

MY NAME _____

Healthy Tucker – Nan’s Kitchen: Food Focus - Pork page 23

HEALTHY TUCKER

NAN'S KITCHEN
with Nancie Quiverra



Hand's on meal

FINGER LICKIN' GOOD FUN

San Choi Bao is a fun meal to have with the whole family especially the kids. It's also nutritious, delicious and low calorie. The taste sensation of Sang Choi Bao comes from its mixture of textures, crisp and crunchy, iceberg lettuce rolled up, with a flavoursome mince (or vegetable) based filling. Place all your ingredients out on a table, give all the kids a plate and let them make and roll their own for an interactive meal.

San Choi Bao (serves 4)

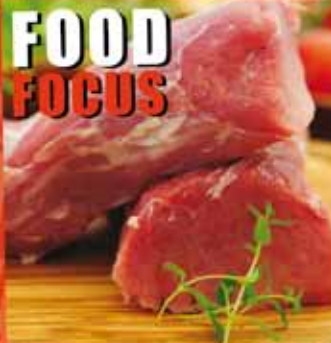
INGREDIENTS

- 2 tablespoons of peanut oil
- 2 garlic cloves finely chopped
- 1 tablespoon of ginger finely chopped
- 1 medium onion finely chopped
- 250g pork mince (substitute chopped mushrooms for vegetarians)
- 1 carrot finely grated
- 50g finely chopped peanuts
- 50g of dried fungus (soak in water and slice finely – looks like black pigs ears or seaweed)
- 150g of fresh bean sprouts
- 1 x 200g tin water chestnuts drained and finely chopped
- 1 iceberg lettuce
- 2 tablespoons of oyster sauce
- 2 tablespoons of soy sauce
- sesame seeds (for garnish)

METHOD

- 1 Cut the bottom off your iceberg lettuce and pull apart your lettuce leaves and place in a serving bowl
- 2 Heat oil and fry up onions, garlic and ginger until soft and fragrant in a large fry pan
- 3 Add mince (or mushrooms) and carrots and cook on medium heat for 10 minutes (until meat is cooked)
- 4 Turn down to low heat and add all other ingredients except sesame seeds into the frypan. Toss and stir for 2 minutes
- 5 Put your mince or mushroom mixture into a serving dish sprinkle sesame seeds over the top. Place in the centre of your table next to your lettuce cups with serving utensils
- 6 Tell the family to help themselves by putting the mince mixture into the cups and roll them up to eat. Yummy!

FOOD FOCUS



Pork

Pork is meat from pigs. It is one of the most popular meats throughout the world, accounting for 38% of meat consumption.

In Asia, particularly China, pork is the preferred meat, partly because pigs are easier to manage than cattle and are not used for labour. The Chinese regard pork as a more appetising

meat, seeing it as cleaner and healthier than beef.

Before modern methods of production, pigs were killed in Autumn and the meat had to be preserved by various methods of curing to be available throughout the year. This led to the development of ham and bacon and the many variations on cured pork that feature in cuisines around the world.

Sometimes promoted as a white meat like chicken, pork has a higher cholesterol and saturated fat content. It also has an unusually high thiamine or vitamin B content. Care must be taken when cooking pork because it may contain parasitic worms. These are killed by cooking, so thoroughly prepared pork poses no health threat.

VIBE SCHOOL

Issue 165
Years 1-2



There are lots of types of meat. Pork is the meat that comes from pigs.
Pork has more fat than poultry, but it has very high amounts of vitamin B.

Did you know?

Just over one third of all the meat eaten in the world is pork.

ACTIVITY 1



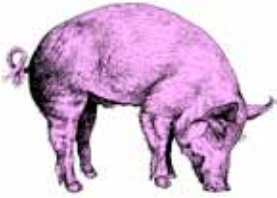


Draw a picture of your favourite meal that has meat in it.



ACTIVITY 2 - MATCHING WORDS AND PICTURES

Match the names of these types of meat with the pictures and the names of the animals they come from.

The first one has been done for you.







Pork		Cow
Beef		Sheep
Venison		Chicken
Poultry		Deer
Lamb		Pig



ACTIVITY 3 – MATCHING WORDS AND PICTURES: TYPES OF PORK

Match the names of these types of pork with the pictures.

The first one has been done for you.

bacon	
crackling	
ham	
roast pork	
pork chops	
pork mince	

ACTIVITY 4 - DRAWING A PROCEDURE

The purpose of a Procedure is to tell us how to do an activity.

Nan's recipe for San Choi Bao on page 23 is a type of Procedure.

Draw each step of the Procedure below.

METHOD

1. Cut the bottom off your lettuce and place the leaves on a plate.	
2. Heat oil and fry onions and garlic.	
3. Add mince to pan and cook.	
4. Add all other ingredients to the pan.	
5. Put mince into a serving dish and serve on lettuce leaves. Enjoy!	



ACTIVITY 5 - WRITING A PROCEDURE

What was your favourite meat dish in Activity 1?

Write a Procedure (RECIPE) to say what you need to make this dish, and how to cook it.

Your recipe should include

- a list of **INGREDIENTS** (what you need to make the dish)
- the **METHOD** (step by step instructions to say how to make the dish).

Use the scaffold below to plan your writing.

Ingredients	Picture Title
Method - Steps	