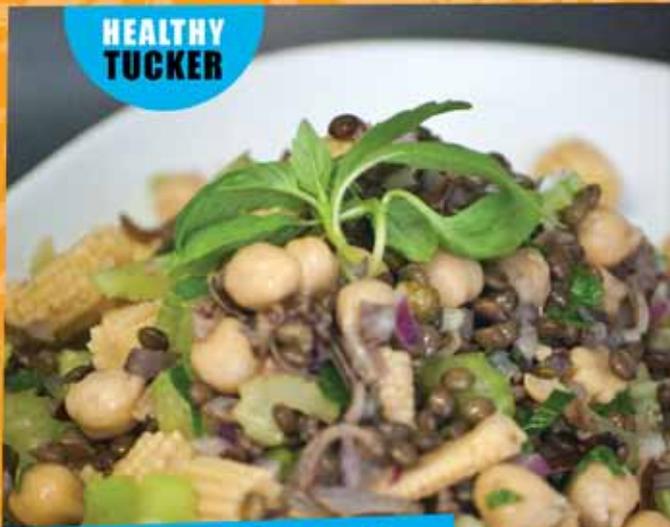


# VIBE ACTIVITIES

## Healthy Tucker – *Wild at Heart* page 25





**HEALTHY TUCKER**

**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.

This is a healthy recipe for you to make, especially if you want to cut down on the amount of meat that you eat.

READ the *Wild at Heart* 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)



wild rice

green lentils

celery

chick peas

red onion



## 2 The text says that this recipe needs

- 1 kg of Cambrian Wild Rice
- 3 cups of lentils
- 100g of Cambrian Wild Rice
- 1 litre of water



(literal)

## 3 The recipe says to *make the dressing with lemon juice and olive oil*. What does *dressing* mean in this sentence?

- wear the juice and oil
- make a sauce to pour over the rice
- boil the sauce
- drink the juice

(literal)

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

- Simmer until the lentils are just tender.
- Pour on the dressing and toss the whole mixture together.
- Cook the rice and lentils.
- Add celery.

(inferred)

## 5 What else does the text suggest that you could add to this recipe for more protein?

- carrots
- tinned tuna
- chick peas
- salt and pepper

(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.



You could make a batch at the begining of the week.

Other ingrediants make a good balance of flavours.

Put the lentils in a sausepan to cook.

**2** Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

Lentils are a good sauce of proteain.

This resipe needs one onion.

You need too tablespoons of olive oil.

## ACTIVITY 3

### LANGUAGE CONVENTIONS – GRAMMAR

**1** Which word correctly completes these sentences?

After the rice and lentils \_\_\_\_\_ cooked, reduce the heat.

- has
- have
- will
- be



## 2 Which word correctly completes this sentence?

Bring the water to the \_\_\_\_\_.

- boil
- boiling
- boiled
- boils



## 3 Which word correctly completes this sentence?

\_\_\_\_\_ the mixture is dry, pour in a little liquid.

- When
- If
- So
- Because

## ACTIVITY 4

### LANGUAGE CONVENTIONS – PUNCTUATION

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

- This recipe won't leave you hungry.
- Chop up two celery stalk's.
- Pour in two tablespoons' of olive oil.
- D'ont overcook the lentils.



## 2 Add the contractions for 'have' to the following pronouns. The first one has been done for you.



I	I have	I've
We		
You		
They		

**3** Some contractions become difficult when they are confused with their homophone (a word that sounds the same but is spelt differently).

Complete these sentences.



<b>their / they're</b>	<input type="text"/> all ready to cook <input type="text"/> recipe.
<b>their / there</b>	<input type="text"/> is always time to cook in <input type="text"/> kitchen.
<b>it's / its</b>	<input type="text"/> a great way to cook lentils.
<b>it's / its</b>	The food has lost <input type="text"/> flavour.
<b>were / we're</b>	<input type="text"/> all going to cook today.

**4** Connect the contractions to their long form.

what is      I would      shouldn't

should not      what's      don't

it's      they have      I'd

they've      do not      it is