

MY NAME

Food for Thought, page 18

HEALTHY BODY



Let's get ready to crumble

TRY A DELICIOUS FRUIT DESSERT WITH ZEST.

This blueberry and orange crumble is a twist on an old family favourite dessert. Make it in summer while fresh blueberries are cheap or buy frozen blueberries from the freezer section of your local supermarket. It's healthy, easy to cook and low in calories. This recipe is adaptable too: instead of blueberries, blackcurrants, apples, peaches or apricots.

Blueberry and orange crumble

Makes 6

INGREDIENTS

- 300g fresh or frozen blueberries (thaw, if frozen)
- juice and finely grated rind of one medium orange
- 1 teaspoon of ground cinnamon
- 2 tablespoons of brown sugar
- 100g plain white flour
- ¼ cup of rolled oats
- 50g of polyunsaturated margarine



METHOD

- 1 Preheat oven to 180°C.
- 2 Toss blueberries with orange juice, orange rind and cinnamon and set aside.
- 3 In a bowl, rub together the remaining ingredients to form a crumble mixture.
- 4 Divide the blueberry-orange mixture between six small oven-proof bowls (to about 3/4 full), then top each evenly with the crumble mixture.
- 5 Place bowls on a tray in the oven and bake for 25–30 minutes until golden brown. Check after 15–20 minutes, as ovens may vary.
- 6 Serve warm with a separate bowl of light custard for a delicious, low-fat dinner-party dessert.

FOOD FOCUS



Berries – bursting with health and flavour

The summer months bring a cornucopia of fruit to the table, from stone fruit and citrus, to tropical delights and berries. Strawberries, blackcurrants, redcurrants and blueberries are not only bursting with colour and flavour, but they also pack in many benefits when it comes to nutrition. Berries contain phytochemicals and flavonoids, which can help the body ward off many effects of ageing that can cause cancers, dementia and heart disease. These berries are also high in vitamins A, C, B and E. Blackcurrants and

elderberries are known to have four times as much vitamin C as citrus fruit, making them effective in repairing your body's cells and fighting colds and flu. Berries can also reduce the danger of heart disease by inhibiting the digestion of fats that clog arterial walls. Of course, berries are also easy to eat because they are delicious and versatile. Make a refreshing fruit salad with a mix of berries, eat them cold with ricotta or yoghurt, or blend them with milk to make smoothies or freeze into fruit iceblocks.



Why is breakfast the most important meal of the day?

When you eat a healthy breakfast, you have more energy during the day, it is easier to remember things and you can concentrate for longer.

Lots of schools have a Breakfast Program or Breakfast Club to make sure that everyone starts off the school day with a nutritious breakfast.

ACTIVITY 1

What do you like to eat for breakfast?

Draw a picture of your favourite breakfast foods.

Why is it important for you to eat a healthy breakfast before you go to school?

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.....

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ACTIVITY 2 READING FOR MEANING

Read *Food for Thought* on page 18

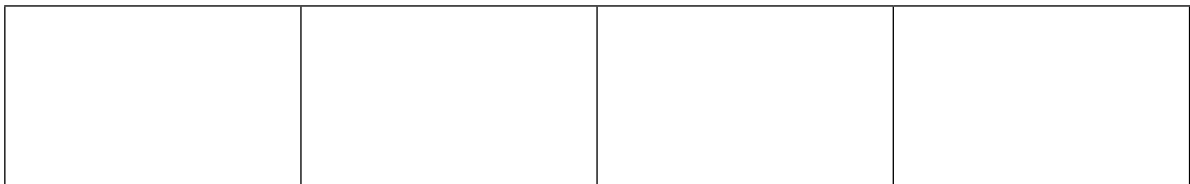
If you eat a healthy breakfast you will have more energy.

True

False

About 25 per cent of kids skip breakfast. That means that 25 out of 100 kids don't eat breakfast. That's the same as one quarter of all kids.

Colour in one quarter of the shape below.



Many schools provide brekkie for their students.

What is another name for "brekkie"?

.....

What order would you do these tasks in the morning?

Put the numbers 1, 2 and 3 in the boxes.

- Go to school
- Wake up
- Eat a healthy breakfast



Draw a circle around the foods that would be healthy to eat for breakfast.



ACTIVITY 3 SPELLING COMPOUND WORDS

breakfast is a compound word - it is made up of two words put together

break + fast

You can break it up into letter patterns **br + eak + f + ast**

Cut out the word **breakfast** into its letter patterns.

br	eak	f	ast
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Mix them up and put them back together.

Practise writing **breakfast** three times.

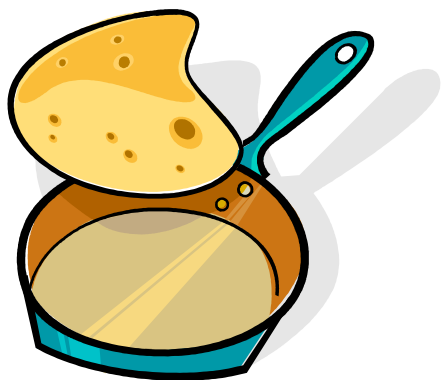
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pancake is another compound word.

What two words make up **pancake**?

..... +

Cut out the word **pancake** into its letter patterns.

p	an	c	ake
---	----	---	-----

Mix them up and put them back together.

Practise writing **pancake** three times.

.....
.....
.....



ACTIVITY 4 WRITING A PROCEDURE

A procedure gives you step by step instructions about how to make something.

This recipe gives you a procedure for making pancakes.

The **INGREDIENTS** tell you what you will need to make pancakes.

In the **METHOD**, the verbs at the beginning tell you what to do when you are making the recipe.

INGREDIENTS

1 cup self raising flour

1 cup milk

1 egg

METHOD

1. **Heat up** a non-stick frypan.
2. **Place** all ingredients in a bowl and mix together to make a batter.
3. **Add** some butter or margarine to the frypan.
4. **Cook** large spoonfuls of batter until bubbles burst on the surface and the edges start to go dry.
5. **Turn and cook** on the other side until golden brown.
6. **Eat** with sweet or savoury toppings.

Draw and label the steps you follow when you make pancakes.

1
2
3
4
5
6

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ACTIVITY 5 WRITE A SHOPPING LIST

If you wanted to make this recipe for pancakes, write a list of the things you would need to buy.

What toppings would you have on your pancakes?

My shopping list