

Session 4: Fruit and vegetables and cooking

Learning outcomes:

At the end of the session the group should:

- be aware of basic food safety guidelines
- have increased their practical cooking skills
- have experienced the process of raw foods to cooked
- know the task sequence
- have experienced tasting the foods they cooked.

Activities and resources:

Activity	Preparation	Resources
Preparation for cooking	<ul style="list-style-type: none">• Buy aprons and hats (if using), disposable ones are available• Print off or photocopy cook's rules in colour if possible. It is best to laminate these so they can be used again. Matt laminate is recommended	<ul style="list-style-type: none">• Aprons• Hats (optional)• Cook's rules (page 148-149)
Cooking	<ul style="list-style-type: none">• Check risk assessment to help you choose group leaders• Print off or photocopy recipe (you may choose to laminate these)	<ul style="list-style-type: none">• Recipe sheets (page 109-117)• Ingredients• Cooking and serving utensils

Fruit and vegetables

Tasting	<ul style="list-style-type: none">• Identify preparation area and hand washing facilities• Check risk assessment for food allergies/preferences	<ul style="list-style-type: none">• Plates or cups depending on what you are tasting
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Preparation for cooking

The purpose of this part of the session is to:

- be aware of basic food safety guidelines.

Today you will make one (or more if applicable) of the following:

- carrot and coriander soup
- baked apple
- quick pizza.

Hand out and read through, explaining as you go the cook's rules. Ask everyone to wash their hands and put on their aprons and hats (if using).

Cooking

The purpose of this part of the session is to:

- increase their practical cooking skills
- experience the process of raw foods to cooked foods
- be able to follow a task sequence
- experience tasting the foods they cooked

Lay out the ingredients on the table along with the equipment that is required.

You should have previously identified group leaders. Encourage them to perform the cooking tasks and those who may be less able can perform simple and safe activities such as:

- putting the ingredients into bowls
- cutting up the ingredients
- mixing the ingredients.

Split the group into smaller teams with at least one group leader in each.

Hand out the recipe cards. Depending on your group you may decide to go through the recipe step by step as one big group or leave the small teams to work their way through the recipe. Make sure you keep checking in with each group to ensure they are on track and know what they are doing.

Fruit and vegetables

Important notice: **Please follow the cooking rules to avoid problems with food safety. Everything used has to be clean and safe.**

Tasting

The purpose of this part of the session is to:

- experience the process of raw foods to cooked foods
- experience tasting the foods they cooked.

Make sure that everyone has washed their hands, sit down and enjoy your food!

Ask the group:

- Do you like them?
- What unhealthy foods could you replace in your diet with your recipes?
- Would you make them at home?
- Who could help you?

Optional exercise

Depending on the size of your group and the cooking facilities that you have, you might want to do the tasting along the lines of the television programme 'Come Dine with Me' with groups giving marks out of 10 for each dish

Starter – carrot and coriander soup

Main course – pizza

Dessert - Baked apple

You might want to give the cook's rules, shopping list and recipe cards as handouts so that members of the group can take them home and make them again.

Carrot and coriander soup

What I need:



225 grams or 4 small carrots



1 cup of vegetable stock



½ a clove of garlic



1 teaspoon dried coriander

Or 1 big handful fresh coriander

Fruit and vegetables



25 grams or 2 teaspoons of margarine



Salt and pepper

What do I do?



Peel and chop carrot into small chunks



Put the margarine into a large pan.

Put the pan on the hob and turn the heat to medium.



Add carrot and garlic to pan

Cook for about 5 minutes until the carrots are softer

Fruit and vegetables



Pour in the stock

Simmer for 20 minutes

Then add coriander



Put the soup into a blender.

Blend until smooth.

Fruit and vegetables

Quick pizza What I need:



2 bread rolls cut in $\frac{1}{2}$

Or 4 English muffins



$\frac{1}{2}$ Tin of tomatoes



4 Mushrooms

or 1/2 pepper or vegetables of your choice

or 1 small tin of pineapple or other fruit



85grams $\frac{1}{2}$ fat cheese



$\frac{1}{2}$ teaspoon of dried herbs

Fruit and vegetables



Pinch of pepper

What do I do?



Put the grill onto medium



Toast the bread rolls or English muffins

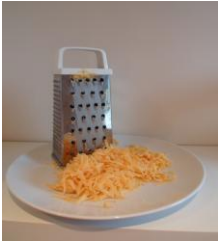


Spread the tomatoes over the toasted rolls or muffins



Put mushrooms, peppers and or pineapples on top of the 4 quick pizzas

Fruit and vegetables



Grate cheese



Add grated cheese to the quick pizzas



Sprinkle with herbs and pepper



Place under the grill until cheese bubbles

Fruit and vegetables

Baked apple

What I need:



1 cooking apple



1 handful of raisins



1 dessert spoon of porridge oats



1 teaspoon of runny honey

Fruit and vegetables

Oven temperature: 190°C

Time to cook: 40 minutes

What do I do?



Set the oven to 190 (gas mark 5)

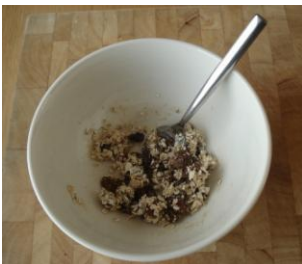


Remove apple core
(if you don't have an apple corer you can use
a potato peeler or sharp knife)



Put the cored apple in an oven proof dish

Add enough cold water to cover the bottom of
the oven proof dish



Put the raisins in a bowl

Add the porridge oats

Add the honey

Mix together

Fruit and vegetables



Fill the middle of the apple with the raisin mix



Bake in the middle of the oven for 40 minutes



Remove from the oven and enjoy

You could serve with low-fat yoghurt

