

VIBE ACTIVITIES

Healthy Recipe: Quinoa – the super seed page 25

QUINOA (PRONOUNCED “KEEN-WAH”) IS FAST GAINING A REPUTATION AS A ‘SUPERFOOD’ BECAUSE IT PACKS A SOLID PUNCH OF HEALTH BENEFITS IN ONE SERVE. HIGH IN PROTEIN, QUINOA HAS ESSENTIAL VITAMINS AND MINERALS SUCH AS CALCIUM, PHOSPHORUS AND IRON, AS WELL AS ALL EIGHT ESSENTIAL AMINO ACIDS REQUIRED FOR GOOD HEALTH. TECHNICALLY A GRAIN CROP ORIGINATING FROM SOUTH AMERICA, QUINOA HAS BEEN EATEN AS A STAPLE THERE FOR HUNDREDS OF YEARS. WHILE BEING A GRAIN, IT IS THE SEEDS OF THE PLANT THAT ARE EATEN, EITHER WHOLE OR AS A FLOUR. QUINOA’S SLIGHTLY NUTTY FLAVOUR AND TEXTURE (SIMILAR TO COUSCOUS), MAKE IT A VERSATILE AND TASTY GLUTEN-FREE OPTION FOR MANY DISHES.

HEALTHY RECIPE

Food Focus

Quinoa – the super seed



Serves 2 INGREDIENTS

- * 1 cup cooked quinoa (cook 1/2 cup as per packet directions)
- * 1/2 teaspoon cinnamon
- * 1 teaspoon turmeric
- * 100g cooked chicken, shredded
- * Handful cherry tomatoes, halved
- * 1/2 Lebanese cucumber, diced
- * 2 tablespoons pepitas (shelled pumpkin seeds)
- * 2 tablespoons slivered almonds
- * 2 tablespoons chia seeds
- * 2 tablespoons goji berries
- * Handful of rocket leaves
- * 1/4 bunch mint leaves, chopped

- * 2 tablespoons lemon olive oil
- * Salt and pepper, to taste

Dressing:

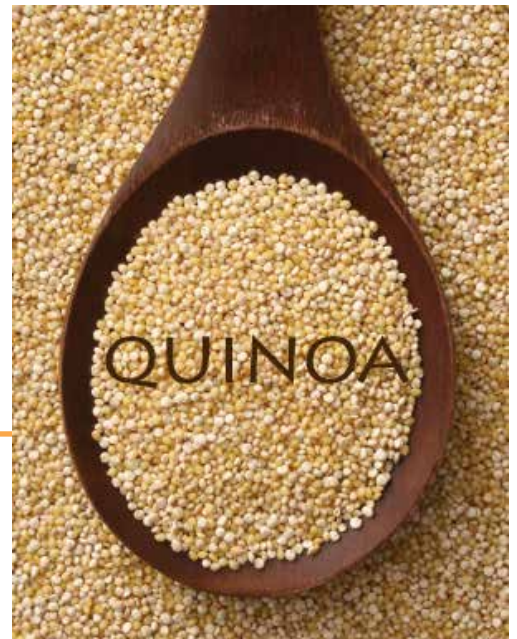
- * 1/2 cup of thick plain yoghurt
- * 2 tablespoons of tahini (sesame paste)
- * Zest and juice of 1/2 a lemon

METHOD

Add cinnamon and turmeric to cooked quinoa and stir to combine. Add all other ingredients. Season generously. To make dressing, mix ingredients in a small bowl. Add dressing to salad when ready to serve; mix well.



Quinoa (pronounced KEEN-WAH) is called a super food because it is full of protein, vitamins and minerals. Try eating it instead of rice for a delicious change.



ACTIVITY 1

SUPER FOODS



- 1 Quinoa is often called a super food.
Draw the foods that you love to eat because they are healthy and delicious.

ACTIVITY 2

WHICH PLANTS DO THESE GRAINS AND SEEDS COME FROM?

- 1** Cut out these seeds and grains.
Match them with the pictures that show where they come from.
Glue them next to each other.



pumpkin seeds



quinoa plant



rice



corn cob



quinoa



pumpkin



corn kernels



rice paddy

ACTIVITY 3

WORD PAIRS

1 Draw a line to match these pairs of words.

chicken

quinoa

cinnamon

chicken

tomatoes

quinoa

Write your answer in the box.

Which word is left over?



ACTIVITY 4

Write
your answer
on the lines.

1 Write the correct word.

I can _____ quinoa. (cook, cake)

_____ like to eat chicken. (Us, We)

I like _____ food. (me, my)

I _____ a plate. (have, has)

ACTIVITY 5

JOIN THE LETTERS

Write
your answer
in the box.

1 What vegetable can you see when you join the letters?

