

VIBE ACTIVITIES

Healthy Recipe – Poached eggs and vegie fritters page 25

Poached Eggs and Vegie Fritters

HEALTHY
RECIPE



Recipe courtesy of
Queensland Aboriginal and
Islander Health Council

Serves 2 INGREDIENTS

- * 1 large potato
- * 1 large carrot
- * 2 large zucchini
- * Salt and pepper
- * 1 tablespoon of canola oil
- * 2 teaspoons margarine
- * 1 tablespoon vinegar
- * 4 eggs

METHOD

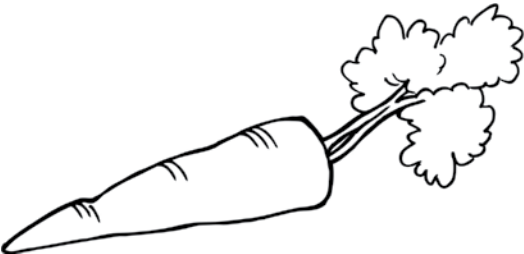
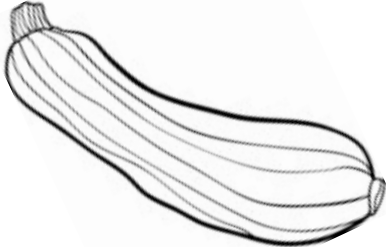


1. Fill a saucepan with enough water to cover an egg and bring it to the boil.
2. Meanwhile, peel the potato and carrot. Grate them into a colander. Cut the ends off the zucchini. Grate them into the colander.
3. Push down the vegetable mixture in the colander to squeeze out as much liquid as possible. Put the vegies into a bowl, mix well and add a pinch of salt and pepper.
4. Heat the oil and margarine in the frying pan and spoon 2 large portions of the vegetable mixture into the pan. Use the back of the spoon to pat the mixture down and cook each fritter for a few minutes each side until crisp.
5. Repeat with the rest of the mixture to make 8 fritters. Transfer the fritters to a plate. Cover with foil to keep them warm.
6. Crack an egg into a bowl.
7. Into the saucepan of boiling water, add the vinegar and a few pinches of salt. Stir the water to create a whirlpool.
8. Slide 1 egg into the centre of the whirlpool and cook for 2–3 minutes (semi-soft yolk) or 3–4 minutes (firm yolk), without stirring.
9. Using a slotted spoon, transfer the egg to some paper towels to drain for a minute. Repeat with the remaining eggs, refreshing the water if necessary.
10. For each person, serve 2 fritters on a plate with a poached egg on top.

ISTOCK

This delicious recipe is easy to make and it tastes great!
 READ *Healthy Recipe - Poached eggs and vegie fritters* on page 25

ACTIVITY 1

1 Draw line to match the recipe ingredient with its name and colour the pictures.

zucchini	• •	
egg	• •	
carrot	• •	
potato	• •	

2 Place the ingredients in order from the **lightest** to the **heaviest**.

1 _____

2 _____

3 _____

4 _____



ACTIVITY 2

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 This recipe is a (applied)


Narrative.
 Description.
 Recount.
 Procedure.



2 Which of these steps comes first? (inferred)

Peel the potato and carrot.
 Fill a saucepan with water.
 Take the eggs out of the water when cooked.
 Crack an egg into a bowl.

3 List the ingredients that are in this recipe. (literal)



4 What are two reasons that you like to eat healthy foods?

(applied)

1 _____

2 _____

Write your answer on the lines.

ACTIVITY 3

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Write your answer in the box.

Serve with two friters on each plate.

Peel one carot.

Great the zucchini.

2 Unscramble these words from the text.

Write your answer in the table.

s i i n n g r e e d t	
e e p p p r	
e t a l b s o o p n	

3 Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Fill the sausepan with water.

Push down the vegetable mixture.

Ster the water.

ACTIVITY 4

SENTENCE CUT AND PASTE

- 1 Unscramble this sentence. Glue the words and punctuation to your page in the correct order.



" going fritter today I'm

this . to Jon cook

said healthy recipe , "

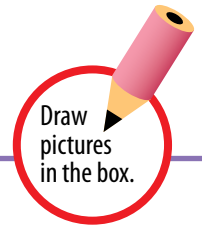


ACTIVITY 5 COMMON NOUNS

- 1** **Common nouns** are naming words for people, places and things.
Circle the common nouns.

(Remember – Proper nouns are special names for people, places and things.
They always start with a capital)

Jeremy told Susan to take the saucepan from
the cupboard and fill it with enough water
to cover an egg.



- 2** Draw a picture of each common noun.