



Cooking Fun E-award

Adventures

Category: Household Arts

Year Introduced:


Item Number: YOU4590

Originating Institution: General Conference






Requirements

- 1. Name the 4 basic food groups
 - A. Collect pictures of each group
 - B. Make a poster to display.
 - 2. Compose a complete dinner meal
 - 3. Help prepare, serve and clean up after
 - 4. Make a batch of cookies
 - 5. Demonstrate how to make 2 different kinds of sandwiches or prepare 2 salads
 - 6. Help prepare a picnic for 2 to share.
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Section 1- Basic Food Groups

- 1. Vegetable-fruit
 - 2. Bread-cereal
 - 3. Protein group
 - 4. Milk group
- 

Group 1

➤ **Vegetable-fruit group:** Citrus fruits, tomatoes, peppers, melons, cabbage, berries, dark-green or deep-yellow vegetables, potatoes, etc.

Oranges



Potatoes



Watermelon



Tomatoes



Quiz time

- Which of the following is in Vegetable group?

Oranges ?



Lentils?



Group 2

- **Bread-cereal group:** Breads, cereals and other grain products made from whole, enriched or restored grains such as rice, wheat, oats, barley, corn, etc.

Oats



Cereal



Bread



Rice



True or False?

- **Wheat belongs to the Bread – Cereal group**



Group 3

- **Protein group:** Dried beans, dried peas, lentils, garbanzos (chickpeas), nuts, peanuts, peanut butter, eggs, soy cheese, and vegetable proteins.

Eggs



Chickpeas



Dried Beans



Oats



Quiz Time?

Which one is not a protein?

Beans



Eggs



Bread



Group 4

- **Milk group:** Whole, evaporated ,or skim milk, reconstituted dry milk, buttermilk, soybean milk, cottage cheese, yogurt, ice cream.



Milk



Yoghurt



Ice Cream



Evaporated Milk

Quiz Time?

Milk group: Find the odd one out...



Milk and Yoghurt



Cheeses



Coconut



Balanced Meal

- ▶ What do you think is a balanced meal?
- ▶ Do you think you must have all 4 food groups on your plate?

Dinner Menu

Compose a complete dinner meal

- Soup
- Salad
- Entrée
- Vegetables
- Dessert




*VERY IMPORTANT

- You must help prepare
- Serve
- Clean up after dinner





What does a dinner meal consist of?

- Vegetable Soup
 - Butternut Squash and Beetroot salad
 - Gluten
 - Smors
 - Beverages
 - Bread
- 

Safety Precautions

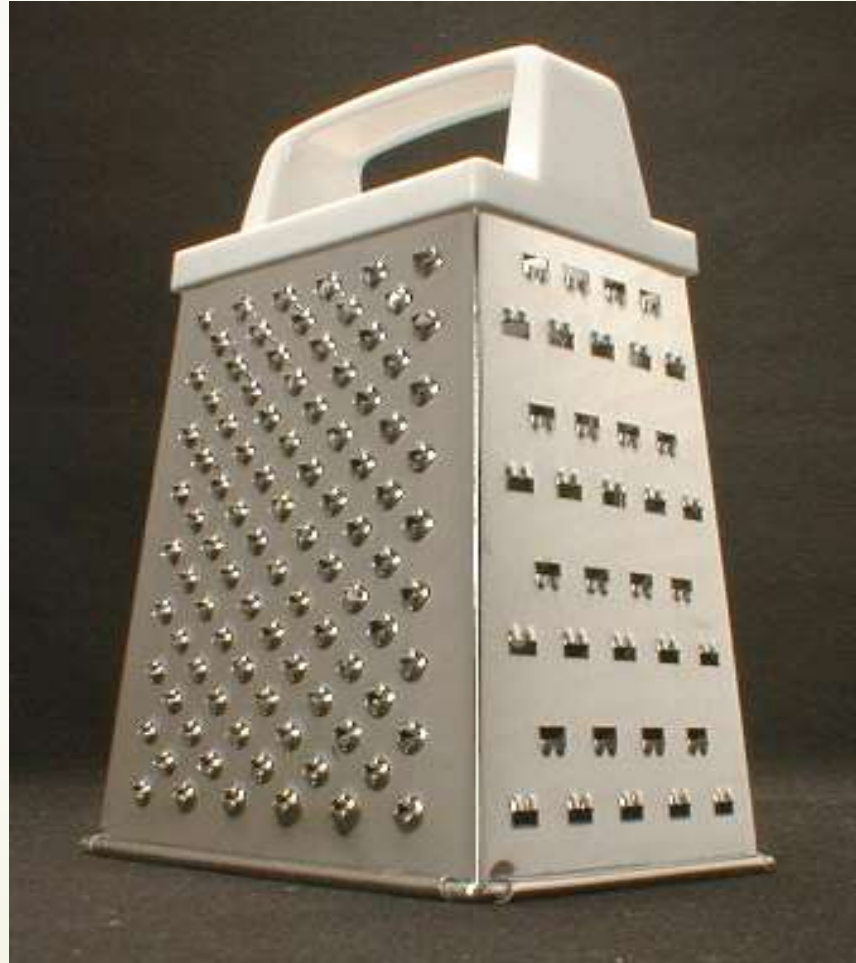
- ▶ How do we handle sharp knives.



Always better to use a peeler.



Do you think a grater is a sharp utensil?



Cookers and ovens

What are the rules for using cookers and ovens?



Have you seen your mom or dad cook soup before?

- ▶ What do you think is needed for soup?



Butternut Squash



Celery



Carrots

SOUP

Chop them all up, add water, add some salt, and cook for 1 1/2 to 2 hours and you have soup!



Next up its our salad

➤ My salad is called...

Butternut and Beetroot salad



What ingredients do you think I will need?

You guessed it right!

We need Butternut Squash and Beetroot



Butternut Squash



Beetroot

Peel and dice butternut squash and place on roasting pan.



**REMEMBER: Cutting, peeling, and working with hot surfaces
– ALWAYS FIND AN ADULT TO HELP**

Cover with foil and roast. Season with salt and pepper.



Next up is the BEETROOT

Cook, cool, peel, dice the beetroot



Next get some rockets, feta cheese and some mixed seeds.



QUIZ TIME? To which family of leaves do rocket leaves belong?

And Voila!



MAKING GLUTEN STEAKS

1. Kneading and washing



MAKING GLUTEN STEAKS

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MAKING GLUTEN STEAKS

2. Cooking the Steaks (what do we need?)



Celery

Carrots



Onions

Marmite



MAKING GLUTEN STEAKS

2. Cooking the steaks



Put ingredients in pot

Ice Cream

Add the steaks



Wait



Remove
from broth



MAKING GLUTEN STEAKS

Frying Process (What do we need?)



Egg and Flour



Oil and a Pan

MAKING GLUTEN STEAKS

Frying Process



Dip in Egg



Dip in Flour



Fry in Oil



Both Sides

GLUTEN STEAKS

Being served



Courgette Fritters

What do we need ?



Courgettes



Red Onions



Eggs



Paprika



Plain Flour



Tandoori Spice

Courgette Fritters

What is the process?



Grate all vegetables

Mix Ingredients together



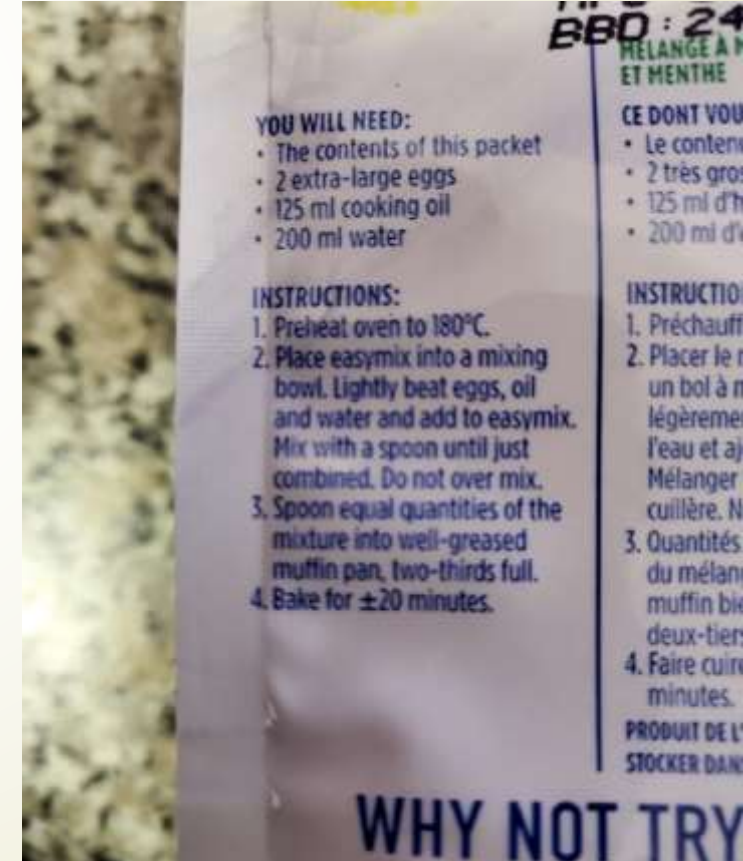
Fry and Serve

MAKING 'SMORS'

What do we need?



A Ready Cookie Mix Packet



MAKING 'SMORS'

What do we need?



Eggs



Oil



Water

MAKING 'SMORS'

The process



Mix Together

Roll it Out



Cut it Out

Bake



MAKING 'SMORS'

Finishing it Off



Fill the Cookies



Add Ice-cream
and Serve

Dinner Plate 1

Do you think this is a balanced dinner?



Dinner Plate 2

Do you think this is a balanced dinner?



Serving dinner
what do you think we need for serving?

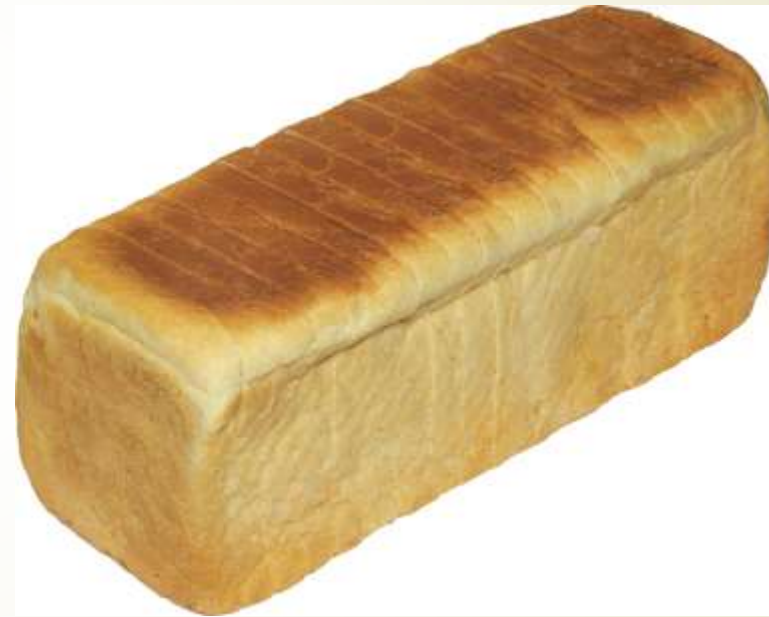


LETS BUILD A SANDWICH

What do we need?



Butter or Vegan Spread



Bread

PEANUT BUTTER AND JAM SANDWICH



Spread on both slices



P & J Sandwich done and dusted



CHEESE AND GARNISH SANDWICH



**We Need
Bread, Tomato Lettuce
and Cheese**



**We place it on layers
on one side of
sandwich**



**We Close it, cut it and
serve it.**

PICNIC FOR 2



CLEANING UP

We always clean up after we cook

- Who likes doing dishes?
- What do you prefer?
Washing or Drying?





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