

VIBE ACTIVITIES

Healthy Recipe – Haloumi and Tuna Salad page 27

Jess Beck's haloumi and tuna salad

HEALTHY RECIPE



HALOUMI CHEESE AND TUNA
ARE GREAT SOURCES
OF TASTY PROTEIN

Jess Beck is a young Aboriginal singer based in Sydney with a very bright future. Beck has just released her first EP *Hometown Dress* on the Gadigal Music Label and shared with us one of her favourite quick and healthy recipes.

Serves 4

INGREDIENTS

- * 4 vine-ripened tomatoes, cut into wedges
- * 3 Lebanese cucumbers, quartered lengthways, cut into 1cm-thick slices
- * 1 yellow capsicum, thinly sliced
- * 100g kalamata olives
- * 1/4 cup olive oil
- * 1/2 small lemon, juiced
- * 240g packet haloumi cheese, drained, cut into 8 slices
- * 1 bunch rocket, trimmed
- * 425g can tuna in oil, drained, flaked

METHOD

1. Combine tomatoes, cucumbers, capsicum and olives in a large bowl. Add 1 tablespoon oil and 1 tablespoon lemon juice. Season with salt and pepper. Toss to combine.
2. Pat haloumi dry with paper towel. Heat a non-stick frying pan over medium-high heat. Add 1 tablespoon oil. Heat until hot. Add haloumi. Cook for 1 minute each side or until golden.
3. Arrange rocket, salad and tuna on a platter. Top with haloumi. Drizzle with remaining oil. Season with pepper. Serve.

Going places



EMERGING SINGER SONGWRITER JESS BECK DRIFTED INTO SINGING WHILE STUDYING ACTING AT UNIVERSITY BUT SHE ADMITS MUSIC WAS ALWAYS HER FIRST LOVE.

After acting in various plays and performing music at venues around Adelaide, Jess moved to Sydney in

2007. Her apprehension about moving to the big city was captured in her song 'Hometown Dress', which features on her new EP.

"I wrote this song when I first moved up to Sydney," says Beck. "I wrote it with Tommy Spender and it was sort of the first song I wrote that made me think I should take singing and song writing seriously. The song is about just that transition from going from the country to the big smoke and you know, not knowing if it's the right thing to do."

Read the more of this story online at vibe.com.au. For more info on Beck as well as tour dates, head to jessbeck.com

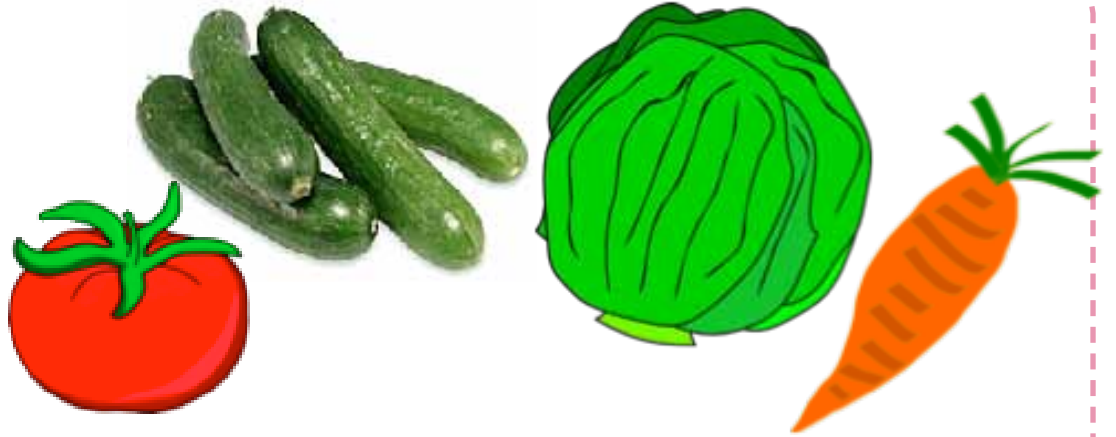
This is a quick and healthy recipe to make.
Did you know that haloumi is a type of cheese?

ACTIVITY 1

FAVOURITE FOOD FOR SALADS

Which salads do you love to eat? Draw your favourite salad foods.

Draw
your idea
in the box.



ACTIVITY 2

MATCHING PICTURES AND WORDS

- 1** These are some of the ingredients for the Haloumi and Tuna Salad.
Look at the picture on the left. Look at the word on the right.
Draw a line to match each picture to the correct word.



•

• yellow capsicum



•

• tomatoes



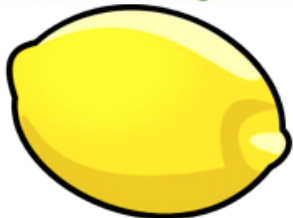
•

• canned tuna



•

• lemon



•

• haloumi cheese



•

• cucumbers

ACTIVITY 3

WHICH SALAD FOODS DO YOU LIKE?

Write
your answer
in the box.

- 1** Some people voted for their favourite salad food.
This pictograph shows which salad foods people voted for.



tomato



carrot



lettuce



red
capsicum



hard-boiled
egg



tuna

How many people liked hard-boiled eggs in their salad?

Which salad food was the favourite?

Which salad food was the least favourite?

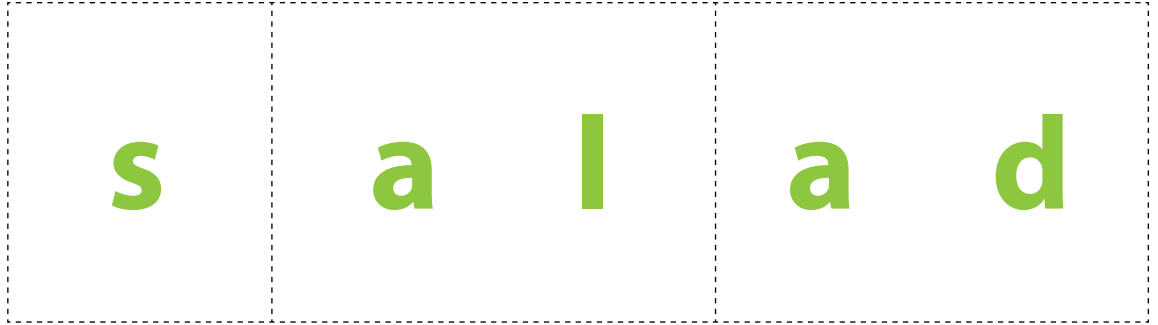
How many people liked tomatoes AND tuna?

How many people voted altogether?

ACTIVITY 4

SPELLING

- 1** Cut the word **salad** into its sound patterns.
Mix the letters up and put them back together in the right order.
Glue them onto your salad picture from Activity 1.



Practise writing **salad** three times.

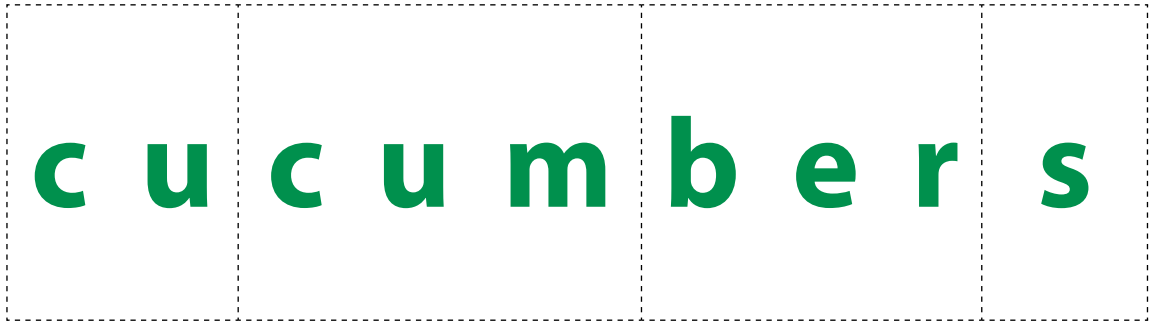
- 2** Cut the word **cheese** into its sound patterns.
Mix the letters up and put them back together in the right order.
Glue them onto a page.



Practise writing **cheese** three times.

3 Cut the word **cucumber** into its sound patterns.

Mix the letters up and put them back together in the right order. Glue them onto a page.
Draw a cucumber.



Practise writing **cucumber** three times.

4 Cut the word **lemon** into its sound patterns.

Mix the letters up and put them back together in the right order. Glue them onto a page.
Draw a lemon.



Practise writing **lemon** three times.

ACTIVITY 5

HALOUMI AND TUNA SALAD RECIPE

Write
your answer
on the line.

- 1** A PROCEDURE tells you how to make something. A recipe is a type of PROCEDURE. A PROCEDURE gives you step by step instructions about how to make something. Here is the recipe for making Haloumi and Tuna Salad. Some of the words have been left out. Use the words from the box below to complete the recipe.

Ingredients

4 _____

3 _____

1 yellow _____

100g olives

$\frac{1}{4}$ cup olive oil

$\frac{1}{2}$ lemon

240g packet haloumi cheese

1 bunch lettuce

425g can tuna



Method

1. _____ tomatoes, cucumbers, capsicum and olives in a _____.
 2. _____ olive oil and _____ juice.
 3. _____ the haloumi cheese.
 4. Add lettuce and _____.
- Enjoy!

bowl

lemon

Add

capsicum

tomatoes

tuna

Cook

cucumbers

Combine

For champions!

Can you put these words in ABC order?