

# Colourful fruit jars

**Serves 2**

## Ingredients

*¼ cup blueberries*  
*½ kiwifruit, peeled and sliced*  
*½ banana, peeled and sliced*  
*½ cup diced rock melon or ½ orange, peeled and sliced*  
*¼ cup raspberries, strawberries or halved grapes*  
*¼ cup reduced-fat yoghurt*  
*mint sprigs to garnish (optional)*

## Method

1. Layer blueberries in the bottom of a glass or jar. Top with kiwifruit, banana and rock melon.
2. Finish with raspberries, garnish with mint (if using) and serve with yoghurt.

## Variation

- Use fresh, thawed frozen, drained canned or poached dried fruit.

## Tips

- Choose fruits that are in season and readily available to reduce cost of the recipe.
- Use fruits canned in water or juice.



## Equipment

- Cutting board and knife
- Measuring cups
- Spoons
- 2 glasses or jars

## Preparation and cooking skills

Dice, peel, slice.

## Nutrition

- Eating a 'rainbow' of colourful vegetables and fruit everyday will help you get a wide range of nutrients to grow and stay healthy.

## Choose fruits that are in season during each school term

### Term 1

Apple  
Apricot  
Banana  
Berries (strawberry, raspberry, blueberry)  
Melon  
Peaches  
Watermelon

### Term 2

Apple  
Banana  
Feijoa  
Kiwifruit  
Mandarin  
Orange  
Pear  
Frozen berries

### Term 3

Apple  
Banana  
Kiwifruit  
Mandarin  
Orange  
Pear  
Frozen berries

### Term 4

Banana  
Kiwifruit  
Orange  
Pear  
Canned plums  
Canned pineapple  
Frozen berries

# Rainbow salad jars



**Serves 2**

## Ingredients

*½ red capsicum, diced or 4 tomatoes, sliced*  
*½ carrot, grated*  
*½ cup cooked corn kernels*  
*½ cup finely sliced red cabbage*  
*½ cucumber, seeded and sliced into thin strips*  
*½ cup finely sliced lettuce*  
*2 tablespoons vinaigrette*

## Method

1. Layer capsicum in the bottom of a glass jar. Top with carrot, corn kernels, cabbage and cucumber.
2. Finish with lettuce and serve with vinaigrette.






## Variations

- Add ¼ cup cooked rice or quinoa in the bottom of each jar to create the first layer.
- Use roasted chopped pumpkin or kūmara in place of grated carrot.
- Use roasted chopped beetroot in place of grated beetroot.

## Tips

- Choose vegetables that are in season and readily available to reduce the cost of the recipe.
- Place heavy vegetables, such as cooked kūmara, at the bottom of the jar and layer light vegetables, such as bean sprouts and baby spinach, on top.

## Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  2 glasses or jars

## Preparation and cooking skills

Dice, grate, slice.

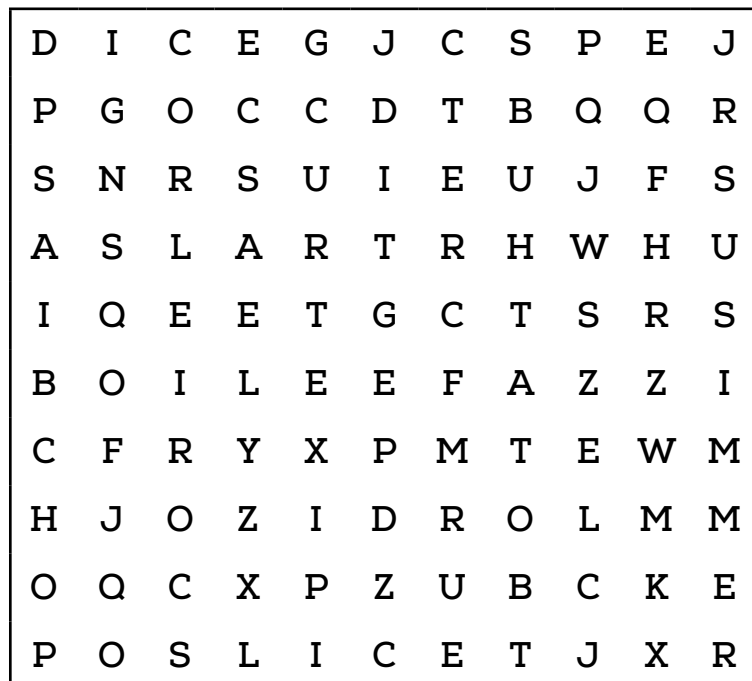
## Nutrition

- Each different coloured vegetable contains different nutrients that are good for your health. To make sure you eat all the different nutrients, it's important to eat a 'rainbow' of coloured vegetables every day.

# Word search – food skills

Practicing food preparation, cooking and knife skills will help you to prepare tasty and healthy meals.

1 Can you **find** all the food skills?



Boil  
Chop  
Cut  
Dice  
Fry  
Grate  
Mash  
Peel  
Slice  
Stir  
Simmer

2 Name the **food preparation** or **knife skill** being used in **each image**.

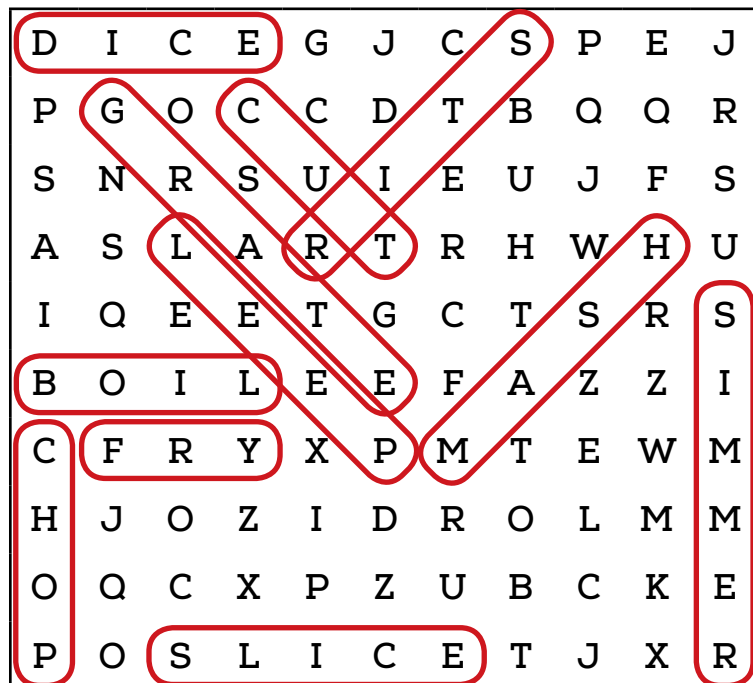




# Word search – food skills

Practicing food preparation, cooking and knife skills will help you to prepare tasty and healthy meals.

1 Can you **find** all the food skills?



Boil  
Chop  
Cut  
Dice  
Fry  
Grate  
Mash  
Peel  
Slice  
Stir  
Simmer

2 Name the **food preparation** or **knife skill** being used in **each image**.



*Dice*



*Slice*



*Cut*



*Peel*



*Grate*



*Mash*

# Evaluation

Name: .....

Name of food product: .....

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

**What went well?**

**What did not go well?**

**What could be improved?**

# Cabbage

## Available

All year round.

## Buy

Firm and heavy heads with even colour and crisp outer leaves.

## Store

In plastic bags in the fridge.



## Prepare



Cut in half.



Quarter and remove core.



Finely slice.



Chop roughly.

## Cook

Can be:



Steamed



Simmered



Stir-fried



Coleslaw





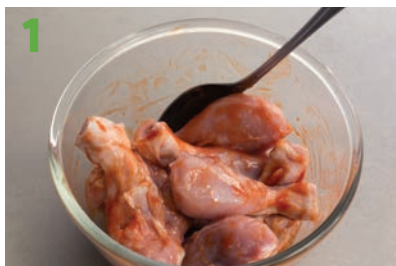
# Chicken drumsticks with coleslaw

(serves 4)

## Ingredients

8 chicken drumsticks,  
skin removed  
3 tablespoons tomato  
sauce  
1 ½ tablespoons vinegar  
1 tablespoon oil  
½ cup water  
4 potatoes, washed and  
cut into wedges  
2 tablespoons oil  
¼ cabbage, shredded  
2 carrots, grated  
½ apple, grated  
2 tablespoons vinegar  
3 tablespoons oil

## Method



Heat oven to 200°C.  
Mix drumsticks with tomato  
sauce, vinegar and oil.



Place in a baking dish and  
pour water into dish. Bake for  
30 minutes or until chicken is  
thoroughly cooked.



Place potatoes on a baking  
tray and mix with oil. Bake  
for 25 – 30 minutes or until  
crispy and golden brown.



To make coleslaw, mix  
together the cabbage,  
carrot, apple, vinegar  
and oil.

For more easy, fast and affordable food ideas visit  
[healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz)  
or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)



**My Family Food**

Easy, fast and affordable food ideas



# Carrots



## Available

All year round.

## Buy

Choose carrots that are firm and bright orange.

## Store

In plastic bags in the fridge.

## Prepare



Wash and trim ends, peel if required.

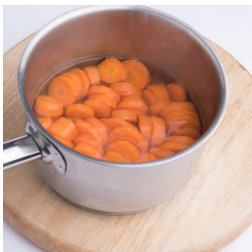
Can be:



Whole, sliced, grated, chopped into sticks, diced

## Cook

Can be:



Boiled



Steamed



Stir-fried



Eaten raw

Other suggestions:

Roasted  
Microwaved  
Mashed



# Carrot, chicken and corn soup

(serves 4)

## Ingredients

8 cups water  
1 teaspoon stock powder  
2 large carrots, diced  
1 cup brown rice  
1 large onion, finely chopped  
2 corn on the cob, cooked and kernels removed (or 2 cups frozen corn kernels)  
1 cup cooked chicken, shredded  
parsley, chopped

## Method



1 Place water and stock in a large saucepan.



2 Add the carrots, brown rice and onion. Cook for 30 minutes until rice is soft.



3 Add corn and chicken and cook for 5 minutes, add extra water if required.



4 Sprinkle with parsley to serve.

For more easy, fast and affordable food ideas visit [myfamily.kiwi/foods](http://myfamily.kiwi/foods) or [vegetables.co.nz](http://vegetables.co.nz)



**My Family Food**

Easy, fast and affordable food ideas



# Cucumber

## Available

All year round.

## Buy

Choose cucumber with a firm skin and even colour.

## Store

In the vegetable bin in the fridge.



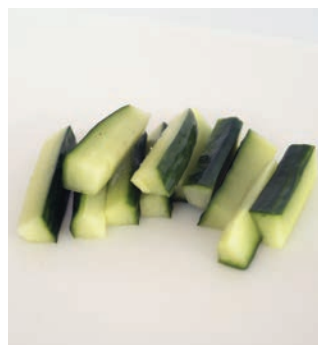
## Prepare



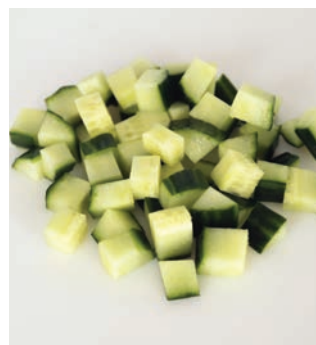
Whole.



Cut in half and quarters.



Slice into sticks.



Cut into cubes.

## Cook

Can be:



Infused in water



Alongside dips



Salad



Sandwich





# Cucumber with yoghurt dip (Tzatziki)

(serves 4)

## Ingredients

1 cucumber, grated  
1 clove garlic, crushed  
¼ cup mint leaves, chopped  
1 ½ cups plain unsweetened yoghurt  
1 tablespoon lemon juice

## Method



1 Place grated cucumber in a sieve or clean tea towel over a bowl.



2 Gently squeeze out the excess liquid. Place cucumber in a bowl.



3 Add garlic, mint, yoghurt and lemon juice.



4 Mix well and cover. Place in the fridge until ready to serve.

For more easy, fast and affordable food ideas visit  
[healthykids.org.nz/eat/recipes](https://healthykids.org.nz/eat/recipes), [vegetables.co.nz](https://vegetables.co.nz)  
or [heartfoundation.org.nz/recipes](https://heartfoundation.org.nz/recipes)

# Iceberg Lettuce

## Available

All year round.

## Buy

Clean, crisp leaves.

## Store

In plastic bags in the fridge.



## Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

## Cook

Can be:



Shredded salad



Chopped salad



Leaf cups





# Vegetable and bean burgers

(serves 4)

## Ingredients

1 can butter beans, drained and rinsed  
 2 carrots, grated  
 2 courgettes, grated  
 1 clove garlic, crushed  
 2 eggs  
 ½ cup dry breadcrumbs  
 1 tablespoon oil  
 4 wholemeal burger buns  
 4 tablespoons tomato sauce  
 1 lettuce  
 2 tomatoes, sliced

## Method



1 Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



2 Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



3 Cook on both sides until golden brown and cooked through.



4 Serve on burger buns with tomato sauce, lettuce and tomato.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)



**My Family Food**

Easy, fast and affordable food ideas



# Sweetcorn

## Available

Summer months January to April.

## Buy

Corn with fresh green husks (outer leaves) and yellow to light brown tassels (inner strands). The darker the tassel the riper the corn. The kernels should be fat and juicy.

## Store

In the vegetable bin in the fridge.



## Prepare



Remove the tassel from whole corn cobs.



Place into boiling water for 2 minutes, with or without husks.



Slice off the top and remove the husks.



Use a sharp knife to remove the kernels from the cob.

## Cook

Can be:



Boiled



Barbecued



Cut off the cob and add to salad



Soup



# Corn fritters

(serves 4)

## Ingredients

4 corn cobs cooked or  
2 cans whole kernel corn,  
drained  
1 capsicum, finely chopped  
(optional)  
4 eggs  
½ cup flour  
1 teaspoon baking powder  
Pinch of salt  
Pepper  
3 tablespoons oil

## Method

1



Remove the corn kernels from the cob.

2



Place corn, capsicum, eggs, flour, and baking powder in a bowl.

3



Mix well and season with salt and pepper.

4



Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into pan to form fritters. Cook in batches until browned on each side.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)

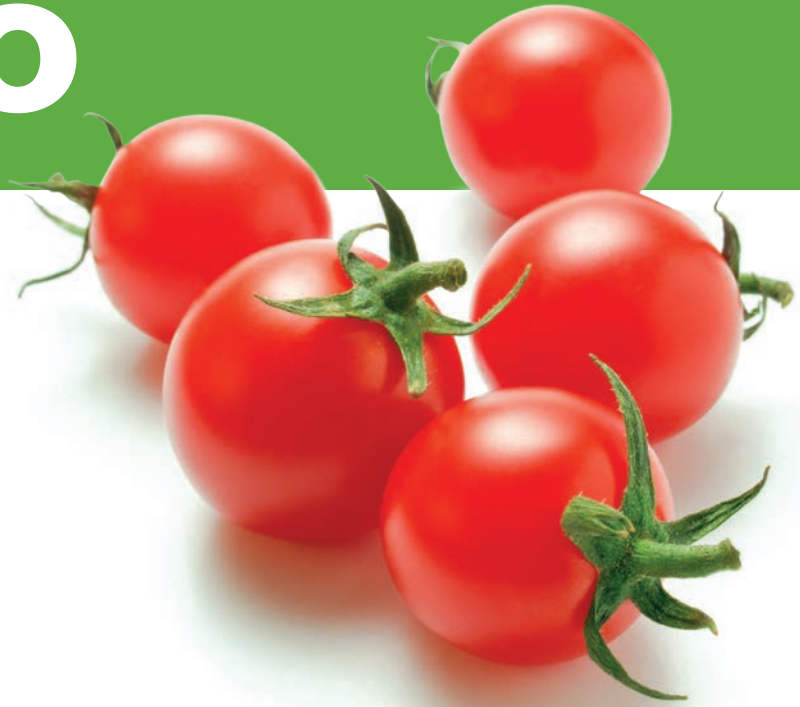


**My Family Food**

Easy, fast and affordable food ideas



# Tomato



## Available

All year round.

## Buy

Firm and ripe.

## Store

At room temperature.

## Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

## Cook

Can be:



Roasted



Salad



On toast



On pasta





# Tomato salsa

(serves 4)

## Ingredients

4 tomatoes, finely chopped  
½ onion, finely chopped  
¼ cup lemon juice/vinegar  
2 tablespoons oil  
Pinch of salt  
Pepper

## Method



1  
Finely chop the tomatoes and onions.



2  
Add lemon juice and oil.



3  
Season and mix well. Keep refrigerated until ready to serve.



4  
Serve with baked potato wedges.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)



**My Family Food**

Easy, fast and affordable food ideas