

Banana pikelets with berry sauce

Serves 2

Ingredients

Banana pikelets

1 large banana, peeled, mashed

1 egg

1 tablespoon oil

Berry sauce

1 cup fresh or frozen berries

2 tablespoons water

Method

Banana Pikelets

1. Place banana and egg into a bowl and mix together using a fork.
2. Heat $\frac{1}{2}$ tablespoon of oil in a non-stick frying pan over medium heat.
3. Place 3 to 4 tablespoon amounts of mixture into the pan. Avoid overcrowding.
4. Cook pikelets for 1 minute on one side or until bubbles appear on the surface. Turn using a spatula and cook the other side for 1 minute or until golden.
5. Transfer pikelets to a plate.
6. Add rest of oil to the pan, then repeat steps 3 to 5 until mixture is finished, then turn off heat.
7. Serve with berry sauce on top.

Berry sauce







1. Place berries and water into a saucepan.
2. Heat slowly over low heat with the lid on until berries have thawed and are bubbling a little.
3. Remove lid and continue to cook over a low heat until most of the liquid has evaporated.
4. Spoon sauce on top of pikelets.

Serving suggestions

- Garnish with fresh mint.
- Serve with 2 tablespoons of reduced-fat plain yoghurt.



Equipment

-  Cutting board and fork
-  Measuring cups
-  Measuring spoons
-  Non-stick frying pan
-  Saucepan with lid
-  Spatula or fish slice

Preparation and cooking skills

Fry, mash, mix, reduce and thicken.

Nutrition

- Fruit like bananas and berries contain dietary fibre which is good for your digestive system and helps you to feel full.

Build a salad bowl



Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

Working in pairs:

- **design two salad bowls** with the same ingredients in each
- **give the salad a name.**

Follow the steps below to complete this task. Remember that each ingredient you choose is for your pair.

Step one: Choose your base. Please **select one**.



1 cup cooked
soba noodles



1 cup cooked
couscous



1 cup cooked rice

Step two: Choose **at least three** different coloured vegetables. Please ***select***.



1 red tomato,
sliced into wedges



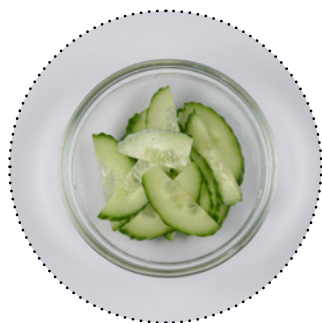
½ small carrot,
sliced into thin sticks



½ cup cooked
corn kernels



½ cup finely sliced
lettuce



½ cup finely sliced
cucumber



½ cup finely sliced
red cabbage



½ cup grated
beetroot

Step three: Choose your protein. Please ***select one***.



200 grams tofu,
cubed



200 grams canned
tuna, drained



200 grams canned
butter beans, drained
and rinsed



200 grams cooked
shredded chicken

Step four: Choose your dressing. Please ***select one.***



¼ cup lemon and
ginger dressing



¼ cup balsamic
dressing



¼ cup honey and
mustard dressing

Step five: Choose your garnish. Please ***select one.***



1 tablespoon chopped
mint



1 tablespoon chopped
spring onion



1 tablespoon chopped
parsley

Step six: Write your recipe.

Hint: List the ingredients you have chosen above.

Recipe name:

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Serves 2

Ingredients

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Method

1. Place $\frac{1}{2}$ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

Equipment

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Preparation and cooking skills

Chop, divide, grate, measure, slice.

Extension task

Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and Vegetables.co.nz.

If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.

Build a salad bowl

Introduction

This activity is designed to teach students how to make a healthy meal that includes a variety of vegetables. Students will learn basic knife skills, teamwork, and how to evenly measure and divide ingredients.

What to do

Before the cooking lesson:

1. Ask students to complete step one to six in their groups.
2. Based on your students' selections in step one to five, ensure you have enough ingredients for the cooking lesson.
3. Pre-cook the grains and noodles (see skill cards on the Heart Foundation website and Vegetables.co.nz).
4. Prepare the salad dressings (see recipes on the Heart Foundation website and Vegetables.co.nz).

During the cooking lesson:

5. Ask students to collect their chosen ingredients and make the recipe.
6. Ask students to evaluate their salad bowl.

Tips

- Growing and using vegetables and herbs from a school garden can help students learn more about vegetables, sustainability, and how to make a meal within a budget.
- Remind your students that each ingredient that they select is for their team of two students. For example, 1 cup of cooked soba noodles serves 2.
- If you do not have all the ingredients, decide which group will use which option.
- Encourage students to write a shopping list for their salad bowl, which you can collect and use to plan the lesson.
- Encourage students who would like an extension activity to help you pre-cook the grains/noodles and prepare the salad dressings.

Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

Teacher
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Working in pairs:

- **design two salad bowls** with the same ingredients in each
- **give the salad a name.**

Follow the steps below to complete this task. Remember that each ingredient you choose is for your pair.

Step one: Choose your base. *Please **select one**.*



1 cup cooked
soba noodles



1 cup cooked
couscous



1 cup cooked rice



Step two: Choose **at least three** different coloured vegetables. Please **select**.

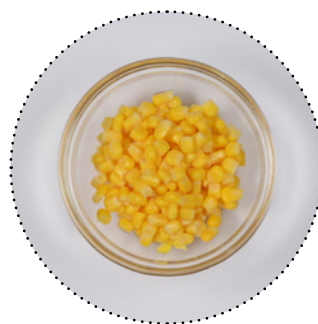
Teacher
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1 red tomato,
sliced into wedges



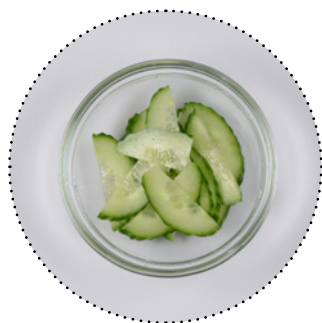
1/2 small carrot,
sliced into thin sticks



1/2 cup cooked
corn kernels



1/2 cup finely sliced
lettuce



1/2 cup finely sliced
cucumber



1/2 cup finely sliced
red cabbage



1/2 cup grated
beetroot



Step three: Choose your protein. Please **select one**.



200 grams tofu,
cubed



200 grams canned
tuna, drained



200 grams canned
butter beans, drained
and rinsed



200 grams cooked
shredded chicken



Step four: Choose your dressing. Please ***select one.***

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1/4 cup lemon and
ginger dressing



1/4 cup balsamic
dressing



1/4 cup honey and
mustard dressing



Step five: Choose your garnish. Please ***select one.***



1 tablespoon chopped
mint



1 tablespoon chopped
spring onion



1 tablespoon chopped
parsley



Step six: Write your recipe.

Hint: List the ingredients you have chosen above.

**Teacher
Copy**

Recipe name:

Rainbow tuna bowl

Serves 2

Ingredients

1 cup cooked rice
1 red tomato sliced into wedges
½ cup finely sliced lettuce
½ cup finely sliced red cabbage
200 grams canned tuna, drained
¼ cup lemon and ginger dressing
1 tablespoon chopped spring onion

Method

1. Place ½ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

Equipment

Chopping board and knife
Kitchen scales
Measuring cups
Measuring spoons
Spoons
Serving bowls

Preparation and cooking skills

Chop, divide, grate, measure, slice.

Extension task

Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and Vegetables.co.nz.

If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.

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?

Food skills

Mashing

Mashing is a technique used to break up soft food to a pulp by crushing it with a fork or potato masher.

This technique is used on starchy cooked vegetables such as kūmara and potato. It can also be used on cooked carrots, pumpkin and/or on raw ripe fruit with a soft texture i.e. bananas.

How to



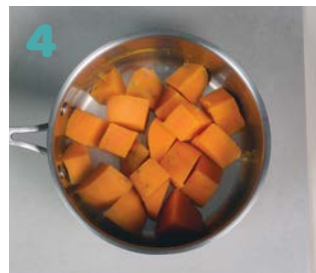
1 Cut the vegetables into even-sized pieces.



2 Place them into a pot and cover with cold water. Bring to the boil over a medium heat.



3 Cook until tender. Test by inserting a fork into the vegetables. They are cooked when it comes out easily.



4 Drain the water from the pot.



5 Using a fork or a potato masher, break up the vegetables.



6 Keep mashing the vegetables until they are smooth and lump free.



7 You can thin down the mash by adding milk, stock or some of the vegetable cooking liquid.



Kūmara and date loaf

(serves 16)

Ingredients

2 eggs
½ cup oil
½ cup plain yoghurt
1 teaspoon vanilla extract
1½ cups kūmara, cooked and mashed
½ cup chopped dates
1¾ cups wholemeal flour
½ cup brown sugar
2 teaspoons baking soda
1 tablespoon mixed spice

Method



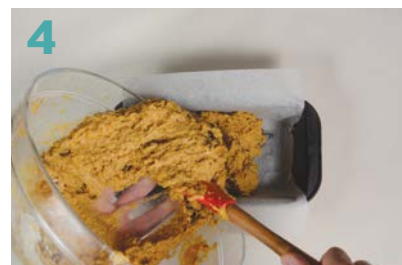
Preheat oven to 180°C.
Line a loaf tin with baking paper.



In a large bowl add the eggs, oil, yoghurt, vanilla, kūmara and dates. Whisk until well combined.



Then add the flour, sugar, baking soda and mixed spice to the mixture. Gently stir to combine.



Pour the mixture into the loaf tin. Bake for 40-45 minutes or until a skewer inserted into the loaf comes out clean.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz