

Healthy Tucker – Food Focus: Go Garlic! page23



HEALTHY TUCKER

**NAN'S
KITCHEN**
with Nanette Gaimara

Say goodbye to take away

Commercial pizzas are notoriously loaded with high amounts of saturated fats from cheese and processed meats, along with carbohydrate loaded, thick, doughy pizza bases. So before you reach for the Pizza Hut menu, why not try making your own healthy, filling and nutritious pizzas by substituting wholemeal pita, Lebanese or mountain bread as a base. Top it with healthy fresh vegetables, skip the processed meats and you're in for a healthy pizza delight! You can substitute your own choice of vegetables or whatever is in the fridge but make sure it's all fresh. A fun dinner for when friends come 'round for movie night!

Healthy Pizza (makes 1 pizza)

INGREDIENTS

- * 1 x 20 cm round wholemeal pita bread
- * ¼ cup of fresh pureed tomato
- * 2 cloves finely grated garlic
- * ½ medium onion finely chopped
- * 50 gram grated light cheese
- * 2 medium sized sliced mushrooms
- * ½ zucchini sliced thinly
- * A handful of either baby spinach, rocket or chopped parsley for garnish
- * Freshly grated parmesan cheese
- * 1 can spray olive oil

METHOD

- 1 Preheat oven to 200 degrees Celsius and pop your bread into it for 2 minutes to crisp it up.
- 2 Spread ½ of the pureed tomato on your bread. Sprinkle with your garlic.
- 3 Arrange onions on top, then sprinkle ½ the light cheese.
- 4 Arrange mushrooms and zucchini.
- 5 Sprinkle the remainder of your cheese, followed by the rest of your tomato puree.
- 6 Lightly spray the pizza with olive oil.
- 7 Cook for 10 to 12 minutes or until you can smell the garlic.
- 8 Top with baby spinach, rocket or parsley and a sprinkle of parmesan. Serve warm.

GO GARLIC!

Nature's own medicine.



Garlic is a species of the onion family and is closely related to the shallot, leek and chive. Garlic is not only a staple ingredient in countless cuisines from all over the world, but also has a long reputation for its many health benefits. Since ancient times, garlic has been used by various cultures as a remedy against colds, viruses and even the plague. Generally, a stronger tasting clove

of garlic has more sulphur content and therefore higher medicinal value. Studies have shown aged garlic in particular can have a powerful antioxidant effect. Garlic is also believed to help control blood sugar levels, prevent heart disease and lower high cholesterol. Countries which have a high content of garlic in their food have also been shown to have lower rates of cancer.

FOOD FOCUS

MY NAME

Did you know that garlic belongs to the onion family?

Garlic is used in cooking all over the world.

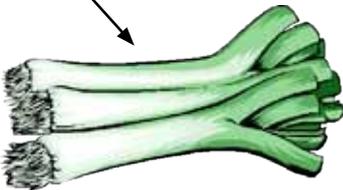
Garlic has a lot of health benefits.



ACTIVITY 1 MATCHING WORDS AND PICTURES IN THE GARLIC FAMILY

Match the names of these foods with the pictures.

The first one has been done for you.

garlic	
leeks	
onion	
shallot	

ACTIVITY 2 READING A DESCRIPTIVE REPORT

A DESCRIPTIVE REPORT classifies and describes things.

Report type	ocial purpose	Stages	Phases
DESCRIPTIVE REPORT	Classifies and Describes	Classification Description	

<p>Classification</p> <p>Descriptions other plants in the same family</p> <p>Uses</p> <p>Health</p>	<p>GARLIC</p> <p>Garlic belongs to the onion family.</p> <p>It is closely related to the shallot, leek and chive.</p> <p>Garlic is used in cooking in many countries.</p> <p>It is also very good for your health.</p>
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Read the **DESCRIPTIVE REPORT** about garlic.

Answer these questions.

1. Which family does garlic belong to?

2. Garlic is closely related to the shallot.

TRUE

FALSE

3. Can I use garlic in cooking?

YES

NO

ACTIVITY 3 WRITING A DESCRIPTIVE REPORT

Here is an example of a DESCRIPTIVE REPORT about onions.

Some of the words have been left out.

Use the words from the box below to complete the report.

	ONIONS	
Classification	_____ belong to the same family as garlic.	
Descriptions what they look like	Onions _____ a green shoot above ground and a bulb _____ the ground.	
uses	We can eat all of _____ onion plant.	
colours	Onions can _____ red, yellow or white.	
		

under the Onions have be

ACTIVITY 4 UNSCRAMBLE THE COLOURS.

Onions can grow in three colours. Unscramble the colours below.

dre	nrbwo	ihwet
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Draw a red, brown and white onion. Label each one.

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