

Food Focus *An apple a day* 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

FOOD FOCUS

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.

ACTIVITY 1 MATCHING WORDS AND PICTURES

Apples are fruit. There are a lot of different types of fruit.

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

The first one has been done for you.



apple



pear



orange



lemon

bananas



apricot



Which fruit do you like best?

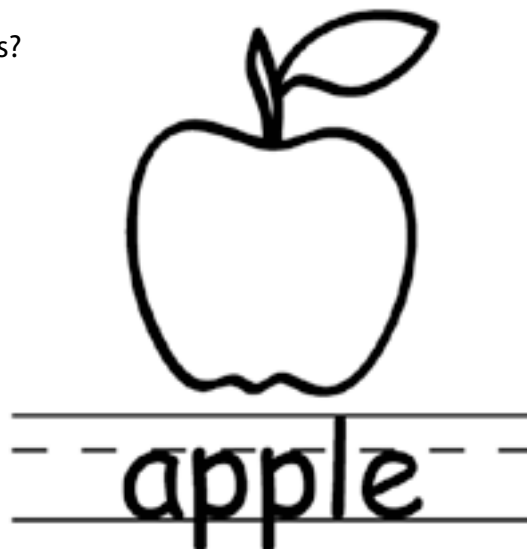
ACTIVITY 2 TYPES OF APPLES

There are a lot of different types of apples grown in Australia. Here are some of them:



Do you like red or green apples?

Colour the apple beside.



ACTIVITY 3 READING PICTURES

This map shows where apples are grown in Australia.

1. Apples are grown in Tasmania.

- ☐ YES
- ☐ NO



ACTIVITY 4 READING AND WRITING A SENTENCE

There are a lot of different types of apples.

Cut the sentence into its words.

There	are	a	lot	of
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different	types	of	apples	.
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Mix them up and match them with the words in the sentence.

Practise writing the sentence below.

ACTIVITY 5 SPELLING

Cut the word **lot** into its sound patterns. Mix them up and put them back together.

l	o	t
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Practise writing **lot** three times.

Cut the word **types** into its sound patterns. Mix them up and put them back together.

t	y	p e	s
---	---	-----	---

Practise writing **types** three times.

Cut the word **apples** into its sound patterns. Mix them up and put them back together.

a

p p

l e

s

Practise writing **apples** three times.

ACTIVITY 6 FOR CHAMPIONS

Circle the word **apple** in these words.

pineapple



apple pie

toffee apple

