

VIBE ACTIVITIES

Healthy Recipe – Skewer that prawn! page 27



Naomi Wenitong's tasty prawn skewers

Well, I've been cooking the same kind of breakfast since Shakaya days now! But it's kind of hard to cook at all because I'm *always* on the road. So, I'm going to share the dinner I've been obsessed with for the past few weeks. I probably should give actual measurements – but that's just not the way I cook! I smell things and chuck in what I reckon it needs.

INGREDIENTS

- * Prawns
- * Fresh basil leaves
- * A lemon
- * A lime
- * Honey
- * Chopped garlic
- * Soy sauce
- * Sweet chilli sauce
- * Brown rice
- * Bamboo skewers

METHOD

1. Put the rice on medium heat first (brown rice takes longer to cook). I usually add water till it's about 1/4 above the level of rice you have.
2. Bring to a light boil and keep an eye on it as you chop up the rest of the ingredients and put a little bit of chopped up basil in the rice.
3. Mix the chopped up ingredients in a bowl, squeeze lemon and lime in, add the prawns, and let it all mix for a while.
4. Check to see if the rice has softened. If it has, turn rice on low and let a frying pan heat up on medium with some olive oil (I prefer the olive oil spray).
5. Skewer as many prawns as will fit in the frying pan and drizzle leftover mixture on top as they sizzle. It doesn't usually take long to cook each side but remember to check each side is browned before you turn over.
6. Mound a lump of rice just off centre on a plate and lay a few skewers over the top, add your favourite salad and a wedge of lemon or lime and it's served!



Naomi with her brother Joel Wenitong and DJ Jay Tee who collectively make up award winning hip hop crew – The Last Kinection.

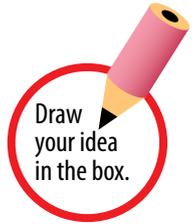
Back in the day, Naomi and Simone Stacey met while studying music in Cairns and went on to form the Deadly Award winning pop/r&b duo Shakaya

This year Naomi joined the crew of *Move it Mob Style* as co-host with Brothablack (Shannon Williams).

This is a quick and healthy recipe to make.

ACTIVITY 1

FAVOURITE FISH AND SEAFOOD



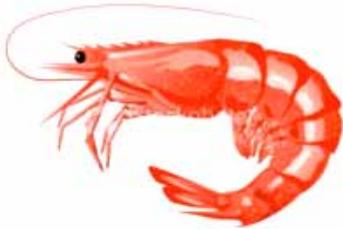
Which seafood do you love to eat? Draw your favourites here.

The drawing area contains four illustrations of seafood: a red shrimp, a grey mussel shell with an orange interior, a red crab, and a green fish on a silver grill over a campfire.

ACTIVITY 2

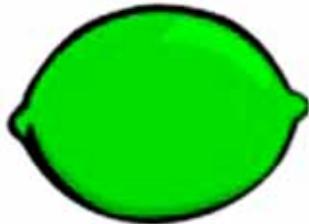
MATCHING PICTURES AND WORDS

- 1** These are some of the ingredients for The Last Kinection's Prawn Skewer recipe. Look at the picture on the left. Look at the words on the right. Draw a line to match each picture to the correct words.



•

lime



•

soy sauce



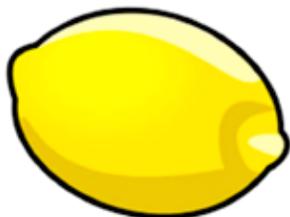
•

honey



•

lemon



•

brown rice



•

prawn

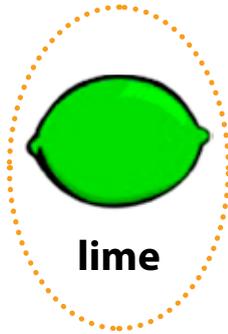
ACTIVITY 3

WHICH ONES DON'T BELONG?

1 Which of these foods are **NOT** seafood? Cross them out.



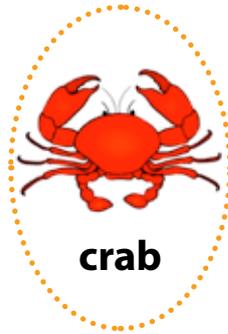
prawn



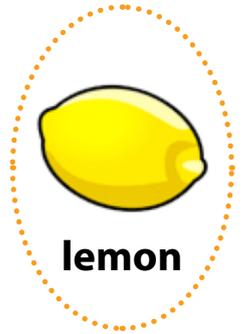
lime



fish



crab



lemon

ACTIVITY 4

SPELLING

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



Practise writing **prawn** three times.

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



Practise writing **lime** three times.

- 3** 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.



Practise writing **lemon** three times.

ACTIVITY 5

LEARNING YOUR ABC

DOT-TO-DOT

Connect the dots from A to Z to see something fun!

