

MY NAME _____

Healthy Body, pg 23

Here's a simple and healthy recipe for Spaghetti Bolognese to try at home. It is cheap to make, doesn't have too much fat in it and contains plenty of protein, carbohydrates and vitamins – all the foods you need for good health.

in winter and subsides as the weather becomes warmer. definitely worth a check up, even if you feel you can put up with it. www.beyondblue.org.au or call 1300 224 636.



HEALTHY BODY

Pasta la vista

SAY GOODBYE TO CREAMY PASTA SAUCES AND HELLO TO A TASTY MEAT-BASED SAUCE PACKED WITH VEGIES

Vibe Bolognese Serves 6

INGREDIENTS

- olive oil spray
- 1 medium white onion, finely diced
- 3 cloves garlic, pressed or diced
- 2 sticks of celery, finely chopped
- 1 medium carrot, finely grated
- 1 medium zucchini, finely grated
- 2 tablespoons tomato paste
- 1 x 400 gram can diced tomatoes
- 1 cup mushrooms, finely sliced
- 200g low-fat beef mince
- 200g low-fat pork mince
- 1 cup skim milk
- 1 x 500g packet of spaghetti

METHOD

- 1 Spray the surface of a large saucepan with the oil, then add the onion, garlic, celery, carrot and zucchini. Cook over a medium-high heat until the onions are soft but not brown.
- 2 Add the tomato paste, diced tomatoes and mushrooms. Add all the mince and cook until meat is brown. Add the milk and simmer for 1 hour.
- 3 When the sauce is nearly ready, cook the spaghetti according to the directions on the packet.

To serve: Divide the spaghetti evenly between six pasta bowls and top with the Bolognese sauce. You could also add some finely grated parmesan cheese and finely chopped basil or parsley.

Next month: Curry in a hurry.

Originally from the town of Bologna in Italy, Bolognese sauce (also called Bolognese) is popular around the world. It's affordable, simple to make and delicious every time, even if you vary the ingredients. This version contains beef and pork mince, but you could use all beef or try combinations of kangaroo, pork or veal mince for variety and fewer calories. You can also add any herbs and seasonings you like, such as oregano, basil, parsley and black pepper. This recipe is budget-friendly, low in calories, and contains protein, vitamins and low GI carbohydrates, which is good news for a healthy diet.

vibe.com.au **Deadly Vibe May 2009 | 23**



Activity 1

Draw a picture of you and your friends eating your favourite pasta dish.

Why is it important for you to eat plenty of protein and healthy foods?

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Activity 2 Reading for meaning
Read *Healthy Body* on page 23

1. The Vibe Bolognese recipe contains meat, a source of protein.

True

False

2. Where does this recipe originally come from?

Sydney

Bologna in Italy

la vista

3. The recipe also contains

celery, onion and garlic

fresh tomatoes

high fat meat

4. What is another name for spaghetti?
.....

5. What order would you cook this recipe? Put the numbers 1, 2 and 3 in the boxes.

Serve the spaghetti with Bolognese sauce.

Cook the onions, garlic and vegetables in a pan.

Add the tomato paste.

Activity 3

Writing a procedure

This recipe gives you a procedure for making Bolognese sauce.

In this procedure, the verbs tell you what to do when you are making the recipe. Underline the **verbs** in the METHOD below.



Spray the surface of a large saucepan with the oil.

Add garlic, onion, celery, carrot and zucchini.

Cook over medium high heat.

Add the tomato paste, diced tomatoes and mushrooms.

Add all the mince.

Cook until the meat is brown.

Add the milk.

Simmer for an hour.

Cook the spaghetti.

Serve with extra cheese and herbs.



Activity 4

Write your own procedure.

Think of something you do all the time, like making toast, making your bed or playing handball. Write a procedure to say how it's done.

INGREDIENTS OR MATERIALS - WHAT YOU NEED

METHOD