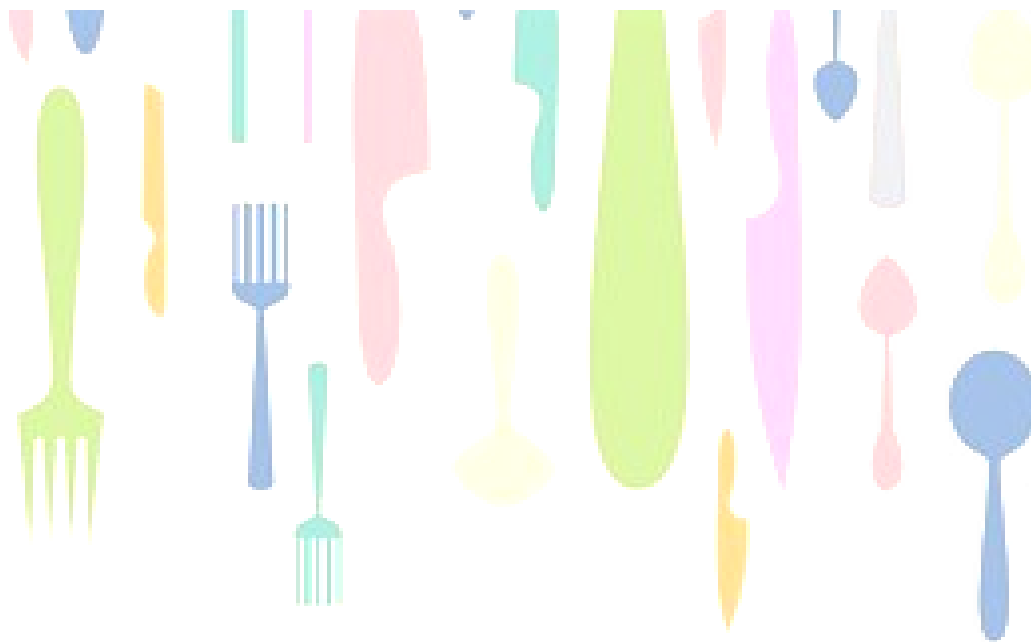




Food Smart Recipe Book





Welcome

This recipe book supports basic kitchen skills and cooking techniques as well as a number of different healthy eating ideas for all the family. We recommend you check the ingredients list for each recipe before you start, to ensure it meets any personal preferences or dietary requirements you may have - remember you can swap and change the ingredients to create different flavour combinations to suit you.

Don't forget to watch our cook-a-long videos of how to make the recipes included in this book which are available on the Food Smart/HAF webpage. Here you will also be able to download our Food Smart Skills Passport to track your skills and knowledge.

www.healthyschoolscp.org.uk/healthy-eating/food-smart-for-the-haf-programme/

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Getting Started

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



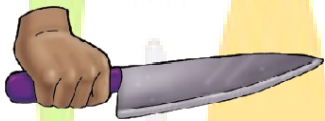
BACK OF HANDS



FOCUS ON WRISTS

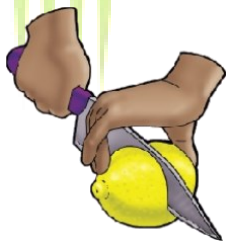
Kitchen Skills Explained

The below kitchen skills are referred to throughout these recipe methods and in our cook-a-long videos as well.



Handle Grip—Hold your knife firmly in your dominant hand with all the fingers wrapped around the centre of the handle and the thumb on the opposite side. This will ensure a secure grip.

Bridge Hold - Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.



Safety: This method ensures that fingers are out of the way as the knife cuts through the food and into the mat.

Use: This method is useful in lots of situations. It is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.

Claw Grip—Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.



Safety: This method ensures that fingertips are tucked out of the way and will not get caught by the knife.

Use: This method is used to secure items so they can be cut safely. It is the best method to use when food needs to be cut into slices or diced.

Note: If you find the claw grip difficult replace your claw with a fork to secure the food in place and continue to cut in the same way.

Rainbow Fruit Salad

You will need -

Colander - for washing and draining fruit & vegetables

Chopping Board

Knife and/or Kitchen Scissors

Tea Spoon

Spoon

Citrus Juicer

Bowl - for your fruit salad

Bowl - for your food waste

Ingredients -Fruits -

(you can use any you like, remember to choose lots of different colours & have a go at trying something new)

Strawberries

Kiwi Fruit

Grapes

Banana

Dressing -

Lemon

Ground Ginger

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Rainbow Fruit Salad Method

1. On a chopping board use the claw grip to cut the stalks off your strawberries
2. Use the bridge hold to cut your strawberries into quarters (if you want to cut smaller pieces use your claw grip)
3. Place as much as is needed into your bowl
4. Repeat your bridge hold to cut a kiwi fruit in half
5. Push a teaspoon into the kiwi next to the skin and circle around the edge to remove the edible fruit from the skin
6. Remove the skin place in your food waste bowl
7. Place the kiwi on your chopping board and cut using the above grips to the size pieces required - add to your bowl
8. Cut as many grapes as required using the bridge hold in half or quarters - or leave whole for a chunkier fruit salad
9. Peel a banana and use the claw grip to cut into slices
10. Add as much of your prepared fruit as you require to your bowl and mix together with a spoon

Dressing -

1. Cut 1 lemon in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon - if you don't have a juicer, hand squeeze the lemon juice directly over your salad
4. Add some ground ginger to your lemon juice and mix together or sprinkle directly over your salad
5. Drizzle over your fruit salad and allow to soak though

Notes -

Add other food groups to create different flavors and textures, such as fat free yogurt, chopped nuts or natural honey instead of the dressing.

If not eating immediately cover and refrigerate - eat within a day

Layered Rainbow Salad

You will need -

Colander - for washing and draining fruit & vegetables

Chopping Board

Knife and/or Kitchen Scissors

Grater

Citrus Juicer

Bowl - for your salad

Bowl - for your food waste

Ingredients -Fruits & vegetables -

(you can use any you like, remember to choose lots of different colours & have a go at trying something new)

Lettuce

Bell Pepper

Tinned Sweetcorn

Tomatoes

Carrot

Dressing -

Lemon

Lime

Fresh Mint

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Layered Rainbow Salad Method

1. Place half of the lettuce flat side down and using the claw grip chop it up so it looks shredded
2. Place as much as is needed into your bowl
3. Repeat step 1 with a bell pepper
4. Remove the stalk and seeds and place in your food waste bowl (keep the seeds to plant later)
5. Place half the pepper flat side down and using the claw grip slice into sections. Alternatively, you could use your kitchen scissors to cut into slices. Make these as thin or thick as you like and cut in half if preferred
6. Add to your lettuce
7. Drain your tinned sweetcorn and sprinkle over your salad
8. Use the bridge hold to chop your tomatoes into quarters and add to the rest of your salad
9. Use the claw grip to cut the top and bottom off a carrot
10. Use a grater in a downward motion towards the chopping board, to grate your carrot
11. Add the carrot to the rest of your salad

Dressing -

1. Cut 1 lemon and 1 lime in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon
3. Hand squeeze a touch of lime to the lemon juice
4. Finely cut a couple of leaves of mint using your kitchen scissors and add your lemon and lime juice
5. Drizzle over your salad and allow to soak through the layers

Notes -

If not eating immediately cover and refrigerate - eat within a day

Add other food groups to create an all round meal

Fruit & Vegetable Kebabs

You will need -

Colander - for washing and draining fruit & vegetables

Chopping Board

Knife and/or Kitchen Scissors

Skewers (wooden or metal)

Bowl - for your food waste

Ingredients -

(you can use any you like, remember to choose lots of different colours, & have a go at trying something new)

Bell Pepper

Mushrooms

Broccoli

Baby Tomatoes

Apples

Bananas

Flavouring -

Ground Cinnamon

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Fruit & Vegetable Kebabs Method

1. On a chopping board use the bridge hold to cut a bell pepper in half
2. Remove the stalk and seeds and place in your food waste bowl (keep the seeds to plant later)
3. Place half the pepper flat side down and using the claw grip chop into sections. Alternatively, you could use your kitchen scissors to cut. Make sure they are not too small as you will need to be able to add to your skewer
4. Use the bridge hold to cut your mushrooms into quarters
5. Rip off one of the stalks of broccoli and rip or use a claw grip to cut into sections
6. Repeat step 1 with an apple, continue to use the bridge hold to chop in half and half again
7. Remove the core using the claw grip to cut away
8. Sprinkle some ground cinnamon onto your apple slices to add flavour
9. Peel a banana and use the claw grip to cut into slices
10. Start to add your fruits and vegetables to your skewer, layer as you like, trying to mix flavours, textures and colours

Notes -

Can be eaten raw or cooked - on a BBQ or under a grill

If not eating immediately cover and refrigerate - eat within a day

Healthy Kebabs

You will need -

Colander - for washing and draining Ingredients

Chopping Board (if using different food groups 1 for each)

Knife and/or Kitchen Scissors (Use different ones for each food group)

Peeler

Skewers (wooden or metal)

Bowl - for your food waste

Ingredients -

(you can use any you like, remember to choose lots of different colours, & have a go at trying something new)

Bell Pepper

Mushrooms

Broccoli

Baby Tomatoes

Apples

Carrot

Sweet Potato

Halloumi Cheese

Flavouring -

Ground Cinnamon

Dried Parsley

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Healthy Kebabs Method

1. On a chopping board use the bridge hold to cut a bell pepper in half
2. Remove the stalk and seeds and place in your food waste bowl (keep the seeds to plant later)
3. Place half the pepper flat side down and using the claw grip chop into sections. Alternatively, you could use your kitchen scissors to cut. Make sure they are not too small as you will need to be able to add to your skewer
4. Use the bridge hold to cut your mushrooms into quarters
5. Rip off one of the stalks of broccoli and rip or use a claw grip to cut into sections
6. Repeat step 1 with an apple, continue to use the bridge hold to chop in half and half again
7. Remove the core using the claw grip to cut away
8. Sprinkle some ground cinnamon onto the slices to add flavour
9. Use the claw grip to cut the top and bottom off a carrot
10. Slice the carrot using the claw grip - cut slices in half using the bridge hold if required
11. Chop a sweet potato in half with the bridge hold and place the flat side onto your chopping board
12. Hold the top of the sweet potato and peel down towards the board using the peeler - chop (dice) into sections using the correct method needed
13. Sprinkle with your parsley to season
14. Slice a small amount of halloumi cheese into cubes using the claw grip
15. Add your ingredients to your skewer, layer as you like, trying to mix flavours, textures, colours & food groups
16. Cook on a BBQ or under a grill - length of time will depend on your ingredients and their thickness, keep checking while cooking

Notes -

Other food groups can be added to make a fuller meal such as chicken, beef or meat substitutes - eat immediately

Fruit Juice Potions

You will need -

Measuring Jug

Spoon

Cup - to drink from

Ingredients -Fruit Juice, ideas to try -

(you can use any you like, try to use flavours you know you'll like with new flavours you might not be sure about and remember to check the labels)

Apple

Blueberry

Strawberry

Raspberry

Cranberry

Mango

Prune

Passionfruit

A 150ml glass of fruit juice counts towards one of your 5-a-day.



Fruit Juice Potions Method

2 Flavours

1. Select 2 different flavours of fruit juice
2. Measure 100ml of your base (most dominant) flavoured juice into your jug
3. Add 50ml of your second juice flavour, into the same jug
4. Stir together

If you wanted to practice your measuring you could try to measure out 75ml of each flavour for a 50/50 mix

3 Flavours

1. Select your 3 different flavours of fruit juice
2. Measure 50ml of each into the same jug
3. Stir together

Make sure you keep a note of how much of which flavours you mixed so you can recreate your juice potion another time.

Notes -

Try to buy sugar free juice for a healthier option.

Use up left over juice to create your potions to reduce wasted food.

Fresh Fruit Smoothies

You will need -

Colander - for washing and draining fruit

Chopping Board

Knife and/or Kitchen Scissors

Spoon

Blender

Sieve - if required

Cup/Glass - to drink from

Ingredients -

(you can use any fruit you like, remember to choose lots of different colours & have a go at trying something new)

Strawberries

Raspberries

Banana

Fat Free Yogurt - for a thicker smoothie

Skimmed/Semi-Skimmed Milk - for a thinner smoothie

Try to measure out your ingredients using the correct portion size for you



Fresh Fruit Smoothies Method

1. On a chopping board use the claw grip to cut the stalks off your strawberries
2. Use the bridge hold to cut your strawberries into quarters
3. Place in your blender jug
4. Peel a banana and use the claw grip to cut into slices
5. Add to your blender
6. Add a portion size of raspberries to the rest of the fruit in your blender
7. Spoon out 2 spoons of fat free yogurt or milk and add to your fruit
8. Blend until smooth and well mixed
9. Pour into a cup/glass and drink immediately

Notes -

Your smoothie should be consumed immediately and not kept for any length of time. If you prefer a smoother drink you can sieve to remove any small seeds from fruits such as strawberries and raspberries.

Home-Made Pizza

You will need -

Chopping Board
Knife and/or Scissors
Fork (depending on your chopping/cutting skills)
Spoon
Oven/Pizza Tray
Bowl - for your food waste

Ingredients –Base

Make your own
Pre-Made Bases
Pitta Bread
Tortilla Wraps

Toppings-

(These are suggestions, use any ingredients you like, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Tinned Chopped Plum Tomatoes
Low Fat Mozzarella Cheese
Peppers
Mushrooms
Bacon (Pre-cooked)
Basil

All vegetables whether tinned, frozen, dried or fresh, count towards your 5 portions a day



Home-Made Pizza Method

1. Pre-heat your oven to around 180/200 degrees depending on the base you are using (thinner = lower heat)
2. Decide which type of pizza base you are going to use. For a healthy pizza thinner bases made with wholemeal are best
3. Place your chosen base on your tray
4. Use a spoon to spoon out your tinned tomatoes onto your base and spread with the back of your spoon
5. On your chopping board, cut your mozzarella in half using your bridge hold
6. Place half of the mozzarella flat side down and chop into small sections using either the fork hold or claw grip
7. Place the cheese equally on your pizza
8. Pull your pre-cooked bacon into smaller pieces and place equally on your pizza
9. Chop a bell pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on your chopping board and use the fork hold or claw grip to slice into sections
11. Chop your mushrooms in half using the bridge hold
12. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
13. Place the slice evenly on top of your pizza
14. Pull off 3/4 leaves of basil from the stalk, roll together and cut using the scissors
15. Sprinkle over the top of the pizza

Cooking -

1. Place your pizza tray in the centre of your pre-heated oven
2. Depending on the thickness of your base cook for between 15—25mins

Notes -

If not eating immediately, eat within 24hrs from fresh or freeze for future consumption before cooking.

Non-Cook Pizza

You will need -

Chopping Board

Knife and/or Scissors

Fork (depending on your chopping/cutting skills)

Tea Spoon

Plate

Bowl - for your food waste

Ingredients –Base

(These are suggestions, use any ingredients you like, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Tortilla Wraps

Pitta Bread

Toppings-

Pesto - Green or Red

Fat Free Cream Cheese

Mushrooms

Peppers

Cucumber

Bacon (Pre-Cooked)

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.



Non-Cook Pizza Method

1. Decide which type of pizza base you are going to use. For a healthy pizza thinner bases made with wholemeal are best
2. Place your chosen base on a plate
3. Use a spoon to spoon out your cream cheese onto the base
4. Use the back of the spoon to spread
5. Repeat using a clean spoon with your pesto
6. Chop your mushrooms in half using the bridge hold
7. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
8. Add to your pizza base
9. Chop a bell pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on your chopping board and use the fork hold or claw grip to slice into sections
11. Place on your pizza base
12. Pull your pre-cooked bacon into smaller pieces and place on your pizza base
13. Use your claw grip to chop the end off your cucumber on your chopping board and continue to cut thin slices
14. Add your cucumber to your pizza as it is or use your claw grip to cut the slices into smaller quarters before adding

Notes -

You could be creative and try to make pizza faces or pictures with your ingredients. If using a thin base roll or fold to hold the ingredients together.

Eat within 24hrs of preparation.

Watermelon Pizza

You will need -

Chopping Board
Knife and/or Scissors
Fork (depending on your chopping/cutting skills)
Teaspoon
Plate
Bowl - for your food waste

Ingredients –

(These are suggestions, use any ingredients you like, but remember your Eatwell Guide and stick to your portion sizes)

Whole Watermelon
Kiwi
Strawberries
Blueberries
Peach

Toppings -

Unsweetened Coconut
Feta Cheese

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.

Watermelon Pizza Method

1. On your chopping board slice your watermelon to make large round slices
2. Place the kiwi on your chopping board and cut in half using the bridge hold
3. Use a spoon just inside the skin and rotate all the way round to remove the centre of the fruit
4. Cut into slices using you claw grip or fork hold
5. Place your strawberries on your chopping board, using your claw grip cut off the storks and then thinly slice
6. Cut your blueberries in half using the bridge hold or leave them whole
7. On your chopping board use your bridge hold to cut your nectarine in half by rolling it to cut all the way round
8. Repeat step 7 to cut the nectarine into quarters
9. Pull the segments away from the stone and using your claw grip, thinly slice the nectarine pieces
10. Use your claw grip to thinly cut some slices of feta cheese to the size of your choice
11. Once you have all your toppings, start to layer these on top of your watermelon to create your pizza
12. Finally sprinkle some unsweetened coconut flakes on top and slice into sections

Notes -

Try different fruits to combine different textures, colours and flavours.

You could add a base of cream cheese to your watermelon before adding the rest of the fruit for a different flavour and to secure the fruit to the top if using in a lunch box.

Drizzle balsamic vinegar glaze to add a different flavour again.

Eat within 24hrs of preparation.

Lemon & Sesame Flapjack

You will need -

Chopping Board

Fine Grater

Scales

Knife

Spoon

Bowl

Saucepan

Baking Tin

Greaseproof Paper

Ingredients –

100g Unsalted Butter

175g Porridge Oats

2x Lemons

Pinch of Salt

100g Clear Honey

50g Toasted Sesame Seeds

Teaspoon of Cinnamon

Remember your personal portion sizes when cutting into sections.



Lemon & Sesame Flapjack Method

1. Pre heat your oven to 180degrees
2. Line your baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, sesame seeds and cinnamon together in a bowl
4. On your chopping board cut your butter into cubes and leave at room temperature
5. Using a fine grater grate the zest of both lemons onto your board or into a bowl
6. In the saucepan over a low heat melt the butter, honey and lemon zest
7. Add a pinch of salt and remove from the heat
8. Mix in your oats and sesame seeds until combined
9. Pour the mixture into your baking tin and use the back of the spoon to spread evenly
10. Place in the centre of the oven and bake for 15-20mins or until a pale golden colour
11. Leave to cool and cut into finger portions

Notes -

Store in an airtight container

Fruity Granola Cereal Bar

You will need -

Scales
Knife
Spoon
Bowl
Saucepan
Baking Tin
Greaseproof Paper

Ingredients –

50g Unsalted Butter

150g Jumbo Oats

40g Desiccated Coconut

30ml Clear Honey

100g Sugar

75g Dried Fruit

40g Pumpkin Seeds

Teaspoon of Cinnamon

Remember your personal portion sizes when cutting into sections.



Fruity Granola Cereal Bar Method

1. Pre heat your oven to 180degrees
2. Line your baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, pumpkin seeds, coconut, dried fruit and cinnamon together in a bowl
4. On your chopping board cut your butter into cubes and leave at room temperature
5. In the saucepan over a low heat melt the butter, honey and sugar
6. Stir until fully melted and combine - remove from the heat
7. Add your oat mix and stir until combined
8. Pour the mixture into your baking tin and use the back of the spoon to spread evenly
9. Place in the centre of the oven and bake for 20mins or until lightly brown
10. Cut into finger portions whilst still hot
11. Leave to cool

Notes -

You can experiment with different flavours by -

- using different types of oats
- changing cinnamon for something like ginger
- adding nuts
- using different dried fruits
- using fresh apple or even mashed bananas

Store in an airtight container

Overnight Oats

You will need -

Chopping Board

Knife

Fork (depending on your chopping/cutting skills)

Spoon

Jars or Pots

Bowl - for your food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Strawberries

Nectarines

Porridge Oats

Fat Free Yogurt

Dried Fruit

Nuts

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.



Overnight Oats Method

1. On a chopping board use your claw grip or fork hold to cut off the top of the strawberries
2. Use your bridge hold to chop in half
3. Place the flat side of the strawberries on the chopping board and use your claw grip to cut thin slices
4. On your chopping board use your bridge hold to cut your nectarine in half by rolling it to cut all the way round
5. Repeat step 4 to cut the nectarine into quarters
6. Pull the segments away from the stone
7. Use your claw grip to thinly slice the nectarine
8. Use your spoon to add a layer of oats to your pot
9. Add a layer of yogurt
10. Add a layer of fresh fruit
11. To add texture add a fourth layer of dried fruit and or nuts
12. Repeat the layers until you have filled your pot
13. Cover over or add the lid and place in the fridge overnight

Notes -

You could replace some of the ingredients to make different versions such as different fruits or nuts.

You could add flavours to your fruits such as cinnamon or ginger.

Eat within 48hrs

Rhubarb & Custard Oaty Crunch

You will need -

Chopping Board

Knife

Fork (depending on your chopping/cutting skills)

Spoon

Bowl

2 Baking Trays

Greaseproof Paper

Jars or Pots

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Rhubarb

Sugar

15ml Honey

50g Oats

Dried Fruit

Nuts

Custard - Tinned, Carton or Homemade

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.



Rhubarb & Custard Oaty Crunch Method

1. Pre heat your oven to 150degrees
2. In your bowl mix your honey and oats together
3. Add a sprinkle of nuts and or dried fruit
4. Add your greaseproof paper to a baking tray
5. Spoon out your mixture onto the tray
6. Place in the middle of your oven and bake for 15-20mins
7. On a chopping board use your claw grip to cut the end of the rhubarb off and chop into chunks
8. Lay the rhubarb your other baking tray in a single layer and sprinkle a small amount of sugar on top
9. Place in the middle of your oven and bake for 15-20mins (until just tender)
10. Remove both trays from the oven and allow to cool
11. Once cool, spoon a layer of rhubarb into a pot
12. Add a layer of custard
13. Sprinkle a layer of your oaty crunch
14. Repeat the layers until your pot is full
15. Cover and store in the fridge

Notes -

If you didn't add dried fruit or nuts to your oaty crunch you can add them to the layers instead. You could also try the same method using ginger or cinnamon instead of sugar and other fruits such as apple instead or rhubarb.

Eat within 48hrs

My Recipe Notes

