

VIBE ACTIVITIES

Healthy Tucker – One Pot Wonder page 25

HEALTHY
TUCKER

One-pot wonder

A filling, low-fat meal that's great for breakfast, lunch or dinner.

A cheap, simple meal for the whole family, shakshouka is low in fat and rich in protein, vitamins A and C, and minerals, such as potassium and magnesium. Also called Moroccan Eggs, shakshouka is very common in North Africa and the Middle East, such as in Israel where it's eaten for breakfast. Traditionally the eggs and sauce are baked and served in an iron pan, but here we've poached them in the sauce on the stovetop. Serve with a big chunk of fresh bread to soak up the delicious sauce.

Shakshouka

Serves 4

INGREDIENTS

- * 1 tablespoon olive oil
- * 2 cloves garlic, finely chopped
- * 1 onion, diced
- * 1 capsicum, diced
- * 2 cans diced tomatoes
- * 2 grams paprika, or to taste
- * Pinch salt and pepper to taste
- * 4 eggs
- * Chopped parsley (optional)
- * Turkish bread (optional)

METHOD

1. In a deep pan, heat the oil, then add the garlic, onion and capsicum. Cook, stirring, for about 5 minutes or until the onions start to turn gold.
2. Stir in the tomatoes, paprika and salt and pepper, then simmer over a low heat for around 20-30 minutes, stirring occasionally.
3. When the sauce starts to thicken, make four "holes" in the sauce and pour an egg into each hole. Continue cooking until the eggwhites cook and become solid, about 3-4 minutes.
4. To serve, spoon each egg into a bowl then pile the sauce around the egg. Garnish with chopped parsley and serve with pieces of Turkish bread.

FOOD
FOCUS

Eggs are among the most commonly farmed foods in the history of mankind – there have been domesticated chickens in Asia, Europe and Africa for thousands of years. Packed with 11 different vitamins and minerals, high in protein and healthy omega-3 fats, eggs are portable and versatile – we can eat them poached, baked, hard-boiled and pickled. Conveniently, the golden yolk, which holds the egg's fat and cholesterol, can easily be separated from the high-protein eggwhite. Eggs were thought to raise cholesterol levels in our blood – which can increase risk of heart disease – however recent studies suggest saturated fats, and not eggs, are the culprit.

This is a healthy recipe for you to make, and really easy! You only need to use one pan.

You could eat this nutritious meal at any time of the day.

READ the *One Pot Wonder* recipe on page 25

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Match these ingredients with their labels.

(applied)



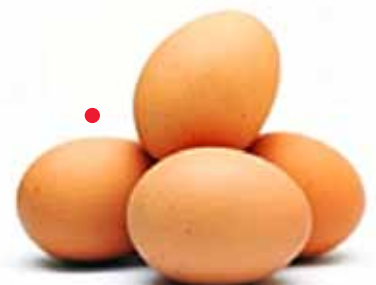
eggs

garlic

red capsicum

canned tomatoes

onion



1 The text says that another name for this recipe is:

- ☐ Poached Eggs
- ☐ Family Eggs
- ☐ Eggs and Sauce
- ☐ Moroccan Eggs



(literal)

2 Which of these is **not** found in this recipe?

- ☐ protein
- ☐ vitamins A, C and D
- ☐ lots of fat
- ☐ potassium and magnesium

(literal)

3 Write the numbers 1 to 4 in the boxes to show the order to do these steps.

- ☐ Garnish with chopped parsley to serve.
- ☐ Cook the garlic, onion and capsicum.
- ☐ Add the eggs.
- ☐ Stir in the tomatoes.



(inferred)

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

This is a filling meel.

Eggs have a lot of proteen in them.

Put the eggs in a sausepan to cook.



- 2** Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

This food is comen in Africa.

The recipe can be backed in an oven.

You need won tablespoon of olive oil.



ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR

- 1** Which word correctly completes these sentences?

In a deep pan, heat the oil, _____ add the garlic.

- ☐ but
- ☐ so
- ☐ and
- ☐ then



- 2** Which word correctly completes these sentences?

To serve, _____ each egg into a bowl.

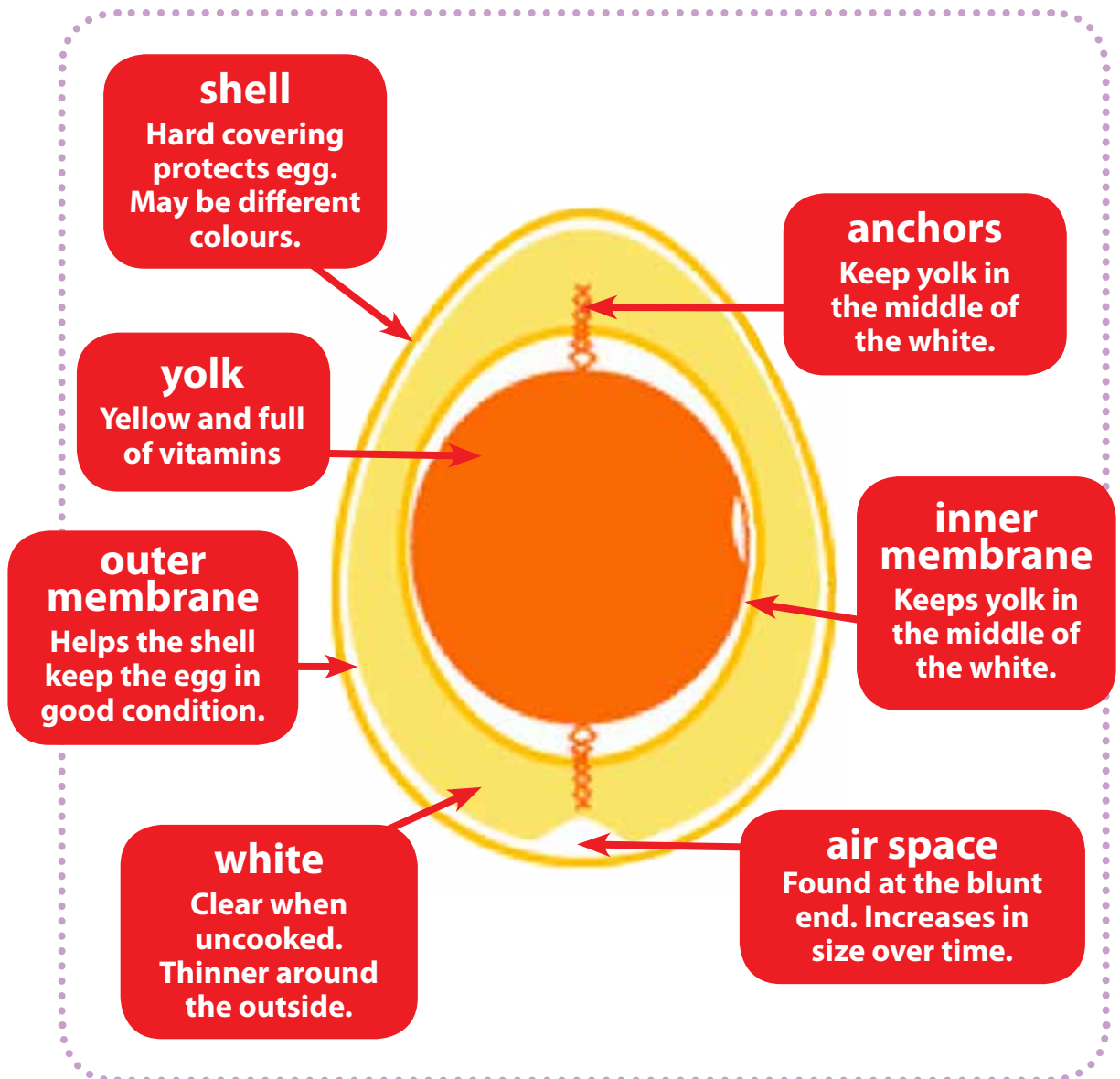
- ☐ spooning
- ☐ spoon
- ☐ spooned
- ☐ spoons

ACTIVITY 4

WHAT'S INSIDE AN EGG?

This recipe requires four eggs. People have been eating eggs from chickens for thousands of years. Eggs are a very good source of protein, vitamins and minerals. Eggs can be boiled, poached or fried.

Eggs have a lot going on inside them! Look at the illustration below.



The shell protects the egg.

The air space increases in size as an egg gets older, because water is lost from the egg and air is drawn in. The fresher the egg, the smaller the air space.

The yolk is full of goodness (vitamins A, D and E) and has a higher concentration of protein than the white.

The white contains other vitamins.

The membrane holds the egg together and acts as a fine filter.

The anchors/chalazae are white strands attached to the thick albumen that anchor the yolk in the middle of the egg.

1 Have a go at the activities from the 'What's inside an egg?' worksheet.

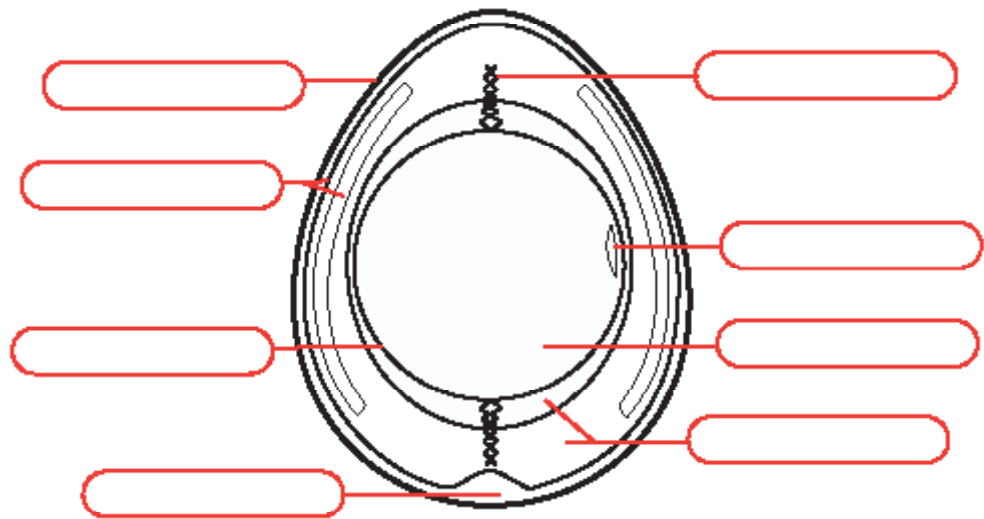
You could do lots of fun activities with eggs.

Just head to www.crackingeggs.co.uk for ideas.

What's inside an egg?

CRACKING EGGS

1. Label the structure of a hen's egg



2. Write down the functions of the following:

Yolk

Shell

Air Cell

Outer and Inner Membranes

.....

3. Name five animals that lay eggs outside of the body.

Your list must include: an amphibian, a reptile, an insect and two mammals.

Draw each of the animals and state clearly which animal group they belong to.

Extension Draw a pie chart to show the mass of an egg, showing the percentages of shell, albumen, and yolk. See www.crackingeggs.org.uk for help with this.