

VIBE ACTIVITIES

HEALTHY RECIPE



THIS HEARTY RECIPE, BURSTING WITH FLAVOUR, WILL KEEP YOU WARM AND KEEP UP YOUR ENERGY.

Serves 4 INGREDIENTS

- * 1 tablespoon olive oil
- * 500g beef mince
- * 2 large onions, chopped
- * 3 garlic cloves, finely chopped
- * 1 long red chilli, seeded and finely chopped
- * Handful of button mushrooms, chopped
- * 1 red capsicum, chopped
- * 1 litre (4 cups) beef stock
- * 2 tomatoes, chopped
- * 2 tablespoons tomato paste
- * 1 teaspoon ground coriander seeds
- * 1 teaspoon paprika
- * 1 tablespoon cumin
- * 1 teaspoon sugar
- * 2 pieces dark chocolate
- * Rice or corn chips, to serve
- * Sour cream



METHOD

1. Heat oil in a large saucepan over medium heat; add mince and brown. Add onions, garlic, chilli, mushrooms and capsicum; cook for a further 5 minutes.
2. Add beef stock and bring to the boil. Add tomatoes, tomato paste, coriander, paprika, cumin, sugar and chocolate and give it a good stir.
3. Boil for 10 minutes, stirring constantly. Turn down heat and simmer, stirring regularly, for 1-4 hours) or until the stock reduces and flavours have infused. If you have time, refrigerate the chilli overnight as the flavour's even better the next day.
4. Serve with rice or corn chips and add a dollop of sour cream.

Chilli Con Carne

Beat the chill with this winter warmer

As the weather is turning cooler in winter, this is a healthy, warming recipe to try at home.



ACTIVITY 1

- 1 Draw the foods that you love to eat in winter because they are healthy and delicious.

Draw your idea.

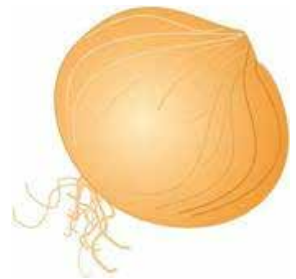
A large, empty rectangular area defined by a dotted orange border, intended for a student to draw their favorite winter foods.

ACTIVITY 2

SOME INGREDIENTS FOR CHILLI CON CARNE

1 Draw a line to match these labels with their pictures.

Red kidney beans



Red capsicum



Button mushrooms



Onion



Beef mince



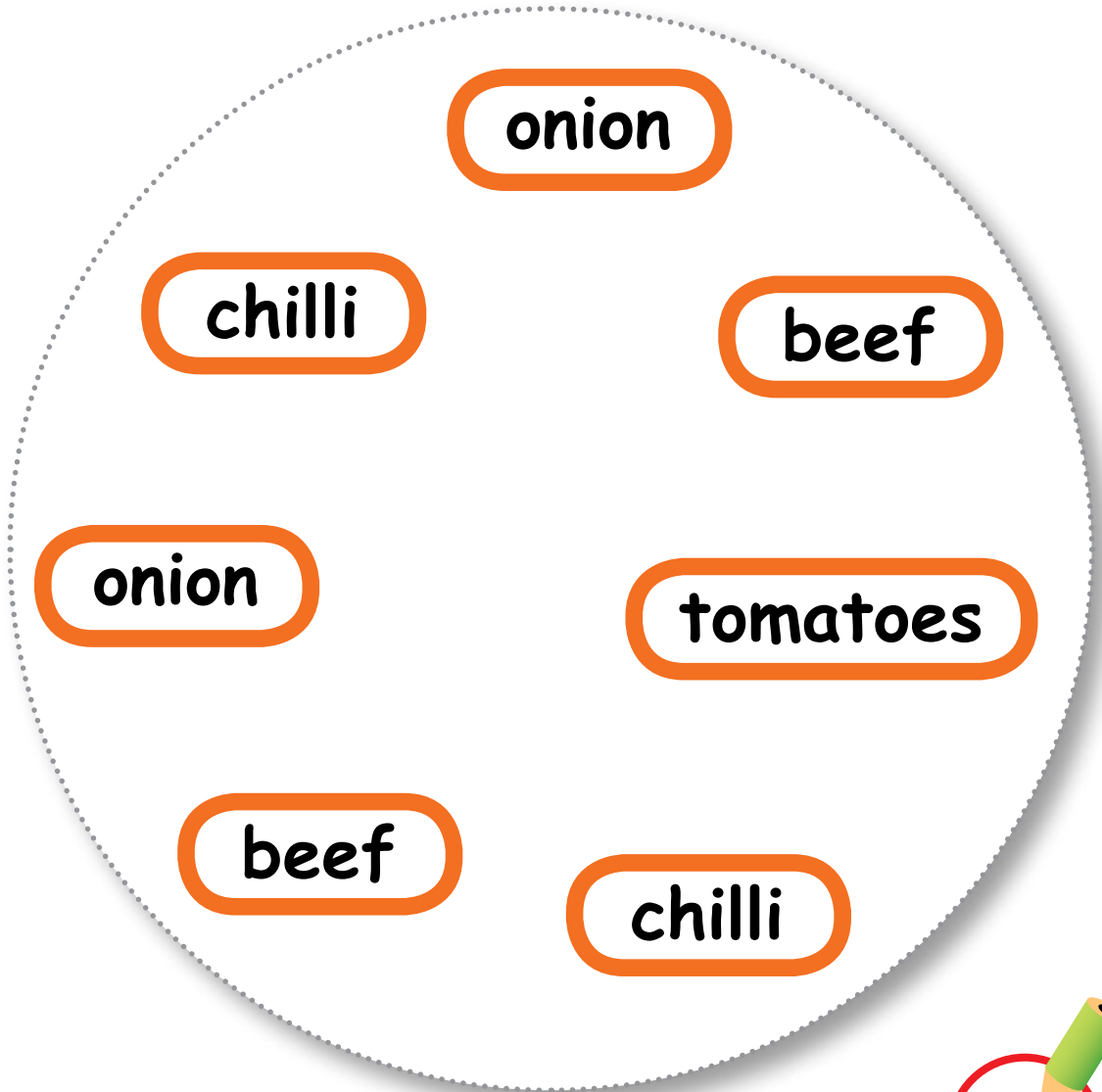
Red chillies



ACTIVITY 3

WORD PAIRS

1 Draw a line to match these pairs of words.



Write
your answer
in the box.

2 Which word is left over?



ACTIVITY 4

COMMON NOUNS

1 Circle the common nouns in these sentences.

Remember – A **common noun** can be a person, place or thing.

1. Heat oil in a large saucepan.
2. Add the onions, garlic, mince and chilli.
3. Stir the mixture in the pot.
4. Serve with rice or corn chips.

ACTIVITY 5

SINGULAR OR PLURAL?

1 Nouns can be **singular** (one) or **plural** (more than one).

Many singular nouns add the letter **S** to make the plural.

Add the letter **S** to write the plural form of the nouns below.

Write
your answer
in the table.

onion		bowl	
bean		pot	
spoon		plate	