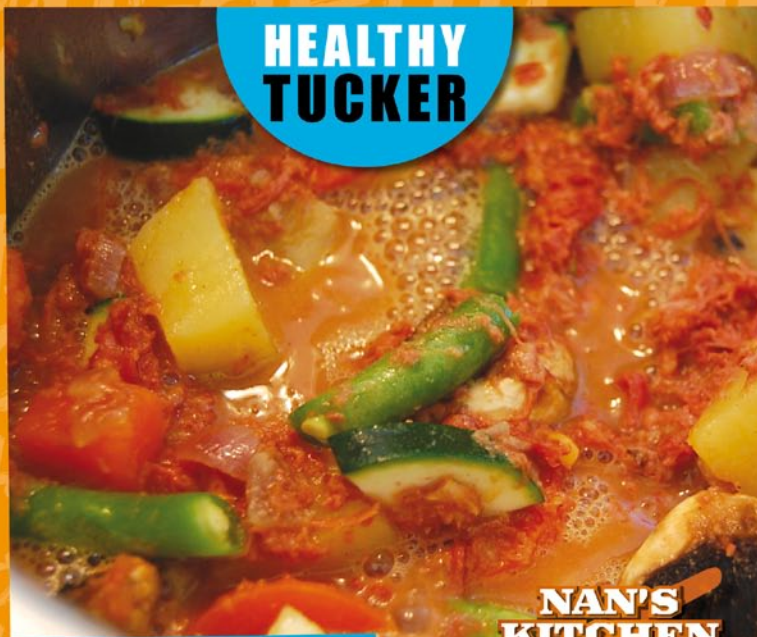


MY NAME _____

Healthy Tucker – 'BEEF' page 27



Spicy stew

NAN'S KITCHEN
with Nancía Guivarra

Tinned corned beef is the key ingredient of Bully Beef Stew. It's a one-pot dish that's extremely tasty and convenient. My dad used to make it for us when we went out camping around Agnes Water in Central Queensland, but there's no need to go camping to make it. Look for the 'Lite' tinned corned beef, which has less fat and salt, then add heaps of vegetables and serve it over brown rice for a healthy bush meal. It's also a warm and hearty dish to have at home in winter. If the kids don't like too many vegetables, grate them into the dish instead (it won't take as long to cook either). You can add any winter vegetables you like: celery, radish and tinned vegetables like beans, lentils or carrots. I prefer to add 2 dessertspoons of Keen's Mild Curry Powder, too, to make it a bit spicy!

Bully Beef Stew (serves 6)

INGREDIENTS

- * 1 can Lite corned beef 
- * 3 medium potatoes, cubed 
- * 200 grams cubed sweet potato 
- * 1 carrot, halved and sliced 
- * 100 grams green beans, cut into thirds 
- * 1 large zucchini, halved and sliced 
- * 2 cloves garlic, finely chopped 
- * 1 large onion, chopped 
- * 1 dessertspoon of Vegemite (acts like stock) 
- * 1 teaspoon curry powder 
- * 1.5 cups of water

METHOD

- 1 Put all your ingredients in a pot and bring to a boil, stirring occasionally.
- 2 Adjust your fire to simmer until all your potatoes are cooked through or no more than 45 minutes.
- 3 Serve with wholemeal bread or brown rice.

BEEF

a good source of minerals.

FOOD FOCUS



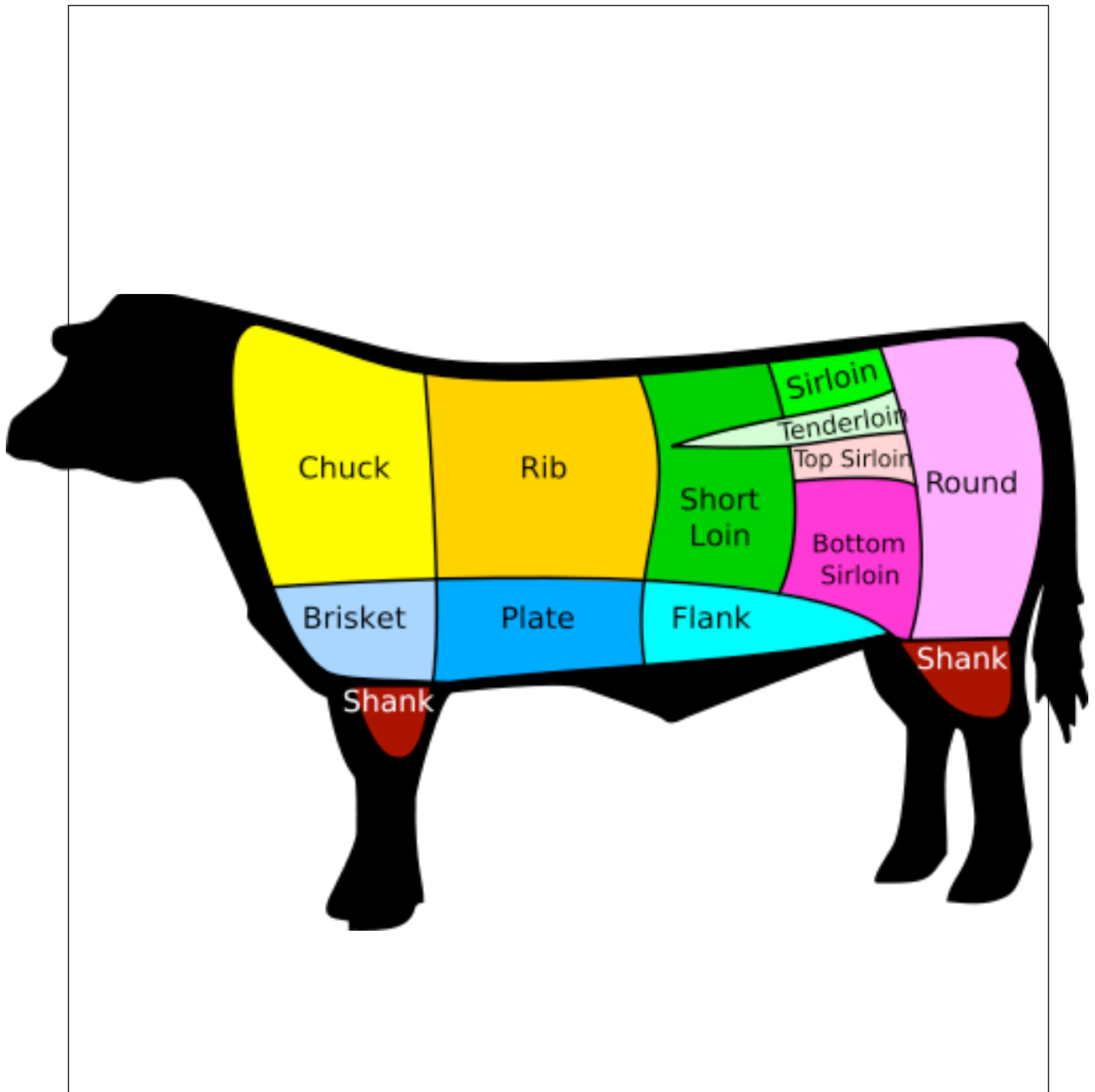
Beef is the meat that comes from cattle and has been eaten by humans since ancient times. In fact, some of the earliest European cave paintings depict images showing the hunting of cattle. Domestication of cattle occurred around 800BC, and today, beef is one of the most commonly eaten meats in the world. Beef is a good source of minerals like zinc, selenium, phosphorus, iron and B

vitamins and it is also high in creatine and protein. Because red meat contains higher levels of cholesterol and fat than other types of meat, it is often viewed as being unhealthy. However, in moderation, beef can be a worthwhile addition to most diets. Different cuts of beef also have different nutritional and health values. Going for lean meat (without fat) is always the healthier option.

VIBE SCHOOL

Issue 171
Years 3-4

Beef is the meat that comes from cattle. Below are the cuts of meat that come from cattle.



Read Beef- A good source of minerals on page 27

ACTIVITY 1- READING FOR MEANING

There are three levels of comprehension questions:

Level 1 – Literal. The answer is located in one sentence in the text.

Level 2 – Inferred. You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know

Level 3 – Applied. The answer is in your background knowledge, what you already know or feel.

1. Beef is the meat that comes from cattle.

TRUE FALSE

2. Lean beef is a good choice for meals because it contains high levels of

- Salt.
- Fat.
- Iron.
- Sugar.

3. What minerals are found in beef?

4. Where were cave paintings of cattle found?

- Australia
- Europe
- Africa
- China

ACTIVITY 2 LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Beef meet comes from cattle.

2. Beef is a good sauce of minerals.

3. Differant cuts of beef can be used in cooking.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. Some cave panetings show people hunting cattle.

2. Beef is a comon meat.

3. Beef has minrals in it.

ACTIVITY 3 LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences? Shade one bubble.

1. Jamie ate _____ meals of beef this week.

- one
- lots
- twice
- three

2. _____ can be a fun activity for all the family.

- Cook
- Cooking
- Cooks

3. Jeremy cooked the beef meal _____

- good
- more better
- well

ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Read these sentences. Some words and punctuation have been left out.

Which words and punctuation correctly completes each sentence?

1. Which sentence is punctuated correctly?

- If we find a good recipe, can we cook it tonight.
- If we find a good recipe, can we cook it tonight!
- If we find a good recipe, can we cook it tonight?
- If we find a good recipe, can we cook it tonight,

2. Put the missing apostrophe where it should go in this sentence.

Beef doesnt come from pigs, it comes from cattle.

3. Beef is ___ delicious type of meat.

- an
- a