

A Mid North Coast Live Life Well @ School
Kitchen Garden Recipe Book

Garden to Kitchen

A fun and delicious learning experience.



Health
Mid North Coast
Local Health District

Making Healthy Fun!



BUILDING HEALTHY HABITS TO FEED HUNGRY MINDS

Connecting gardening to cooking

Did you know that just having one green pot plant in a classroom can affect students' mental health and well being? Studies have shown that growing plants inside the classroom makes students happier, calmer and improves their academic performance. But let's take it one step further.

Cooking and gardening education provides a 'hands on' understanding of literacy, numeracy, science and art. Linking the process of cooking to the school garden will give the students a sense of accomplishment as well as letting them enjoy the 'fruits' of their labour.

Cooking encompasses all aspects of sensory learning - sight, touch, smell, sound and taste. Sensory lessons help to build nerve connections in the brain, improve motor skills, support language development and encourage scientific thinking and problem solving.

A GLIMPSE OF
WHAT'S INSIDE:

**Healthy Banana
Split - Next Page.**

HEALTHY BANANA SPLIT



INGREDIENTS

- 1 banana, peeled and split lengthwise down the middle
- 3/4 cup plain Greek yoghurt
- 1/2 cup nut-free granola

SEASONAL TOPPING OPTIONS:
(choose 2-3 options)

- 1/4 cup raspberries
- 1/4 cup blueberries
- 1/4 cup strawberries, sliced
- 1/4 cup pomegranate kernels
- 1/4 cup grapes, sliced

PREP TIME: 5 MINS

COOK TIME: 0 MINS

TOTAL TIME: 5 MINS

DIRECTIONS

- 1. Place banana in a bowl and top with the Greek yoghurt.***
- 2. Spoon granola or cereal over the yoghurt.***
- 3. Sprinkle with chosen toppings.***

ALLERGEN INFORMATION

- *Gluten free: opt for a gluten-free granola option.*
- *Lactose free: swap the Greek yoghurt for a lactose-free or soy yoghurt alternative.*



This recipe will help you use up some of those beautiful fruits grown in your kitchen garden and turn them into a delicious, healthy sweet snack. This recipe is packed with protein, fibre and natural sugars.

KEY LEARNING AREAS

- PDHPE
- Science and Technology
- English

LINKING TO THE CURRICULUM

- Harvest garden produce - pick fruits to use.
- Name fresh fruits - have a variety of fruits available and ask students to name each fruit.
- Define healthy eating - explain the different components of the meal and how they contribute. Discuss the importance of fresh fruit, introduce concept of 'eating a rainbow.'
- Assemble food - explain and demonstrate the importance of hygiene when preparing food. Older students can cut up the fruit themselves.
- Compost organic waste - put scraps in compost bin or worm farm.





SEASONAL WATERMELON PIZZA

INGREDIENTS

BASE:

- 1 watermelon
- 1 cup plain Greek yoghurt

SEASONAL TOPPING OPTIONS:

(Choose 4-5 options)

- 1/2 cup strawberries, sliced
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/2 cup pomegranate kernels
- 1-2 medium plums, seed removed and sliced
- 1 medium banana, sliced
- 1 medium mango, sliced
- 1 medium kiwi fruit, sliced
- 1/2 cup grapes, sliced in half
- chopped fresh mint (optional)
- 2 tbsp natural muesli (optional)

PREP TIME: 10MINS

COOK TIME: 0MINS

TOTAL TIME: 10MINS

DIRECTIONS

1. With help from, or under supervision of, an adult use a sharp knife to slice the watermelon into round discs that are 2-4cm thick.

2. Using a spatula, spread an even layer of Greek yoghurt on top of the watermelon, leaving the edges where your rind, or 'pizza crust', is.

3. Decorate your watermelon pizza base with a layer of your 4-5 fresh fruit toppings. Be as creative as you wish.

MAKE IT YOUR OWN.

Try some optional extras to create your own unique pizza.

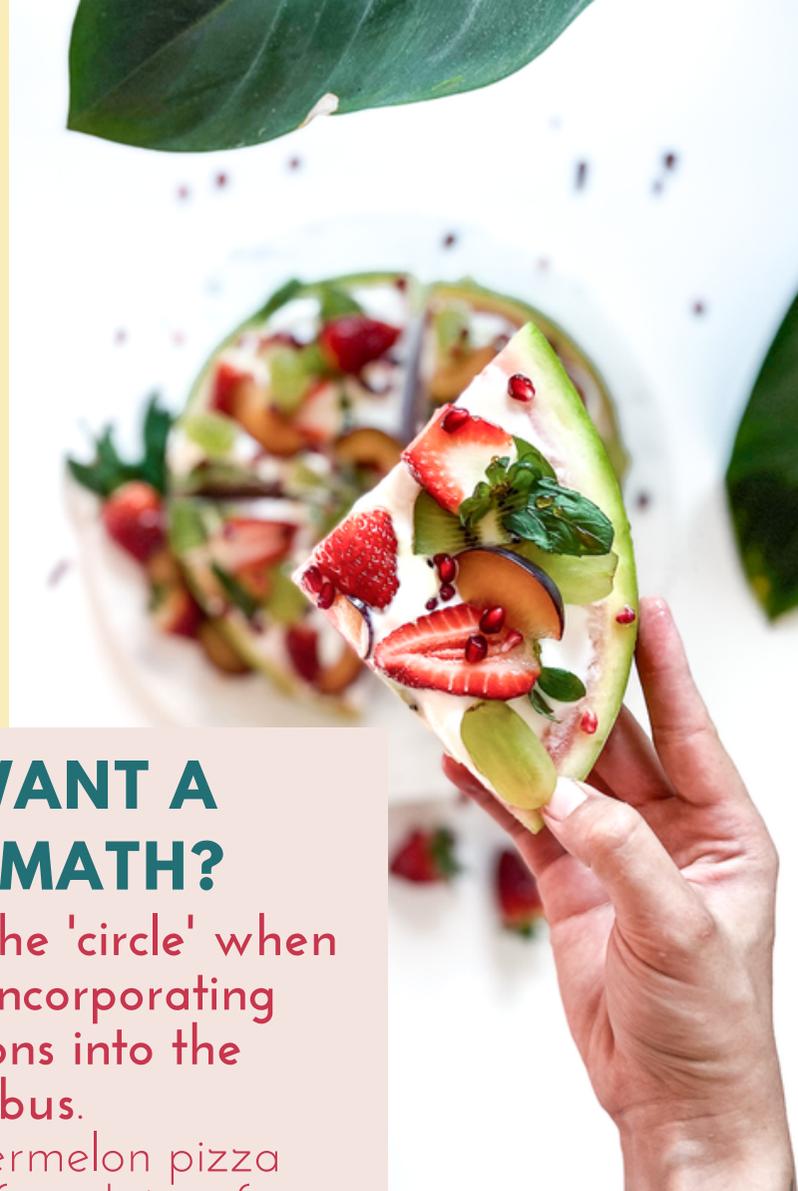
4. Top with muesli for a little bit of crunch.

5. Sprinkle some fresh mint for a refreshing natural taste.

6. Enjoy.

ALLERGEN INFORMATION

- Gluten free: *omit the muesli.*
- Dairy free: *swap yoghurt for lactose-free alternatives such as almond milk yoghurt, lactose-free yoghurt or soy yoghurt.*

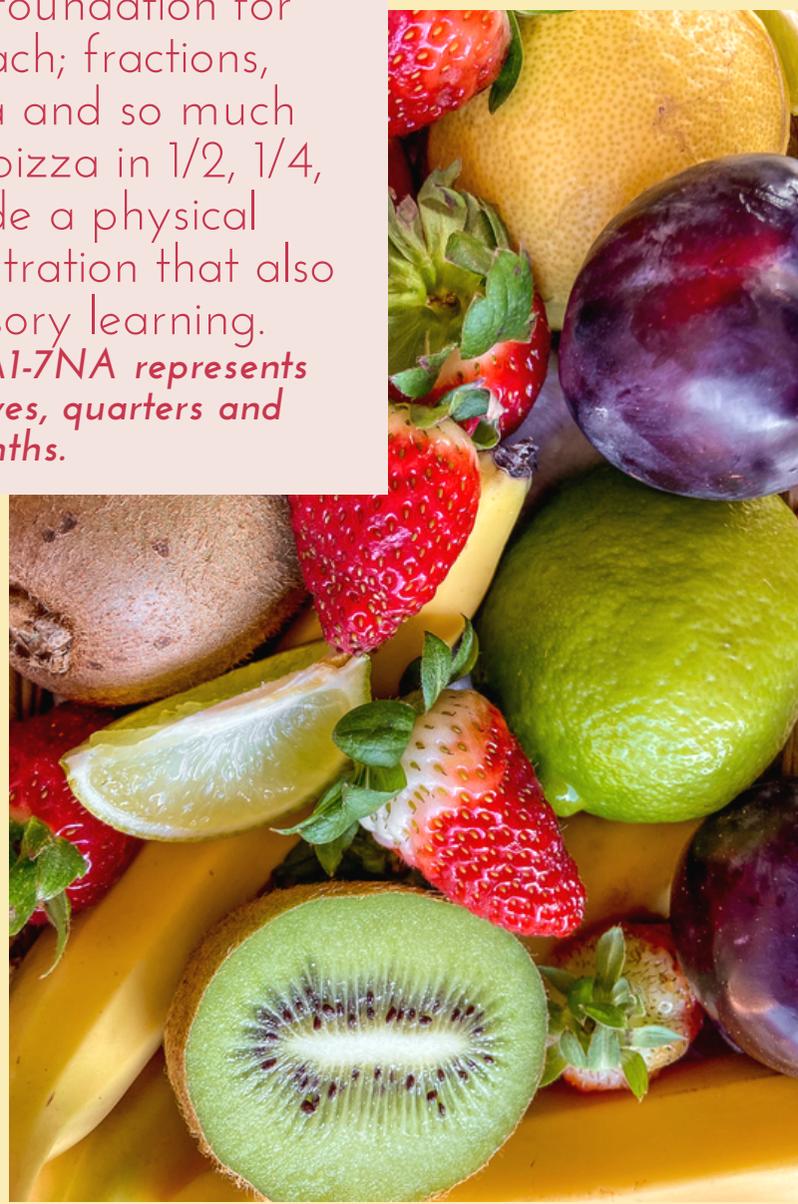
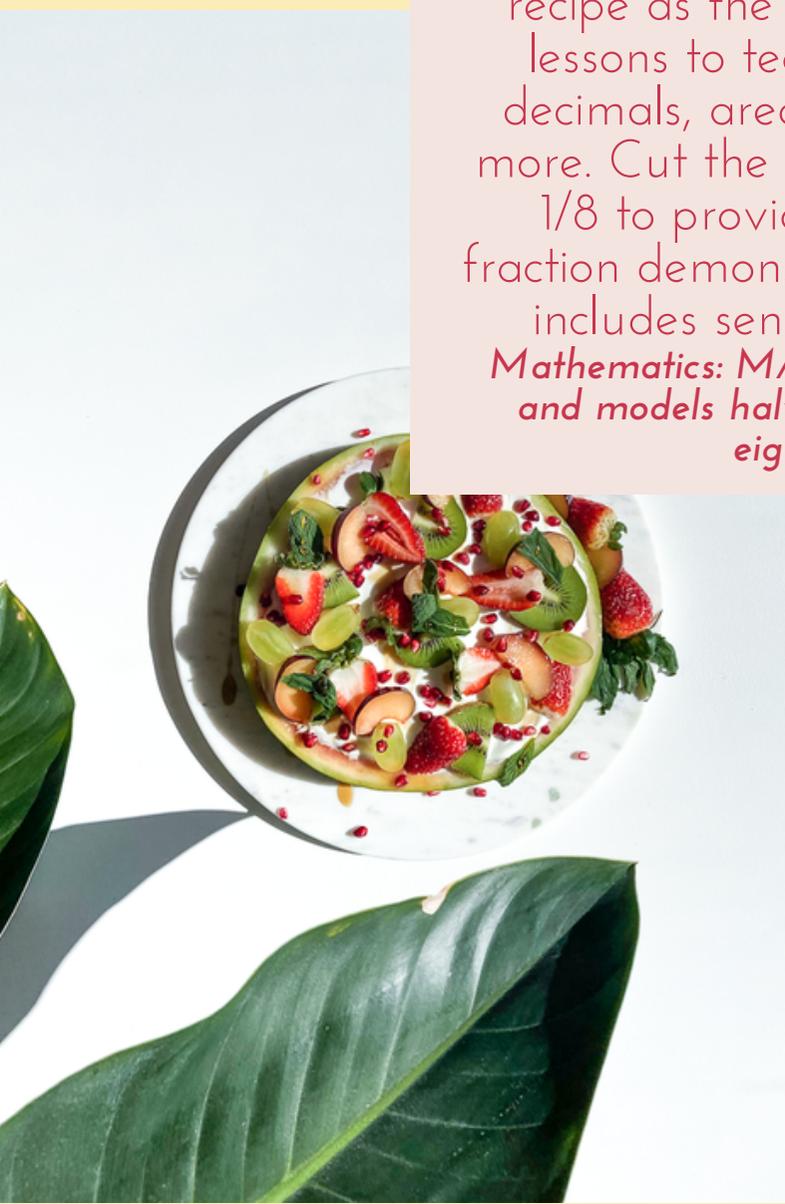


YOU WANT A PIZZA MATH?

Think outside the 'circle' when it comes to incorporating recipe lessons into the syllabus.

Use this watermelon pizza recipe as the foundation for lessons to teach; fractions, decimals, area and so much more. Cut the pizza in $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{8}$ to provide a physical fraction demonstration that also includes sensory learning.

Mathematics: MA1-7NA represents and models halves, quarters and eighths.





SEASONAL FRUIT ICE BLOCKS

INGREDIENTS

MAKES - 6 ICY POLES

SERVING SIZE - 1 ICY POLE

MANGO, LIME & STRAWBERRY

- 1 large mango, peeled and chopped
- 1 lime, juiced
- ½ cup strawberries, chopped
- ½ cup water

TROPICAL

- ½ cup pineapple, chopped
- ½ cup rockmelon, chopped
- ½ banana, chopped
- ¾ cup full cream milk (soy alternative)
- ½ cup water

SUPER GREENS

- ½ cup pineapple, chopped
- ½ cup baby spinach
- ½ green apple
- 1 Lebanese cucumber
- ½ cup water

PREP TIME: 15MINS

CHILL TIME: 4- 5HOURS

TOTAL TIME: 5HR 15MINS

DIRECTIONS

Mango, Lime & Strawberry

1. *Place mango, lime juice and water in a blender. Blitz until combined.*
2. *Add the chopped strawberries (without blending) just before pouring into the moulds.*
3. *Divide the mixture into six moulds and place in freezer for 4-5 hours to set.*
4. *Enjoy.*

Tropical

1. *Combine all ingredients in a blender and blitz until smooth.*
2. *Divide the mixture into six moulds and place in the freezer for 4-6 hours to set.*
3. *Enjoy.*

Super Greens

1. *Combine all ingredients in a blender and blitz until smooth.*
2. *Divide the mixture into six moulds and place in the freezer for 4-6 hours to set.*
3. *Enjoy.*

ALLERGEN INFORMATION

- Dairy free: swap milk for dairy/lactose-free alternatives such as almond milk, lactose-free milk or soy milk.

EAT THE RAINBOW

Making these colourful icy poles is a great way to show how eating fruits and vegetables does not have to be boring. These seasonal ice-block recipes are a great way to educate children on the health benefits of eating a variety of fruits and vegetables or 'eating the rainbow'. Use food scraps such as the tops of strawberries, rockmelon skin and mango skin to feed your compost. Nothing goes to waste.

PDHPE Syllabus Link- Pde-7- identifies actions that promote health, safety, wellbeing and physically active spaces.



GET YOUR COMPOST ON

After making this healthy treat there's going to be some bits and pieces left over but we aren't letting that go to waste. Any waste including the tops of strawberries, rockmelon skins and the leftover lime can be added to your school's compost or worm farm to turn into fertiliser for your garden.

Science and Technology Syllabus Link- STe-3LW-ST explores the characteristics, needs and uses of living things.



BAKED ZUCCHINI TATER TOTS

INGREDIENTS

- 2 cups packed grated zucchini
- 2 large eggs
- 2/3 cups shredded cheese
- 1/2 cup panko bread crumbs
- 1 1/2 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

PREP TIME: 10MINS
COOK TIME: 20MINS
TOTAL TIME: 30MINS

DIRECTIONS

- 1. Preheat the oven to 200 degrees Celsius. Grate the zucchini and measure out 2 cups tightly packed onto a paper towel, Then use another paper towel to press out as much moisture as possible. Discard the paper towels. Place the zucchini in a large bowl.**
- 2. Add the bread crumbs, eggs, cheese, herbs, garlic, 1/2 tsp of salt and 1/4 teaspoon of black pepper to the zucchini. Mix well to combine.**
- 3. Using an ice cream scoop, spoon out tightly packed portions of zucchini mixture and place on a parchment paper-lined baking sheet.**
- 4. Bake for 20-25 minutes or until golden.**

ALLERGEN INFORMATION

- Gluten free: *substitute the bread crumbs for rice cereal to make this meal gluten-free*
- Eggs



Do you have a mountain of zucchini growing in your garden? Then this recipe is perfect for you. It's a simple, easy snack that is packed with protein, vitamins and minerals. Who says veggies have to be boring!

KEY LEARNING AREAS

- Science and Technology
- PDHPE
- English
- Mathematics

LINKING TO THE CURRICULUM

- Demonstrate grating techniques - determine safety procedures.
- Assemble food - explain and demonstrate the importance of hygiene when preparing foods.
- Measure and mix the batter - note changes in the mixture as it is mixed together. Students work collaboratively to follow the recipe step-by-step.
- Eat food - seated in groups, students eat and take time to reflect on textures and flavours.
- Compost organic waste - put scraps in compost bin or worm farm.



SWEET POTATO TOAST



INGREDIENTS

BASE:

- 1 large sweet potato, peeled

SUNNY SIDE UP

- 1 large egg
- Parsley, to taste
- Salt and pepper, to taste

HOLY GUACAMOLE:

- 1 medium avocado
- 1/2 a medium tomato, chopped
- 1/4 red onion, finely chopped
- Juice of 1/2 a lime
- Salt and pepper, to taste

BLUEBERRIES PLEASE:

- 1-2 tbsp cream cheese
- 1/4 cup blueberries
- 1 tbsp strawberry jam

BANANA-RAMA:

- 1/2 medium banana, sliced
- Honey (optional)

PREP TIME: 10MINS

COOK TIME: 10MINS

TOTAL TIME: 20MINS

DIRECTIONS

1. With the help or supervision of an adult, slice the sweet potato lengthways into 5mm slices.

2. Microwave your sweet potato slices for 2-3 minutes.

3. Turn your toaster up to high and toast each slice of sweet potato until tender enough to poke with a fork, but not too soft.

4. Allow to cool slightly to prevent them from going soggy before adding your toppings.

5. SUNNY SIDE UP

- With the help or supervision of an adult, fry an egg on medium heat to your liking.
- Place the egg on top of your toast.

6. HOLY GUACAMOLE

- In a small container, mash your avocado, salt, pepper and lime juice.
- Add your chopped onion and tomato and stir to combine.
- Spoon your guacamole mixture on top of your toast.

7. Enjoy.

ALLERGEN INFORMATION

- Dairy free: swap yoghurt for dairy/lactose-free alternatives such as almond milk yoghurt, lactose-free yoghurt or soy yoghurt.

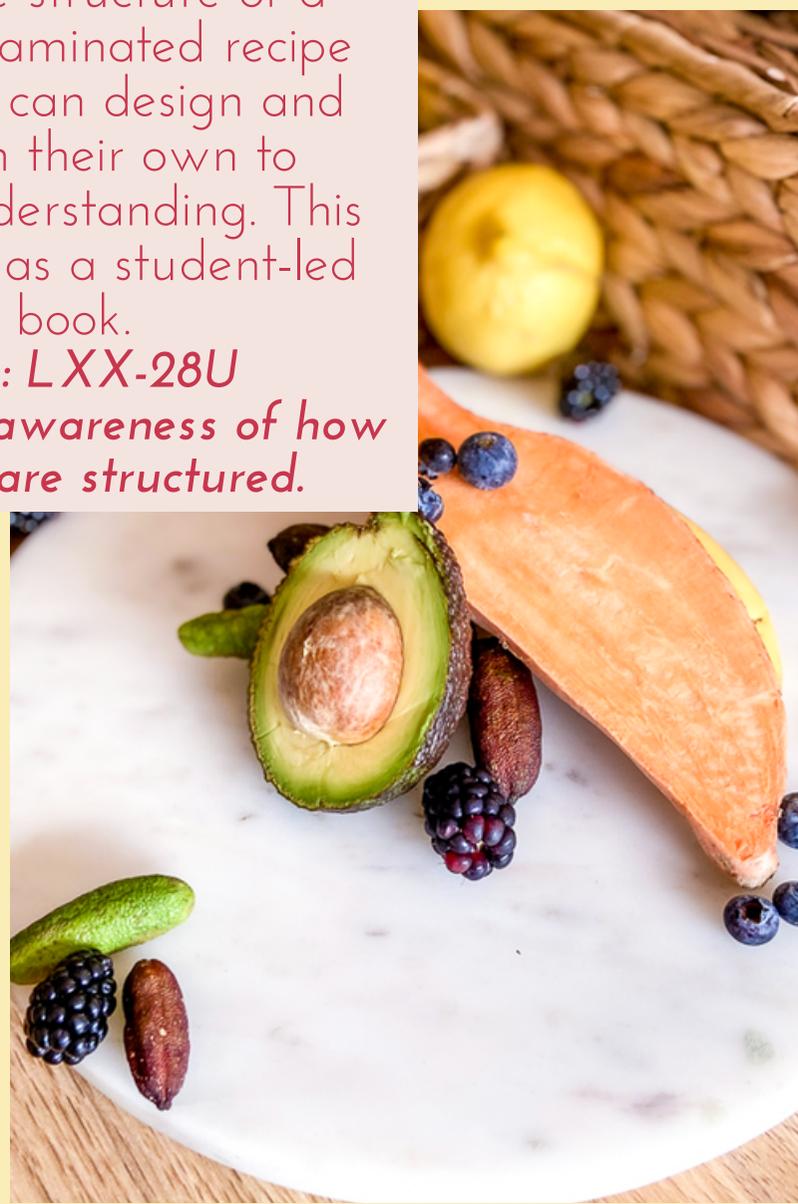


THE LANGUAGE OF FOOD

Food is not just for health, but also for the mind. Recipes and reviews often follow specific structures and are a great way to teach students language structure and sentence formation.

Teach students to learn and understand the structure of a recipe through laminated recipe cards. Students can design and come up with their own to demonstrate understanding. This can also double as a student-led recipe book.

Languages: LXX-28U demonstrates an awareness of how familiar texts are structured.





RAINBOW ROLL UPS

INGREDIENTS

MAKES - 6 ROLLS

SERVES - 3 ROLLS

- 1 carrot, cut into match sticks
- 1 cucumber, cut into match sticks
- 1 red capsicum, cut into match sticks
- 1 red cabbage
- 1 cup cooked white rice
- 6 cos lettuce leaves
- Sweet chilli sauce, to serve

PREP TIME: 45MINS
COOK TIME: 0MINS
TOTAL TIME: 45MINS

DIRECTIONS

- 1. Arrange your fillings on the lettuce leaf.*
- 2. Fold the ends in and roll from front to back, trying to keep everything tight and together.*
- 3. Enjoy with some sweet chilli sauce.*

GET YOUR FIVE A DAY.

This recipe is a great way to help kids reach their five serves of veggies a day. These rainbow roll ups are packed with delicious vegetables filled with vitamins and minerals and rice to give us energy. This can be a topic of discussion with the children, reminding them of the importance of eating vegetables and discussing the need for fibre in our diets.

Science and Technology Syllabus Link- ST1- 5L W-T- identifies how plants and animals are used for food and fibre products.



FOLLOW THE RECIPE

This recipe is a great way to teach children how to properly follow a recipe and improve their food preparation skills. They will learn cutting skills when slicing the carrots, capsicum and cucumber into match stick shapes, and follow instructions to properly cook the rice and assemble their rainbow rolls.

English Syllabus Link- EN1-8B- recognises that there are different kinds of texts when reading and viewing and shows an awareness of purpose, audience and subject matter.



WE'RE ROOTING FOR YOU!

Building a supportive community among teachers.

As a teacher you play an important role in shaping the experiences of school students. This makes you an integral part in the journey of children becoming valued and productive members of society. This recipe book was designed as a practical tool for teachers to use in the classroom to inspire teachers to use 'hands-on' and sensory learning in fun and unique ways that still meet the requirements of the curriculum.

This resource aims to be a demonstration that kitchen gardens, cooking lessons and the NSW school curriculum are all interlinked. In order for students and teachers to get the most out of the Mid North Coast Live Life Well @ School Kitchen Garden Initiative, they must experience the whole adventure. Each step in the process - planting, growing, harvesting, cooking, eating and, finally, sustainably disposing of waste are keys to success in their own unique way.

Food is nearly always a social occasion or cultural experience. Gardening, cooking and sharing a meal at school can help foster and improve both the teacher-student and teacher-teacher relationship. We encourage teachers to come together and build stronger relationships with the other teachers at their school as well as their local community by gardening and cooking together.

WHETHER ITS A LESSON A WEEK OR A LESSON A YEAR
BE PROUD OF YOUR ACCOMPLISHMENTS

Would you would like to be part of our Mid North Coast Kitchen Garden in Schools Network? We offer links to NESAs approved workshops, resources, recipes, garden tips and latest grants. Please contact the following team members.

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