit into small pieces. Mix with the orange and lemon juice.

“I like my
fruit salad
with yoghurt”



Warm Pasta Salad

Ingredients:

- 1/2 cup olive oil
- 3 tbsp red wine vinegar
- 1 clove garlic, minced
- 1 tsp dried basil
- 6oz/165g pasta
- 1/2 cup grated cheese
- 2 cups broccoli florets
- 4oz sliced pepperoni sausage
- 10 cherry tomatoes (halved)

Method

1. Cook pasta and broccoli in a pot of boiling water and drain.
2. In large bowl, stir together oil, vinegar, garlic and basil. Toss with warm pasta to coat well.
3. Mix in cheese, pepperoni and tomatoes and serve.

Vegetable Soup

Ingredients:

- 1 tbsp olive/vegetable oil
- 1 onion
- 1 clove garlic (optional)
- Water/vegetable stock
- Seasoning

A variety of vegetables eg:

- 2 large potatoes
- 2 carrots
- 1 leek
- Small cabbage (all chopped)

Method

1. Heat the oil in a large saucepan and fry the onions and garlic until soft.
2. Add the vegetables and cover with water or vegetable stock.
3. Bring to the boil and simmer until the vegetables are cooked (the bigger the pieces the longer it will take).

Lentils or other pulses can be added for extra protein. This is lovely served with fresh bread or with grated cheese on top.



Bean Salad

Ingredients:

- 110g/4oz green beans, cooked and drained
- 2 tsp sesame seeds
- 1 tbsp red wine vinegar
- 1 tsp dijon mustard
- 3 tbsp olive oil
- Handful fresh parsley, roughly chopped

Method

1. In a large bowl, combine the beans, sesame seeds, vinegar, mustard and olive oil. Mix together well to coat the beans.
2. Stir in the fresh parsley.



Cold Pasta Salad

Ingredients:

- 8oz/220g Penne pasta
- 1 large cucumber, cubed
- 1 tomato, chopped
- 2 cups mayonnaise
- 4oz/110g sour cream or mayonnaise

Method

1. Cook pasta in a pot of boiling water and drain and cool.
2. Combine all ingredients in a large bowl and serve.

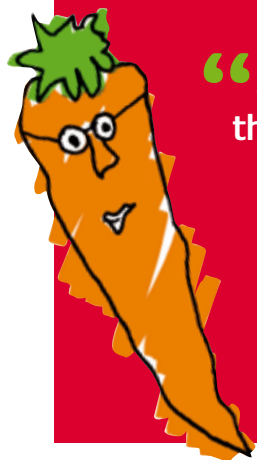
Baked Fish

Ingredients:

- 4 small pieces of white fish fillet
- 1 1/2 cups milk
- 1 onion, chopped
- Handful of fresh parsley, roughly chopped
- 1 tbsp lemon juice

Method

1. Preheat oven to 350°F (175°C). Lightly coat a baking dish with oil.
2. Rinse fish, pat dry and place in a single layer in the baking dish. Mix together milk, onion and parsley. Pour over fish and drizzle with lemon juice.
3. Bake in preheated oven for 15 minutes, or until fish is firm and can be flaked with a fork



“Ask your **fishmonger** which is the cheapest fish at the moment”

Spaghetti Bolognese

Ingredients:

- 1 pack of minced beef or lamb
- Tin of chopped tomatoes
- 1 medium onion (chopped)
- 1 clove garlic (crushed)
- Worcestershire/Tabasco Sauce (optional)
- 1 tbsp of olive/vegetable oil
- 6oz/165g Spaghetti

Method

1. Heat some of the oil in a pan and fry the mince until brown and remove.
2. Heat the rest of the oil and fry the onion for a couple of minutes until soft, then add the garlic and fry for about 30 seconds.
3. Add the mince to the garlic and onion along with the tin of tomatoes and a dash of Worcestershire and/or Tabasco Sauce. Vegetables such as carrots, leeks, courgettes or peppers can also be added at this point and will make this meal even more healthy.

4. Cook for approximately 20 minutes.
5. Add the spaghetti to boiling water and cook for as long as it says on the packet.
6. Serve with some cheddar or parmesan grated on the top. This also goes nicely with salad and garlic bread.

A vegetarian version of this can be made by swapping the minced beef for Quorn or soya protein, both of which are available in supermarkets. Or leave out the mince altogether and add a mixture of vegetables to the onion and garlic along with the tinned tomatoes. This will cook much more quickly than the mince. Serve with spaghetti and cheese as before.



Lemon Drizzle Cake

Ingredients:

- 4oz/100g butter or margarine
- 5oz/150g unrefined brown sugar
- 1 egg
- 4oz/100g wholemeal, self-raising flour
- Grated rind and juice of 1 lemon

Method

1. Heat the oven to 180 degrees centigrade (Gas mark 4).
2. Grease and line with baking paper the base of a 7" cake tin.
3. Gently heat butter and 4ozs of the sugar (this can be done in the microwave).

4. Stir in the lemon rind.
5. Whisk the egg in a basin and then whisk into the sugar mixture.
6. Fold in the flour and then turn the mixture into the tin.
7. Bake for about 30 minutes or until the cake is firm to the touch (check after 20–25 mins).
8. Warm the remaining sugar and the lemon juice.
9. Prick the cake all over and spoon over the lemon juice and sugar mix.
10. Leave to cool in the tin.

Do
Together

You will find a blank recipe page on the CD to print out and create your own recipe book.

Weaning Recipes

PEAR RICE

Ingredients:

- 1 tbsp rice cereal
- 1 tbsp pureed pear
- Cooled boiled water, breast milk or formula milk

Method

1. Choose a ripe pear – peel, remove core and then cook it in a little water until it is very soft.
2. Put it through the blender or if you don't have one you can use a potato masher.
3. Take one tablespoon of pear mixture, add the rice cereal and boiled water.
4. Mix all the ingredients together.

VEGETABLE PUREE

Ingredients:

- 1 piece of potato
- 1 piece of pumpkin
- 2 tbsp of avocado

Method

1. Blend the cooked vegetables with cool boiled water.

YOGHURT, RICE AND BANANA PUREE

Ingredients:

- 1 tbsp cooked rice
- 1 tbsp of yoghurt
- 1 small banana

Method

1. Mash the banana into soft lumps.
2. Mix with yoghurt and cooked rice.

Variation

Use an avocado, boiled yam or sweet potato instead of banana.

Freeze any of the puree that is not used.

For small amounts use an ice cube tray.



“Yum
Yum”

10 FUN & GAMES



Make up a meal

Cut out pictures of food from old magazines or packaging and spread them out onto a table.

- a. Take it in turns to choose ingredients from the pictures. Invent a meal using the ingredients you have chosen.
- b. Describe your meal and talk about how healthy it is.
- c. The whole family can think about ways to adapt the meal for different tastes and using different ingredients.

Memory Game

This is a great game to play on the way to the shops or on a long journey. The first person says 'I went to the shops and bought an apple', the next person says 'I went to the shops and bought an apple and a banana'. You will need to remember everyone's item and then add your own.

Take in turns until someone forgets the correct order.

Shopping Games

Play shops at home using real money and food packets and tins. You can help your child practise their reading and writing skills by getting them to make a shopping list too.

When you are in the shop let them have their own basket and ask for their help in searching for particular items. Give empty packets to younger children so that they can find the same item.

If you are going to cook together, ask your children to check that you have all the ingredients needed for the recipe.

Games to play with older children when shopping for food:

- a. What is the most expensive item you buy in terms of weight?
- b. What is the cheapest item you buy in terms of weight?
- c. Ask them to find something that comes from Africa (or Europe, or America)
- d. "I-Spy with my little eye, something beginning with..."
- e. Spot five fruits. Find five green vegetables etc.

Fruity anagrams

Unravel these letters to make the names of fruit and vegetables

- otmota
- goanm
- lmoen
- ebtrwayrsr
- elmi
- tcrrao
- yrelce
- erwolfcliau
- acpeh
- nanbaa
- lppae
- regpas
- luttece
- oaottp
- eengrs
- nelom
- trotebeo
- kiiw
- nrco
- urmosmho

Answers on CD

Wordsearch

Cross off the words as you find them in the wordsearch.

potatoes
lettuce
leeks
swede
cabbage
onion
peas
turnip
peppers
sweetcorn
beans
sprout
parsnip

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

On the CD there is a blank wordsearch for you to make your own.

Popcorn

Method

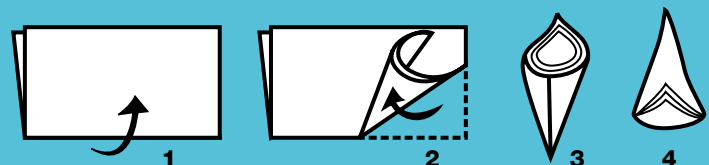
- Heat enough oil to cover the bottom of a lidded pan.
- When the oil is near smoking point add the corn so that it forms a layer 1-2 grains deep.
- Put on the lid.
- Shake the pan so that the corn becomes coated in the oil.
- Using a medium heat, wait. After a couple of minutes the corn should be popping away.
- Once the popping slows down, carefully shake and leave for a few more seconds.
- Once the popping stops, turn off the heat. Very little of the oil will end up in the popcorn, its purpose is just to heat it.
- Most of the oil will remain in the bottom of the pan with the unpopped corn.

Laying the table

Children love making a meal special by helping to decorate and lay the table. They can make placemats for each person by decorating a sheet of paper. For example you could show how cutlery or chopsticks are placed by drawing the outlines.

Why not try folding a napkin in a shape called the 'clown's hat':

1. Fold napkin in half with the open side along the top.
2. Fix the middle of the bottom line with one finger, take hold of the lower right corner and loosely roll up to form a cone.
3. Fold triangular corner over.
4. Turn cone upside down and stand on base.





“Goodbye everyone.
Did you find us in the book? Why not
go back and have another look!”

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