

VIBE ACTIVITIES

Healthy Tucker Lentils: A cheap source of protein **page 25**



Wild at heart

Mix it up this summer with a high-protein salad that won't leave you hungry.

This salad makes a very healthy all-round meal with heaps of flavour and crunch. It will also last for days in the fridge, so make a batch at the beginning of the week and you'll have lunch for several days. You can also have it with tinned tuna for a high-protein meal. Lentils, wild rice and chick peas are all high in protein and complex carbohydrates and fibre, while celery, parsley and baby corn are great for helping to balance the body's acid base.

Wild rice and lentil salad

Serves 4

INGREDIENTS

- * 100g Cambrian Wild Rice
- * 2 cups dried green or puy lentils (or 2 cans of ready-to-use lentils)
- * 750ml water
- * 2 celery stalks, chopped
- * 1 can of baby corn, chopped
- * 1 small jar of capers in brine
- * 1 can of chick peas
- * handful of parsley, chopped
- * 1 large red onion, finely chopped
- * juice of 1 lemon
- * 2 tablespoons olive oil
- * salt and pepper

METHOD

1. Put rice and dried lentils into a saucepan and cover with the water (if using canned lentils, cook rice only with less water; check the packet directions). Bring to the boil, then reduce heat. Simmer until lentils are just tender. Drain (reserve the liquid) and set aside to cool.
2. When rice-lentil mixture has cooled, add the celery, baby corn, capers, chick peas, parsley and onion.
3. Make a dressing by mixing the lemon juice and olive oil and adding salt and pepper to taste. Pour the dressing over the other ingredients and toss the whole mixture together. If the mixture is dry, pour in a little of the reserved cooking liquid from the lentils.

LENTILS: A CHEAP SOURCE OF PROTEIN

FOOD FOCUS



Lentils are from the food group called pulses or legumes, which includes beans, nuts and peas. They are one of the oldest domesticated foods with evidence showing they were eaten by humans up to 19,000 years ago. Like all of the foods in this group, lentils are a cheap source of protein. In parts of the world that have large vegetarian populations, such as India and West Asia, they are the main source of protein. When mixed

with grains like rice, lentils make a nutritionally complete protein dish.

There are many varieties of lentils, with colours ranging from green to red to black. In India, lentils are used in curries called dhal and ground into a flour to make pappadums. In Ethiopia, they are made into a non-spicy yellow stew, which is one of the first solid foods Ethiopian women feed their babies.

ACTIVITY 1

WHAT DO LENTIL PLANTS LOOK LIKE?

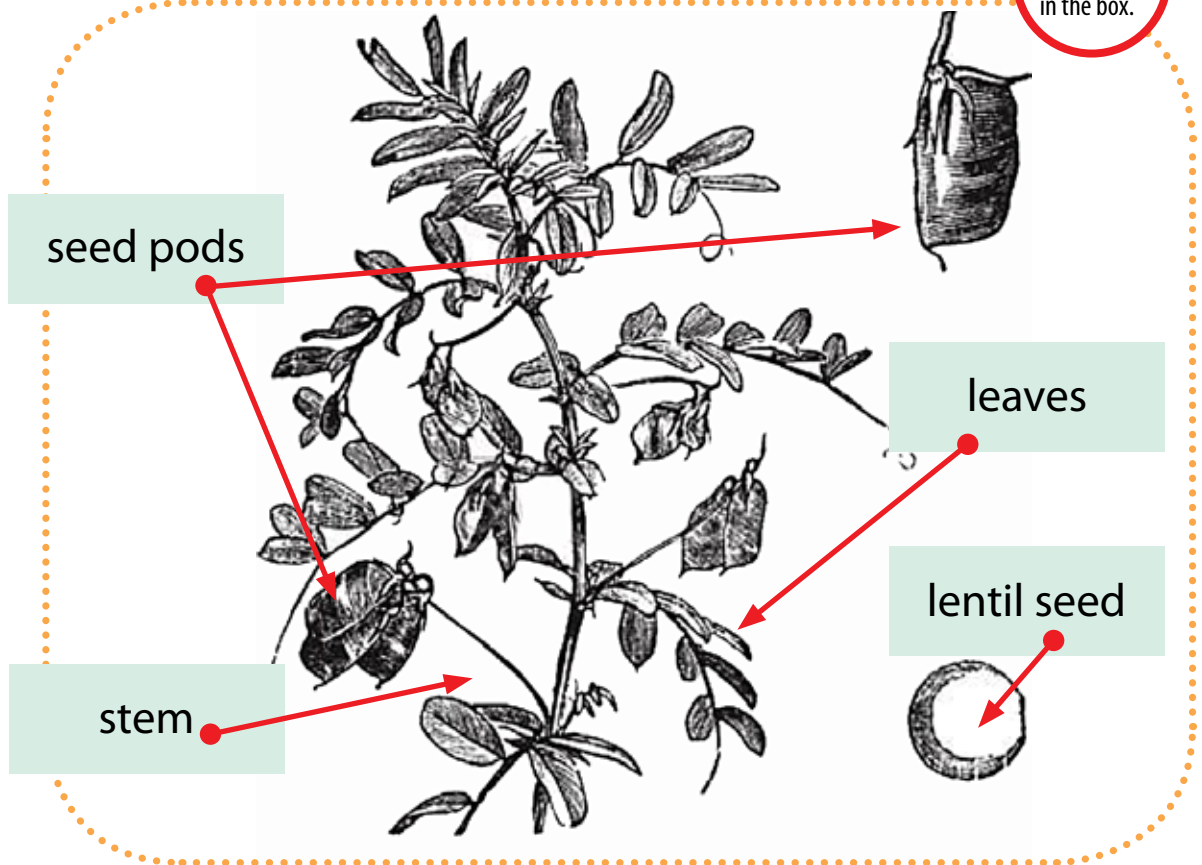
Lentils are a type of legume, like beans, nuts and peas.

All legumes grow from seeds. When a seed sprouts, it is called germination.

Lentils have seed pods with seeds inside them, which we eat.

Lentil seeds can be green, yellow or red.

Draw
your idea
in the box.



Colour the picture above. The parts of the plant have been labelled.

Draw your own lentil plant in the box below and label the parts of the plant.

ACTIVITY 2

LETTERS OF THE ALPHABET

Colour in the capital letters of the alphabet.



Cut out the letters that spell the word **lentils**.

Glue the word **lentils** here.



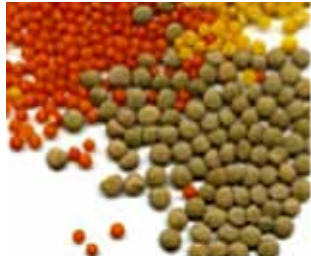





ACTIVITY 3

MATCHING WORDS AND PICTURES

All legumes are a good source of protein, calcium and other minerals.
They do not cost very much to buy and are great to cook with.

Match the names of these types of legumes with their pictures.

The first one has been done for you.

chick peas	
lentils	
nuts	
red kidney beans	
green beans	
green peas	

ACTIVITY 4

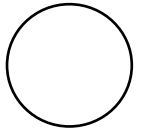
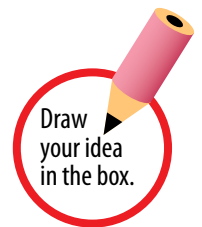
SEED ART

What you will need:

- green, yellow or red lentils or other seeds
- glue

Method:

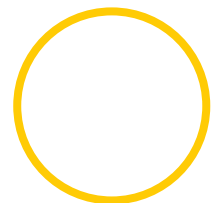
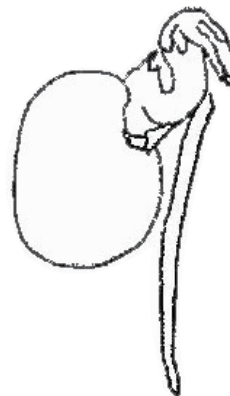
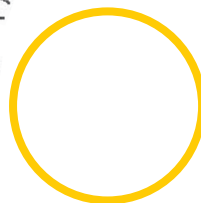
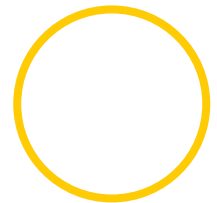
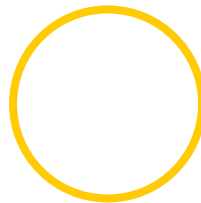
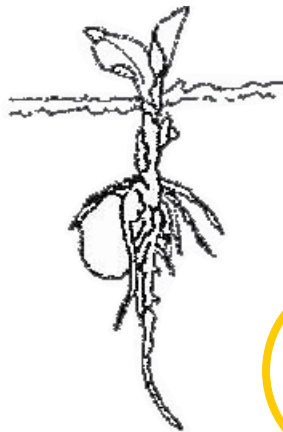
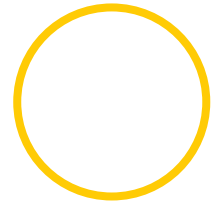
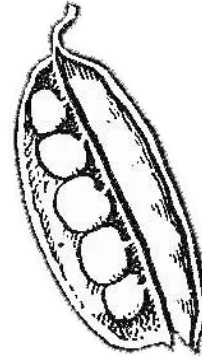
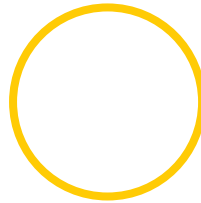
1. Draw a large lentil seed in the space below. Lentils are the shape of a circle.
2. Put glue onto the shape.
3. Decorate your art work by pressing lentils into the glue until the whole shape is covered with lentils.
4. Lay your picture on a flat surface until the glue has dried.



ACTIVITY 5

A BEAN IS A SEED

Cut these pictures and put them in the correct order.
Number them from one to six.



Glue or staple the pictures in order to make a book.