

## Healthy Tucker – *Stewed apples and custard* page 25

### HEALTHY TUCKER



### Classic combo

#### This fruity dessert is an oldie but a goodie.

The simplest things in life are often the best – take this good old-fashioned recipe for custard with fruit as an example. This low-calorie dessert recipe is an easy one to remember because it's based on three of everything. If you don't want to tackle the stewed fruit, just serve the warm homemade custard over slices of banana – it's delicious and nutritious, too!

### Stewed apples and custard

Serves 4

#### INGREDIENTS

- \* 4 apples
- \* 2 oranges
- \* 3 eggs
- \* 3 cups milk
- \* 3 tablespoons of cornflour
- \* 3 dessertspoons of sugar
- \* 1 teaspoon of vanilla essence

#### METHOD

1. To make the stewed apples, peel and core the apples, chop them into small pieces and place in a small saucepan.
2. Juice the two oranges and add the juice to the saucepan.
3. Bring to the boil, then reduce the heat and simmer the apples for 30 minutes.
4. While the apples are stewing, make the custard. In a medium saucepan, whisk together the eggs, milk and cornflour until smooth.
5. Put pan on a low heat on the stove and continue to whisk until it thickens.
6. After the custard has thickened, remove pan from the heat and add the sugar and vanilla while still hot. Set aside to cool slightly until warm.
7. Check the apples. If all the liquid has gone, the apples should be mushy and delicious.
8. Serve together side by side in a bowl.

## AN APPLE A DAY

We've all heard the saying that an apple a day keeps the doctor away, so why is it that apples have such a good rep when it comes to health benefits? It all comes down to the fact that apples are rich in pectin, which acts as an antioxidant against the damage caused by cholesterol in the blood.

Apples are among the world's most widely cultivated tree fruits, originating from West Asia. They come in various shapes, sizes and colours, and different

apples offer different health benefits. They have been used in myriad ways, from simply being eaten raw as they most often are, to stewing to treat stomach problems, and even being used to rub on the skin to treat skin inflammation.

Apples are rich in Vitamin C, which boosts your immune system – that's your body's defence against flu and viruses and other things that can make you sick. Apples are relatively low in calorie count,

fat and sodium level, but full of soluble fibre, vitamins and minerals, which makes them an ideal snack for anyone who is trying to lose weight or watching their waistline – as we all should to avoid illnesses like Type 2 diabetes, which is common in Aboriginal and Torres Strait Islander communities.

### TIP

Keep your apples in the fridge instead of the fruit bowl to retain their antioxidants and keep them crisper for longer.

This is a healthy recipe for you to make.

READ the ***Stewed apples and custard recipe*** on page 25

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.

## ACTIVITY 1

1. Match these ingredients with their labels.

(applied)



apple

orange

egg

milk

**Shade one bubble.**

2. The text says that this recipe needs

- ☐ 3 oranges.
- ☐ 3 apples.
- ☐ 3 eggs.
- ☐ 3 teaspoons of vanilla essence.

(literal)

3. The recipe says to cook the apples

- ☐ until they are golden brown.
- ☐ until they are mushy and delicious.
- ☐ in the oven.
- ☐ with the custard.

(literal)

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

- ☐ Serve the apples with the custard.
- ☐ Peel and core the apples.
- ☐ Make the custard while the apples are stewing.
- ☐ Juice the oranges and add to the apples.

(inferred)

5. The text says, "This fruity dessert is an oldie but a goodie."

Which words mean the same as "an oldie but a goodie"?

- ☐ it was made by a very old person
- ☐ it is a recipe that's been made for a long time, but it still tastes great
- ☐ it always behaves itself
- ☐ it is made with old fruit

(applied)

## 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. Peal and core the apples.

2. Wisk the eggs together.

3. Check the aples.

Each sentence has one word that is incorrect.

**Write the correct spelling of the word in the box.**

1. Apples make a great desert.

2. You will need two tablespoons of cornflower.

3. Let the apples cool slitley.

## ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Which word correctly completes these sentences?

Shade one bubble.

1. After the custard has \_\_\_\_\_, remove the pan from the heat.

- ☐ thick
- ☐ thicken
- ☐ thickly
- ☐ thickened

2. To make the \_\_\_\_\_ apples, cook them in a pan.

- ☐ stew
- ☐ stewing
- ☐ stewed
- ☐ stews

3. If \_\_\_\_\_ don't like apples, just eat the custard.

- ☐ it
- ☐ them
- ☐ they
- ☐ you



## ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

1. Which sentence has the apostrophe ( ' ) in the correct place?

- ☐ These are great dessert's.
- ☐ This is one recipe you'll love to eat.
- ☐ The recipe needs four apples'.
- ☐ Whisk together the egg's.

2. Which sentence is punctuated correctly?

- ☐ I love this recipe! said Merrin.
- ☐ "I love this recipe! said Merrin."
- ☐ "I love this recipe!" said Merrin.
- ☐ I love this recipe? "said Merrin."

3. Which sentences has the commas ( , ) in the correct places in this sentence?

- ☐ This recipe uses apples, oranges, eggs and milk.
- ☐ This recipe uses apples oranges eggs, and milk.
- ☐ This recipe, uses apples, oranges, eggs, and milk.
- ☐ This recipe uses apples, oranges eggs and, milk.

## ACTIVITY 5 WRITING A PROCEDURE.

A PROCEDURE gives you step by step instructions about how to make something.  
A recipe is a PROCEDURE text which gives you the steps for making food.

**Draw the steps to make your favourite recipe, then write the recipe as a PROCEDURE.**

1	2	3
4	5	6

**Write the recipe for your favourite meal.**

TITLE

INGREDIENTS

METHOD

steps