

# OUR ANCRUM FAMILY



Welcome to our virtual kitchen!

Let's have some fun!

To access the links, hover over the images, some of them will take you to fun activities.



# Recipe for vegetable soup

## Ingredients

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 1 celery stick
- 1 x 10ml spoon oil
- 600ml stock (water and stock cube)
- 1 x 15ml spoon coriander, chopped



## Equipment

- Chopping board
- Knife
- Vegetable peeler
- Measuring spoons
- Saucepan
- Measuring jug



1. Peel and chop the onion.



5. Slice the celery.



9. Stir in the chopped coriander and serve.



2. Top and tail the carrot, then peel and dice.



6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.



3. Top and tail the leek, then slice.



7. Add the stock to the saucepan and bring to the boil.



4. Peel and cube the potato.



8. Add the potatoes and simmer for 20 minutes.



## Ingredients

150g self-raising flour

40g butter or baking fat/block

100ml milk

### Topping

50g hard cheese or mozzarella cheese

3 x 15ml spoon tomato pizza sauce, passata or canned tomatoes

2 slices ham

Plus a selection of the following: green or red pepper, mushrooms, onion, pineapple, sweetcorn, cherry tomatoes



## Equipment

Grater, vegetable knife, chopping board, sieve, mixing bowl, table knife, measuring spoon, 17cm Victoria sandwich tin, round tin foil dish or baking tray.

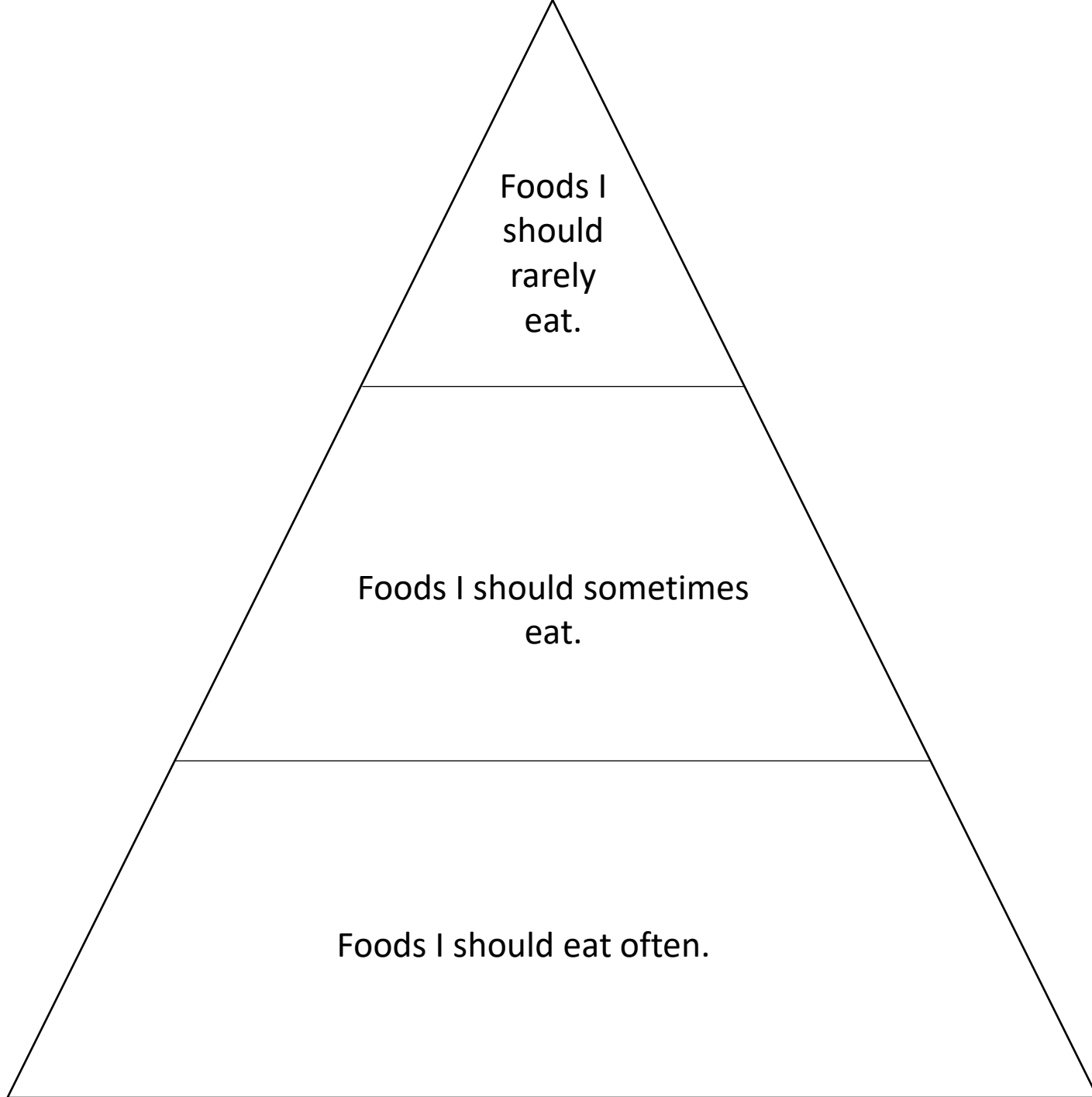
## Top tips:

- Use wholemeal flour for extra fibre.
- Use skimmed milk and reduced fat or lighter cheese to reduce saturated fat content.
- Cover the pizza with aluminium foil, label and refrigerate. Cook at home.

## Method

1. Pre-heat oven to gas mark 6 or 200°C.
2. Grease the baking tin or line with greaseproof paper.
3. Prepare ingredients:
  - grate the cheese;
  - slice or tear ham into small pieces;
  - deseed, slice or dice the vegetables and halve the ch
4. Sieve the flour into a mixing bowl. Cut the fat into small pieces using a table knife and add to the flour.
5. Rub fat into flour until it resembles breadcrumbs.
6. Add milk a spoonful at a time and stir.
7. Mix to a soft dough and knead lightly until smooth.
8. Press the dough into tin using knuckles or roll into a circle and place on baking tray.
9. Spread the tomato sauce over the base. If using canned tomatoes, drain well.
10. Add toppings and spread evenly.
11. Cover with the grated cheese making sure the tomato sauce is well covered.
12. Bake in the oven for 20-25 minutes until the base is cooked.

# Recipe for a pizza



## Food Pyramid

Think about what foods are healthy and should be eaten often and foods that are not as healthy and shouldn't be eaten as often.

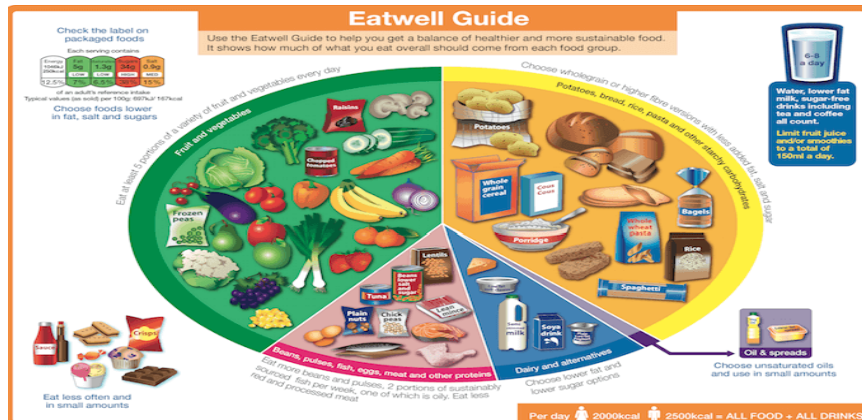
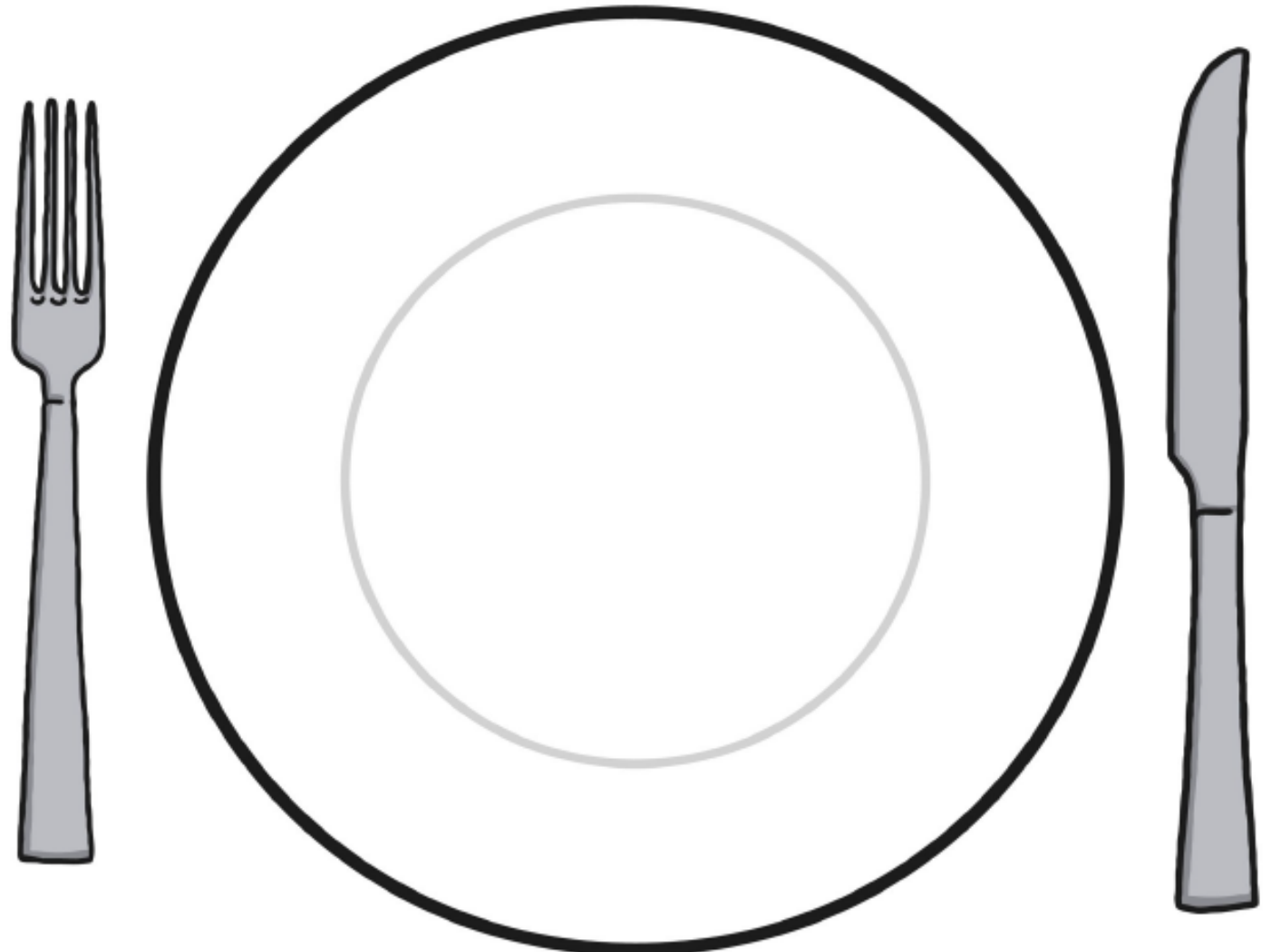
Complete the pyramid by writing or drawings foods in the relevant boxes for you. This can be completed on paper.

# Create a healthy and balanced meal

Think about the different food groups you could include food from:

- Fish
- Fruit and vegetables
- Dairy and alternatives
- Oils and spreads
- Proteins
- Carbohydrates

This can be completed on paper.



# Food Label

## Food Label Scavenger Hunt

Use your knowledge about food labelling to complete the scavenger hunt.

Find a product that contains no fat.

Find a vegetable that has more than 5% sugar per 100g.

Find a product that has an amber salt label.

Find a product that has more than 2g of fibre.

Find a box of cereal that is high in sugar.

Find a tin of food that has less than 1% fat.

Find a sauce that has an amber sugar label.

Find a dairy product that has green saturated fat label.

Find a bakery product that is low in saturated fat.

Find a snack that has less than 5% saturated fat per 100g.

Find a product that has no salt or sugar.

Find a product that has less than 100 calories per 100g.

Find two products that have all green labels.

Find a drink that has more than 25% sugar per serving.

Find a product that has a red sugar label.

