

A SURVIVAL GUIDE TO FOOD





INGREDIENTS

HOW TO SURVIVE ON PEANUTS

Money-Saving Tips for Shopping & Cooking

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HOW TO SURVIVE ON PEANUTS

FOR 3 TERMS



MONEY-~~SAVING~~ TIPS

WE SHOW YOU HOW TO MAKE YOUR BUDGET - AND YOUR FOOD
- GO FURTHER, WITH SOME TIPS ON SHOPPING AND COOKING.

WHEN SHOPPING

- 1. If possible, plan your budget** - Work out how much you're going to spend on food each week and stick to it. Try to plan a shopping list based on menus.
- 2. Store cupboard basics** - Always have your cupboard stocked up with long-life foods such as pasta, rice and noodles (see store cupboard essentials). Processed food is an expensive option because you are paying for the processing. [It's much cheaper to buy basic ingredients and cook from scratch.](#)
- 3. Supermarket own brands** - [Supermarket own brands such as pasta, rice, etc are cheaper alternatives to branded products. Stock up on these staples and you'll never go hungry.](#)
- 4. Take advantage of special offers** - Particularly on foods like tinned pulses and beans, fruit juices, etc. It's worth going to the supermarket in the evening when some of the products are nearing the end of their use by/best before date and are marked down in price. Don't forget you need to use them quickly, or freeze them according to instructions.
- 5. Buy frozen or tinned fruit and veg** - Tinned and frozen fruit and vegetables are good alternatives to fresh – [they're cheap and keep for ages.](#)
- 6. Shop around** - If there's one near you, check out the markets for cheaper fruit and vegetables.
- 7. Shop seasonally** - It makes sense to buy your vegetables and fruit when they are in season. Buying exotic fruits in the middle of winter is going to be expensive.

WHEN COOKING...

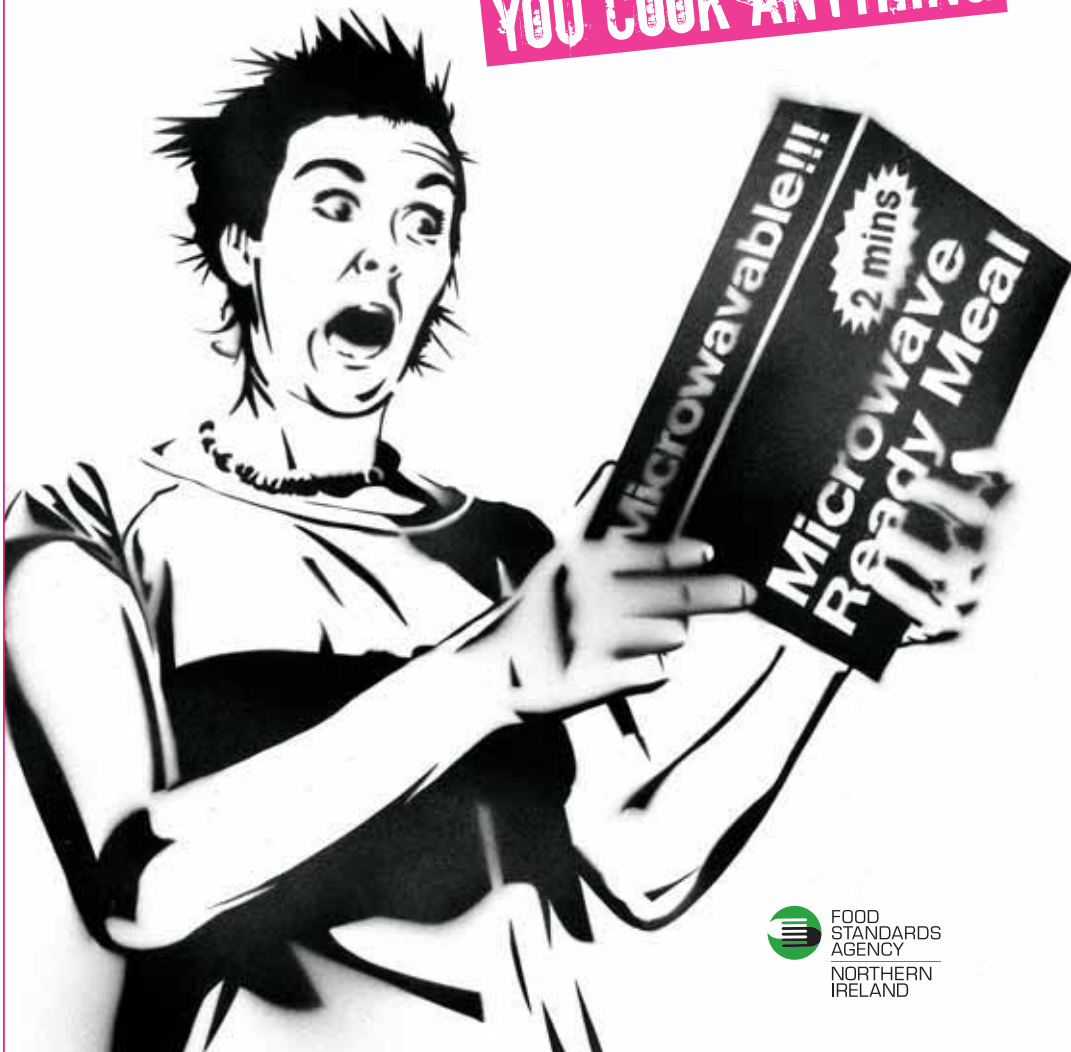
- 1. Make your food go further** - **Base your meals around starchy foods such as potatoes, rice, pasta or bread, which are cheap and nutritious.** You can make meat go further by cooking it in casseroles or stir fries with cheaper ingredients such as beans or seasonal vegetables. We'll show you how in the recipes section.
- 2. Got a freezer?** - It can be expensive buying a different set of ingredients for every meal, so it's a good idea to cook up a batch of dishes such as chilli, curry or stew and freeze them in handy portions. **If space is an issue you can put portions into freezer bags rather than plastic containers.**
- 3. Watch your waste** - When you buy food that goes off quickly, plan your meals so it all gets eaten or frozen for future use. **Did you know that in the UK about one third of food grown for us to eat gets thrown out?**
- 4. Be creative with leftovers** - **This doesn't mean you eating last night's curry for breakfast.** We'll show you how with some tasty recipes.



SURVIVE ON PEANUTS

BEST READ BEFORE

YOU COOK ANYTHING



 FOOD
STANDARDS
AGENCY
NORTHERN
IRELAND

BEST READ BEFORE



CHECK THE FOOD LABEL!

Added ingredients:
Strawberries (6%), Bananas (4%),
raw cane sugar, modified maize
starch.

Country Foods

Low fat live yogurt
Strawberry & Banana

! Allergy advice
May contain nut traces

Nutrition information
Typical values per 100g

Energy	245 kJ/58kcal
Protein	4.6g
Carbohydrate	7.2g
of which sugars	6.5g
Fat	1.2g
of which saturates	0.2g
Fibre	0.2g
Sodium	0.1g

Use by: see date on lid

KEEP REFRIGERATED
Once opened consume within 3 days

Country Foods' low fat yogurt is made with biocultures
Lactobacillus acidophilus and Bifidobacterium lactis

Suitable for vegetarians

Gluten free

Made in the UK for
Country Foods
125 Kingsway, London
WC2B 6NH

UK
Quality
Standard

350g e

For further information please
visit us at www.food.gov.uk

Labels are a good thing. They tell you what's in the tin or packet of food you're buying, because otherwise you wouldn't have a clue.

**ALTHOUGH TWO PIZZAS MAY LOOK THE SAME FOR EXAMPLE,
YOU MIGHT BE SURPRISED AT THE DIFFERENT AMOUNTS OF
SALT USED IN THEM.**

By law, all food labels have to show certain information including weight or volume, use by or best before date, ingredients, GM ingredients, nutritional information (e.g. calories, fat or salt content), place of origin and if they contain artificial sweeteners. Nutritional information is also required when certain claims are made about the food, such as low in fat.

LOOK AT THE NUTRITIONAL PANEL

If a nutritional panel has been provided on a label it must have a standard format. This will always show Protein, Carbohydrates, Fat, Fibre and Salt (sometimes referred to as sodium), as well as calories and vitamins. Read the typical value per 100 grams, rather than the value per serving.

What is Low per 100g	Nutrient	What is High per 100g
5g and below	Sugars	over 15g
3g and below	Fat	over 20g
1.5g and below	Saturates	over 5g
0.3g and below	Salt	over 1.5g

SALT

Three-quarters (75%) of the salt we eat comes from processed food, such as breakfast cereals, soups, sauces, ready meals and biscuits and not from salt that we add to food ourselves.

Basically, you should have no more than 6g of salt a day in your diet.

Foods where some brands/recipes are high in salt include:

- > Breads
- > Baked beans
- > Breakfast cereals
- > Cooking sauces
- > Crisps
- > Pre-packed Sandwiches
- > Pizza
- > Ready meals
- > Soup
- > Sausages
- > Tinned vegetables and pulses (with added salt)

REMEMBER:

YOU CAN CHOOSE HEALTHIER VERSIONS OF ALL THESE FOODS, WHICH CONTAIN LESS SALT - JUST CHECK THE LABEL.

BEST READ BEFORE

SALT IS ALSO CALLED SODIUM CHLORIDE. IT'S THE SODIUM IN SALT THAT CAN BE BAD FOR YOUR HEALTH. SOMETIMES NUTRITIONAL PANELS ONLY REFER TO SODIUM.

SALT=SODIUM X 2.5

To convert sodium to salt, you need to multiply the amount by 2.5, i.e. 1 g of sodium/100 g = 2.5 grams of salt/100 g.

LOW

0.3g salt or less per 100g
(or 0.1g sodium)

HIGH

1.5g salt or more per 100g
(or 0.6g sodium)

WHAT DOES 6g LOOK LIKE?

6g is about a teaspoon of salt



REMEMBER:

It's not the salt you add to food, it's the salt that's added to processed food that's the problem. Check the label!

WHAT'S THE DIFFERENCE BETWEEN 'USE BY' AND 'BEST BEFORE' ON LABELS?

USE BY

You will see 'use by' dates on food that goes off quickly, such as meat products and ready-prepared salads. Basically, a lot of the products you find in chilled cabinets in the supermarket.

Don't use any food or drink after the end of the 'use by' date on the label, even if it looks and smells fine. Using it after this date could put your health at risk.

For the 'use by' date to be a valid guide, you must carefully follow storage instructions such as 'keep in a refrigerator'. If you don't follow these instructions, the food will spoil more quickly and you may risk food poisoning.

TIP:

'Use by' does not always mean 'eat by'. If a food can be frozen its life can be extended beyond the 'use by' date.

But make sure you follow any instructions on the pack – such as 'freeze on day of purchase', 'cook from frozen' or 'defrost thoroughly before use and use within 24 hours'.



BEST READ BEFORE

BEST BEFORE

'Best before' dates appear on a wide range of frozen, dried, tinned and other foods.

The 'best before' dates are more about quality than safety. When the date runs out it doesn't mean that the food will be harmful, but it might begin to lose its flavour and texture.

FACT:

However, you shouldn't eat eggs after the 'best before' date. This is because eggs can contain salmonella bacteria, which could start to multiply after this date.

Remember, the 'best before' date will only be accurate if the food is stored according to the instructions on the label, such as 'store in a cool dry place' or 'keep in the fridge once opened'.

So, if you want to enjoy the food at its best, use it by its 'best before' date and make sure you follow any instructions.

WHAT YOU NEED TO KNOW ABOUT ALLERGIES

Labels can help if you're allergic to certain foods. For example, people with coeliac disease can't eat gluten, which is why some products are labelled 'gluten-free'.

IF YOU HAVE A NUT ALLERGY, IT CAN BE FRUSTRATING THAT MANY LABELS SAY 'THIS PRODUCT MAY CONTAIN TRACES OF NUTS'. HOWEVER, SINCE NOVEMBER 2005 FOOD MANUFACTURERS HAVE HAD TO BE MORE SPECIFIC.

**IN THEORY, ANY FOOD CAN CAUSE A FOOD ALLERGY.
BUT IN FACT JUST A HANDFUL OF FOODS ARE TO BLAME
FOR 90% OF ALLERGIC REACTIONS TO FOOD IN THE UK.**

SYMPTOMS

The most common symptoms of an allergic reaction include:

- > coughing
- > dry, itchy throat and tongue
- > itchy skin or rash
- > nausea and feeling bloated
- > diarrhoea and/or vomiting
- > wheezing and shortness of breath
- > swelling of the lips and throat
- > runny or blocked nose
- > sore, red and itchy eyes

Symptoms can appear within minutes, or up to several hours after someone has eaten the food they are allergic to. Generally, you won't experience all of these symptoms at the same time and bear in mind that some of the symptoms of an allergic reaction can also be symptoms of other illnesses.



BEST READ BEFORE

BUYING FOOD - CHECK THE LABEL

All pre-packed food sold in the UK has to show clearly on the label if it contains one of the following as an ingredient (or if one of its ingredients contains, or is made from:

- > peanuts
- > nuts (almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios, macadamia nuts and Queensland nut)
- > eggs
- > milk
- > crustaceans (including prawns, crabs and lobsters)
- > fish
- > sesame seeds
- > cereals containing gluten (including wheat, rye, barley and oats)
- > soya
- > celery
- > mustard
- > sulphur dioxide and sulphites (preservatives used in some foods and drinks), at levels above 10mg per kg or per litre
- > lupin
- > molluscs (including mussels and oysters)



ALLERGY STATEMENTS OR BOXES

As well as the ingredients list, which is a legal requirement, many food products have a statement or an allergy advice box on the label saying they contain a certain food, for example nuts, milk or eggs.

These boxes are not a legal requirement and so they may not be on a food label. It is not a good idea to rely on them as not all retailers use them. **You should always read the ingredients list regardless of whether there is a “contains” box or statement.**

‘MAY CONTAIN’

Some food labels say things like ‘may contain nuts’ or ‘not suitable for someone with a milk allergy’. This means that even though nuts or milk aren’t deliberately added to the food as an ingredient, the manufacturer can’t be sure that on some occasions the product doesn’t accidentally contain small amounts of them.

If you have an allergy to the food mentioned you should avoid these products. The FSA has recently produced guidelines for manufacturers to help them manage foods that cause allergies. The guidance sets out ways of reducing the chances of the foods causing allergies getting into food products accidentally. It also advises businesses on how to assess the risk of this accidental cross-contamination so that they can decide if they need to use an advisory warning or not.

If an advisory warning is appropriate, the guidance for food manufacturers also suggests phrases to use to explain the risk to someone who has a food allergy. These phrases are:

- > may contain X
- > not suitable for someone with X allergy

If you think a food product has been labelled inaccurately or incorrectly, you should report this to the Environmental Health Department of your local council.



SIGNPOSTING AND NEW TRAFFIC LIGHT LABELLING

Some food products in supermarkets now have traffic light colours which tell you, at a glance, if the food you're looking at has high, medium or low amounts of fat (especially saturated fat), salt and added sugars per 100g.

You might also see the number of grams of **fat, saturated fat, salt and sugars** in what the manufacturer or retailer suggests as a 'serving' of the food.

If you see a **red** light on the front of the pack, you know the food is high in something we should be trying to cut down on. It's fine to have the food occasionally, or as a treat, but try to keep an eye on how often you choose these foods, or try eating them in smaller amounts.

If you see **amber**, you know the food isn't high or low in the nutrient, so this is an OK choice most of the time, but you might want to go for green for that nutrient some of the time.

Green means the food is low in salt, saturated fat, fat or sugars. The more green lights, the healthier the choice.

There is a growing number of products with traffic light colours to help you make your choice. This scheme is being used by an increasing number of supermarkets, next time you go shopping try looking for these symbols.

Check how much fat, sugar and salt is in your food

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

Food Shopping Card

	Sugars	Fat	Saturates	Salt
What is HIGH per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per100g	5g and below	3g and below	1.5g and below	0.3g and below

If your shopping doesn't have traffic light colours you can still tell whether the levels of fat, sugars and salt are **HIGH, MEDIUM** or **LOW** by using this handy card and the nutrition information given on the back of most packs.

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For more information on labelling, check out our website www.eatwell.gov.uk/foodlabels/trafficlights/

THE BREAD & BUTTER STUFF

BACK TO BASICS



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BREAD & BUTTER STUFF

THE EATWELL PLATE

If you want to get the balance of your diet right, use the eatwell plate.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet.



The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

So, try to eat:

- > plenty of fruit and vegetables
- > plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties whenever you can
- > some milk and dairy foods
- > some meat, fish, eggs, beans and other non-dairy sources of protein
- > just a small amount of foods and drinks high in fat and/or sugar

Look at the eatwell plate to see how much of your food should come from each food group. You don't need to get the balance right at every meal. But try to get it right over time such as a whole day or week.

GETTING THE MOST OUT OF YOUR DIET

What you eat now has an impact on your future health. The good news is being healthy doesn't mean going on a drastic diet or giving up your favourite foods, as long as you remember these 5 steps:

- > Eat the right amount of food for how active you are – basically, if the food you eat gives you more energy than you need, then the excess is turned into fat
- > Aim to eat a third of your food as starchy food (rice, pasta, bread)
- > Eat plenty of fruit and vegetables and get into the habit of eating at least 5 portions a day
- > Cut down on fat
- > Eat less sugar

To get the most out of your diet, it's good to know some of the basics about why certain foods are so important. The next section of this guide shows you how.

FRUIT AND VEG

FRUIT AND VEG IS GOOD FOR YOU. WE LOVE IT, AND DON'T THINK IT'S WRONG TO GET EXCITED BY THE FACT THAT BANANAS CONTAIN ALL THE 8 AMINO ACIDS THAT OUR BODIES CAN'T PRODUCE THEMSELVES. FRUIT AND VEG IS A GREAT SOURCE OF VITAMIN C, FIBRE AND FOLIC ACID.



BREAD & BUTTER STUFF

AND IF THAT DOESN'T CONVINCE YOU...

Eating 5 portions of fruit and veg a day reduces the risk of heart disease, some cancers and other health problems. They also contain nutrients that our bodies can't make. So our advice to you for a long and healthy life is to eat more fruit and veg.

Most of us are rubbish at getting enough fruit and vegetables in our diet. But eating your five portions a day is easier than you might think. You could try something like this:

- > At breakfast, have a glass of unsweetened fruit juice, which will count as one portion, or have some sliced fruit on your cereal;
- > As a mid-morning snack, eat a piece of fruit for your second;
- > For lunch - beans on toast. The beans will count as your third portion;
- > Mid afternoon snack - a handful of dried fruit or a banana;
- > For dinner, have vegetables, say carrots, and tinned fruit such as peaches afterwards.

REMEMBER:

The fruit and vegetables don't have to be fresh. Dried, tinned or frozen and juiced fruit and veg all count.

Eat fresh fruit and vegetables as soon as possible after you have bought them as they start to lose essential vitamins. The next few pages will give you advice on how to do it, with some practical tips and recipes.



AIM TO EAT A THIRD OF YOUR FOOD AS STARCHY FOOD

STARCHY FOOD

Starchy food, or complex carbohydrates, such as bread, cereals, rice, pasta and potatoes, should make up about a third of the food you eat during the day, so try to include at least one starchy food with each of your main meals. **They're a great source of energy and the main source of a range of nutrients in our diet. As well as starch these foods contain iron, calcium, B vitamins and fibre.**

Why do you need fibre? Eating plenty of fibre lowers blood cholesterol and keeps the gut healthy.

FACT:

Did you know that potatoes became intergalactic in October 1995, when they became the first vegetable to be grown in space? Marvellous!

THINK BROWN. TRY TO BUY WHOLE GRAIN VARIETIES OF CEREAL AND CEREAL PRODUCTS AS YOU'LL GET MORE NUTRIENTS AND FIBRE THAN WHITE.



BREAD & BUTTER STUFF



CUT DOWN ON FAT

Fat is the most concentrated source of energy, and to stay healthy we need some fat in our diets. The issue is the kind of fat we are eating. There are two main types of fat – saturated and unsaturated.

Foods high in saturated fat include:

- > Sausages, meat, meat pies with visible white fat
- > Pastry
- > Cakes and biscuits
- > Cream
- > Butter and lard
- > Cheese

SATURATED FAT RAISES THE LEVEL OF CHOLESTEROL IN THE BLOOD AND HAVING HIGH CHOLESTEROL INCREASES THE CHANCES OF DEVELOPING HEART DISEASE. SO YOU SHOULD TRY TO CUT DOWN ON FOODS THAT ARE HIGH IN THIS. IN THE UK, WE HAVE MORE SATURATED FAT IN OUR DIETS THAN IS RECOMMENDED, SO WATCH WHAT YOU EAT!

Instead, try to have foods that are rich in unsaturated fat, such as using vegetable oils when you cook (including sunflower and olive oil), oily fish, nuts and seeds. When you are having meat, try to choose lean cuts.

MEAT

Meat is a good source of protein, and vitamins and minerals, such as iron, selenium, zinc, and B vitamins. It is one of the main sources of vitamin B12, which is only found in foods from animals, such as meat and milk. Some types of meat, however, are high in fat, particularly saturated fat.

Making healthier choices when buying meat

- > If you're buying pre-packed labelled meat, check the label to see how much fat it contains and compare products
- > If you buy meat from a butcher ask for a lean cut
- > Go for turkey and chicken without the skin because these are lower in fat.
- > Try not to eat too many meat products such as sausages, salami, pâté and beefburgers, because these are generally high in fat. They can be high in salt too.
- > Remember that meat products in pastry, such as pies and sausage rolls, are often high in fat.

BUDGET TIP:

It's worth going to the supermarket in the evening when some of the products nearing their use by date are marked down in price.

How do I know if a food is high in fat?

Check out the label

The nutrition panel on a label will tell you how much fat a food contains. Generally, this will state how many grams (g) of fat there are in 100g of food. Some foods also give a figure for saturated fat, or saturates:

High

20g fat or more per 100g

5g saturates or more per 100g

Low

3g fat or less per 100g

1.5g saturates or less per 100g

A medium amount of total fat is between 3g and 20g per 100g.

A medium amount of saturates is between 1.5g and 5g per 100g.

EAT LESS SUGAR

SOME TYPES OF FIZZY DRINKS CONTAIN THE EQUIVALENT OF 8 HEAPED TEASPOONS OF SUGAR!

Did you know in Northern Ireland we consume more buns, cakes, sweets and fizzy drinks than any other part of the UK? Not surprising that we also have more tooth decay than any other part of the UK then, is it? Try and reduce the number of times you eat sweets, biscuits, cakes, sugar and coated cereals.

How do I know if a food is high in added sugar?

Check the label

The ingredients list always starts with the biggest ingredient first. There are many ways to label sugar: sucrose, glucose, fructose, invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know the food is likely to be high in added sugars. Another way to get an idea of how much is in a food is to have a look for 'carbohydrates (of which sugars)' figure on the nutrition panel of the label. But this figure can't tell you how much is from added sugars, which is the type we should try and cut down on.



A medium amount of sugar is between 5g and 15g per 100g

VITAMINS AND MINERALS

Vitamins and minerals are essential nutrients that your body needs in small amounts to work properly. We need them in the form they are found in food. Minerals are necessary for three main reasons:

- > building strong bones and teeth
- > controlling body fluids inside and outside cells
- > turning the food we eat into energy

If you eat a varied, balanced diet you should get all the minerals you need.

You should check out our website for more information on:

<http://www.eatwell.gov.uk/healthydiet/nutritionessentials/vitaminsandminerals>

The following are all minerals:

- > calcium
- > iron
- > magnesium
- > phosphorus
- > potassium
- > sodium
- > sulphur

SOME MINERALS ARE NEEDED IN LARGER AMOUNTS THAN OTHERS, SUCH AS CALCIUM AND MAGNESIUM. OTHERS ARE REQUIRED IN SMALLER QUANTITIES, SUCH AS IRON, SELENIUM AND ZINC.



BREAD & BUTTER STUFF



GIRLS TAKE NOTE

THE NATIONAL DIET AND NUTRITION SURVEY FOUND THAT A 1/4 OF ALL WOMEN AGED BETWEEN 19 AND 64 YEARS HAVE SERIOUSLY LOW INTAKES OF IRON, WHICH COULD PUT THEM AT RISK OF DEVELOPING IRON DEFICIENCY ANAEMIA. ABOUT 2/5 OF THE YOUNGEST WOMEN (AGED 19 TO 24 YEARS) HAD IRON INTAKES FROM FOOD SOURCES BELOW THE RECOMMENDED TARGET LEVELS, WHICH ARE INTAKES THAT ARE LIKELY TO BE INADEQUATE. WOMEN ARE MORE AT RISK OF BEING LOW IN IRON BECAUSE OF MONTHLY PERIODS.



WHY DO WE NEED IRON?

Iron is an essential part of haemoglobin, the red pigment in our blood that allows it to carry oxygen around the body. If iron levels are low, the amount of haemoglobin in our red blood cells, as well as the number of red blood cells, is reduced. This is called anaemia or iron deficiency. The first symptoms of anaemia are tiredness, looking pale and a shortness of breath.

Did you know that Vitamin C might help us to absorb iron? So, for example, having a glass of orange juice with a meal, or having vegetables such as broccoli, brussels sprouts, green peppers or potatoes (all good sources of vitamin C) might be able to increase the amount of iron our bodies get from our food?

SOURCES OF IRON

Red meat is the richest source of iron and is easily absorbed by the body. There is also iron in pulses (such as lentils and beans), dried fruit, green leafy vegetables, nuts and seeds, and in fortified breakfast cereals. The iron in these foods is not so easily absorbed by the body.

FACT:

Did you know that tea and coffee contain compounds, called polyphenols, which bind with iron making it harder for our bodies to absorb it? So avoid drinking tea and coffee with meals or within 30 minutes after a meal.

The following suggestions can help boost your iron intake. They include foods that are rich in iron and foods that can help your body absorb it.

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">> Fortified breakfast cereal e.g. wholewheat biscuits, with semi-skimmed milk> Poached egg, baked beans, grilled tomato, reduced fat sausages, wholemeal toast> A glass of orange or grapefruit juice with one of these	<ul style="list-style-type: none">> Sardines or baked beans on wholemeal toast> Bean salad (butter beans, kidney beans, drop of olive oil, garlic, tomato) with a boiled egg> A glass of juice or a smoothie	<ul style="list-style-type: none">> Beef or vegetable stir-fry> Grilled beefburger in a bun with oven chips> Spaghetti bolognese with lamb mince, peas and kidney beans (vegetarians use soya mince and lentils)

A glass of juice with the above or some fruit (fresh, frozen, tinned or dried) to follow.

CALCIUM

There is also concern about the calcium intake of adolescent girls and young women. Your bone density is determined in adolescence and young adulthood, so it's important to include foods which are good sources of calcium in your diet every day.

Before the age of 25 women build up their peak bone mass so it is vital that your diet has enough calcium and magnesium. Milk and dairy products such as cheese, yoghurt and fromage frais are an important source of calcium, which helps to keep our bones strong. They're also a great sources of protein and vitamins A, B12, and D. The calcium in dairy foods are easy for the body to absorb. Other non-dairy sources include fish such as canned sardines where you eat the bones, as well as, red kidney beans, broccoli and fortified breakfast cereals.

While diet is important so is keeping physically active. Walking, climbing stairs, running and weight bearing exercises are particularly good for keeping our bones strong.

Fact:

Did you know that with dairy products, semi-skimmed and skimmed options contain as much calcium as full-fat versions? Make the healthy choice.

WATER

We should all be drinking between 6–8 glasses of water or other fluids every day to stop us getting dehydrated.

Drinks that contain caffeine such as coffee, tea or soft drinks are mild diuretics, which means they make the body produce more urine. While it's ok to have these drinks, make sure you're also drinking fluids that don't contain caffeine, such as water, milk and pure fruit juices.

If you're dehydrated you're likely to lack concentration and feel tired.



VEGETARIAN & VEGAN DIETS

It's a fact that more women are likely to be vegetarian or vegan than men. Vegetarianism is becoming more common among teenagers, especially among girls. The National Diet and Nutrition Survey of 4-18 year olds found that 1 in 10 girls aged 15-18 years reported that they were vegan or vegetarian. (Gregory et al., 2000).

The Vegetarian Society define a vegetarian as 'someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs (preferably free-range).'

A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacea, or slaughter by-products such as gelatine or animal fats.

DID YOU KNOW?

- > **Just under a quarter of the world's population has a mainly vegetarian diet**
- > **Vegetarians from the animal kingdom include the elephant, rhinoceros and gorilla**

As long as a vegetarian diet is well balanced, it should provide all the nutrients needed. The key to a healthy vegetarian diet is understanding which foods provide which nutrients, and forward planning of meals. Most vitamins can be provided by foods of plant origin, with the exception of vitamin B12. We've included a table which gives examples of foods and sources of nutrients (from plants and animals).



**DID YOU KNOW ELEPHANTS
ARE VEGGIES TOO?**

GETTING ENOUGH PROTEIN

If you don't eat meat and/or dairy products, it's important to make sure you're getting enough protein.

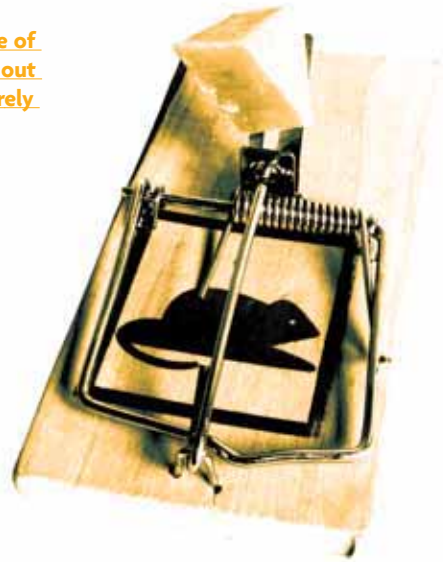
These foods are all good sources, so try to include a mixture of these in your diet each day, and vary the types you choose:

- > **pulses (such as lentils and chickpeas)**
- > **baked beans**
- > **peanuts and seeds**
- > **boiled eggs**
- > **soya and soya products such as tofu**
- > **mycoprotein, sold as Quorn™**
- > **wheat proteins, such as cereals, bread, rice and maize**
- > **milk and dairy products**

Protein is made of amino acids, some of which are known as 'essential amino acids' because the body can't make them itself. It's actually easy to get all the essential amino acids you need by eating different types of protein foods at the same time. In fact you will often be doing this already, for example by having:

- > **beans on your toast**
- > **milk with your breakfast cereal**
- > **rice with lentil dhal**
- > **a rice and bean salad**
- > **vegetable chilli (with kidney beans) served with rice or tortillas**
- > **bread and cheese**
- > **soup made with lentils, beans or split peas with a chunk of bread**
- > **houmous and pitta bread**

It's not a good idea to rely on one type of protein because you might be missing out on nutrients. Also, if for example you rely on cheese as your source of protein, you might end up having too much saturated fat.



IRON

Although meat is the best source of iron, it can also be found in:

- > pulses
- > green vegetables such as broccoli
- > bread
- > fortified breakfast cereals

VEGETARIAN LABELLING

You see a variety of vegetarian logos on food labels.

Products carrying the 'Vegetarian Society Approved' logo must fulfil certain requirements laid down by the Vegetarian Society.

But at present, there is no single legal definition of the terms 'vegetarian' or 'vegan' either at European or UK level.

THE 'SUITABLE FOR VEGETARIANS' LOGO IS NOT REGULATED. IT IS KNOWN AS A 'VOLUNTARY CLAIM', WHICH MEANS IT IS ILLEGAL FOR THE LABELLING INFORMATION TO INCLUDE ANYTHING THAT IS FALSE OR LIKELY TO MISLEAD.

The Vegetarian Society's food labelling scheme, known as the Seedling Symbol, was established in 1969. Since then it has become the most widely recognised and trusted stamp of vegetarian approval anywhere in the world. You will find the symbol on some 2000 products including retail food and drinks, catering supplies and household goods. Check out their website for more information.

For more information, see the Vegetarian Website at www.vegsoc.org

VEGAN

The Vegan Society define a vegan as, 'someone seeking a lifestyle free from animal products for the benefit of people, animals and the environment.'

A vegan therefore eats a plant-based diet free from all animal products, including milk, eggs and honey. Most vegans do not wear leather, wool or silk.

If you are a vegan, you need to make sure you're getting enough protein and iron (see above), but it can also be difficult to get enough vitamin B12.

These are good vegan sources of vitamin B12:

- > yeast extract
- > fortified bread
- > fortified breakfast cereals
- > some soy products

For more information see the Vegan Website at www.vegansociety.com



FOODS AND SOURCES OF NUTRIENTS

The following table should give you an idea of the nutrients you need in your diet and some of the foods you can get them from – whether from plant (vegetable) or animal sources.

Nutrients You Need in Your Diet

Nutrient	Animal Sources	Plant Sources (Vegetarian)
Protein	Meat, poultry, fish (can be canned e.g. sardines, mackerel), eggs, milk, cheese, yoghurt	Pulses (incl baked beans, lentils, chick peas and beans), bread, seeds, potatoes, nuts
Calcium	Milk, cheese, yoghurt, tinned sardines and salmon	Green leafy vegetables e.g. broccoli, nuts, bread, dried fruits e.g. apricots
Iron	Red meat, liver, chicken, fish and eggs	Fortified breakfast cereals (check the label to see if iron has been added), bread, pulses, green vegetables, dried fruits, nuts, plain chocolate
Vitamin A	* Cheese, butter, whole cream milk	Yellow/orange vegetables (e.g. carrots) and dark leafy ones (e.g. parsley), yellow/orange fruit (e.g. apricots, mangoes – fresh or dried), fortified margarines and spreads, sweet potato
Vitamin B 12	* Meat, poultry, fish, milk and milk products, eggs	Fortified products only e.g. some breads and cereals (check on the label)

Check out our website: www.eatwell.gov.uk for more information

* Liver is also a good source. But, because it's such a rich source of vitamin A, if you already eat it every week, you might want to choose not to have it more often.

If you're pregnant, you should avoid eating liver and liver products because of the amount of vitamin A it contains.

DON'T GET SICK GET SAFE!



DON'T GET SICK

HYGIENE

INTRODUCTION

Each year it is estimated that **1 in 10 people suffer from food poisoning**. In this survival guide we've put together a few simple food hygiene rules based on a 4C's message to help guard you against food poisoning.



CLEANING

– wash hands properly and keep them clean



CHILLING

– chill food properly



CROSS-CONTAMINATION

– Avoid cross-contamination



COOKING

– cook food properly

FACT:

Germs are invisible to the naked eye and can only be viewed under a powerful microscope. They are very hard to detect since they do not usually affect the taste, appearance or smell of food.

CLEANING



HANDS

It's very easy for hands to spread germs all round the kitchen, because we touch so many things, from food to fridge handles, towels to can openers. So to keep your kitchen clean you need to keep your hands clean.

FACT:

It is estimated that 40% of adults carry harmful germs in their nose and throats. Your hands can easily pick these up and spread them around.

Wash your hands thoroughly with soap and warm water at each of these times:

- > before starting to prepare food
- > after touching raw meat, including poultry
- > after going to the toilet
- > after touching the bin
- > after touching pets

Dry your hands thoroughly, because if they are wet they will spread germs more easily. The safest option is to use disposable kitchen roll or to use a towel that you only use for drying hands.

WORKTOPS AND UTENSILS

It's very important to keep worktops/chopping boards and utensils clean because they touch the food you are going to eat. If they aren't properly cleaned, bacteria could spread to food and make you ill.



DON'T GET SICK

REMEMBER:

- > Always clean worktops before you start preparing food.
- > Wipe up any spilt food straight away.
- > Always clean worktops thoroughly after they have been touched by raw meat, including poultry, raw eggs, or root vegetables contaminated by soil.
- > Never put ready-to-eat food, such as cooked meat, salad, bread or fruit, on a worktop or chopping board that has been touched by raw meat, poultry, raw eggs or root vegetables contaminated by soil unless you have washed and disinfected it thoroughly first.

CLEANING MATERIALS

You can wash and disinfect equipment and utensils using boiling water, a chemical such as an antibacterial cleaner or in a dishwasher.

**REMEMBER THAT WASHING UP LIQUIDS ON THEIR OWN
WON'T KILL HARMFUL GERMS.**

Dirty, damp cloths are the perfect place for germs to breed. So it's very important to wash kitchen cloths and sponges regularly and leave them to dry before using them again.

Tea towels can also spread germs, so it's important to wash them regularly and be careful how you use them. Remember, if you wipe your hands on a tea towel after you have touched raw meat, this will spread bacteria to the towel. Then, if you use the tea towel to dry a plate, the bacteria will spread to the plate.

CHILLING



Some foods need to be kept in the fridge to help stop germs from growing on them, such as milk, meat, ready meals, desserts, foods with a 'use by' date and food that says 'keep refrigerated' on the label.

FACT:

At ideal temperatures some food poisoning bugs can multiply every 10 minutes. This means that in just under 2 hours one thousand germs can become one million germs and this can cause food poisoning! That is why it is important to keep foods that need chilled in the refrigerator.

To help stop bugs from growing remember:

- > Keep your fridge at 5°C or below. Use a fridge thermometer to check your fridge temperature as the numbers on the dial are not usually an indication of the temperature. Always check the handbook for your fridge to be sure.
- > Make a habit of throwing out food that has passed its 'use-by' date.
- > Clean the inside and the outside of the fridge regularly.
- > Make sure all foods are either wrapped or in covered containers before storing in the fridge.
- > Store leftovers in covered containers in the fridge and consume within 2-3 days.
- > Don't put hot food in the fridge - let it cool first.
- > Do not overload your fridge. Overloading prevents circulation of cool air, which could mean that food is not kept cold enough.
- > Don't clutter up the fridge. Leave space in the fridge for perishable foods.



DO YOU KNOW WHERE STUFF SHOULD GO IN YOUR FRIDGE?

It's important that you store food in the correct place in your fridge to prevent germs from raw foods contaminating cooked/ready-to-eat foods.

Remember the following points:

- > Store raw meat, poultry and fish in sealed containers on the bottom shelf of the fridge. This will stop them from touching or dripping onto other food and prevent the spread of harmful germs.
- > To thaw frozen meat, poultry or fish without spreading germs to other food in the fridge, place in a covered container on the bottom shelf or use a microwave on the 'defrost' setting.
- > Ready-to-eat food such as dairy products, cooked meats, leftovers, other packaged foods etc should all be kept covered on shelves above raw meat and poultry.

The illustration below shows where food should be stored in your fridge.

TIP:
Safe storage of food in the fridge will help prevent harmful germs spreading from raw to ready-to-eat foods.



FREEZING AND DEFROSTING

It can be expensive buying a different set of ingredients for every meal, so it's a good idea to cook up a batch of food. After cooking, cool the food quickly (ideally within one to two hours), then freeze, in a freezer with no less than four stars, in serving-sized portions. **It is recommended that you date code the portion with the date of cooking so that you know how long the food has been in the freezer.**

Your freezer should operate at a temperature of -18°C .

Storage times will vary depending on the type of food and on your particular freezer. As a general rule freezers will have a star rating to indicate how long food can be safely stored:

1 week	1 month	3 months	3 months or longer
*	**	***	****

Batch cooked frozen foods should be thoroughly defrosted before cooking.

It is recommended that food is defrosted in the fridge or in a microwave oven using the 'defrost' setting. Make sure that it is thawed right to the centre with no ice crystals remaining before cooking.

KEEP RAW MEAT/POULTRY SEPARATE FROM OTHER FOOD WHEN IT IS DEFROSTING. THIS WILL PREVENT CONTAMINATION OF THE OTHER FOOD WITH FOOD POISONING BACTERIA.



DON'T GET SICK

CROSS-CONTAMINATION



Cross contamination is one of the most common causes of food poisoning. It happens when harmful germs are spread onto food from other food, surfaces, hands or equipment.

It's very important to prepare food safely, to help stop harmful germs from spreading and growing.

GERMS LOVE TO TRAVEL. STOP THEM!

To help stop bacteria from spreading, remember these things:

- > Don't let raw meat, poultry or unwashed raw vegetables touch other foods.
- > Never prepare ready-to-eat food using a chopping board, utensil or knife that you have used to prepare raw meat, poultry or unwashed raw vegetables unless they have been washed and disinfected thoroughly first.
- > Clean worktops and utensils with hot water and detergent and remember to disinfect those surfaces that have come in contact with raw meat, poultry and unwashed raw vegetables. You can disinfect equipment and utensils using boiling water, a chemical such as an antibacterial cleaner or in a dishwasher.
- > Always wash your hands thoroughly after touching raw meat, poultry and unwashed raw vegetables, and before you touch anything else.
- > Always cover raw meat and store it on the bottom shelf of the fridge where it can't touch or drip onto other foods.
- > Root vegetables such as potatoes, leeks and carrots often have traces of soil on them which can contain harmful bacteria, so wash them thoroughly before use. Don't forget to wash other fruit and vegetables too, especially if they are going to be eaten raw.
- > Keep dishcloths clean and change them regularly.
- > Avoid preparing food for yourself or others if you are ill, especially with vomiting and/or diarrhoea.

COOKING



Cooking food properly will help make sure that any harmful germs are killed. Eating food that isn't properly cooked could make you ill.

MAKING SURE FOOD IS HOT ENOUGH

To test if food has been properly cooked, check that it is 'piping hot' all the way through. This means that it is hot enough for steam to come out.

Some foods change colour when they are cooked. Looking at colour is especially useful for checking meat.

CHECKING IF MEAT HAS BEEN PROPERLY COOKED

It's very important to make sure poultry, pork, burgers, sausages and kebabs are properly cooked all the way through.

If you are checking a burger, sausage, or a portion of chicken or pork, cut into the middle and check there is no pink meat left. The meat should also be piping hot in the middle.

If you're checking a whole chicken or other bird, pierce the thickest part of the leg (between drumstick and thigh) with a clean knife or skewer until the juices run out. The juices shouldn't have any pink or red in them.



DON'T GET SICK

RARE MEAT

It's fine to eat steaks and other whole cuts of beef and lamb rare, as long as they have been properly cooked and sealed on the outside. Steaks are usually sealed in a frying pan over a high heat.

IT'S IMPORTANT TO SEAL MEAT TO KILL ANY GERMS THAT MIGHT BE ON THE OUTSIDE. YOU CAN TELL THAT A PIECE OF MEAT HAS BEEN PROPERLY SEALED BECAUSE ALL OF THE OUTSIDE WILL HAVE CHANGED COLOUR.

Pork joints and rolled joints shouldn't be served rare. To check these types of joints are properly cooked, skewer the centre of the joint. The juices shouldn't have any pink or red in them.

TIP:

Minced meats such as burgers should also not be eaten rare.

Remember, you shouldn't eat these types of meat rare:

- > poultry
- > pork
- > burgers, sausages, chicken nuggets
- > rolled joints
- > kebabs

This is because **these types of meat can have germs all the way through them.**

So if they aren't properly cooked then any bacteria in the meat might not be killed.

REHEATING

It's very important to reheat food properly, whether it's a ready meal or leftovers. Always make sure the food is piping hot all the way through.

TIP:

Only reheat food once.

Q. I've heard that reheating rice can cause food poisoning. Is this true?

A. It's true that you could get food poisoning from eating reheated rice. But it's not actually the reheating that's the problem – it's the way the rice has been stored before reheating.

Uncooked rice can contain spores of bacteria that can cause food poisoning. When the rice is cooked, the spores can survive. Then, if the rice is left standing at room temperature, the spores will multiply and may produce poisons that cause vomiting or diarrhoea. Reheating the rice won't get rid of these poisons.

So, the longer cooked rice is left at room temperature, the more likely it is that poisons produced could stop the rice being safe to eat.

It's best to serve rice when it has just been cooked. If that isn't possible, cool the rice as quickly as possible (ideally within one hour) and keep it in the fridge for no more than one day until reheating.

LEFTOVERS

If you have cooked food that you aren't going to eat straight away, cool it as quickly as possible (ideally within one to two hours) and then store it in the fridge.

Don't keep leftovers for longer than two to three days.



DON'T GET SICK

FOOD POISONING

SYMPTOMS OF FOOD POISONING

The symptoms of food poisoning can vary, depending on what has caused it and the symptoms can occur hours or even days after eating food contaminated with food poisoning germs.

Common symptoms include nausea, vomiting, abdominal cramps, diarrhoea and sometimes fever.

Occasionally, food poisoning can be very serious and even cause death. So it's important to prevent food poisoning with good food hygiene.

Q. What should I do if I have food poisoning?

A. *There are three main things to consider when you have food poisoning:*

Rehydration

Drink plenty of fluids and perhaps use rehydration powders available from pharmacies.

Medical assistance

If you are concerned about your health or the above symptoms persist, contact your GP for advice.

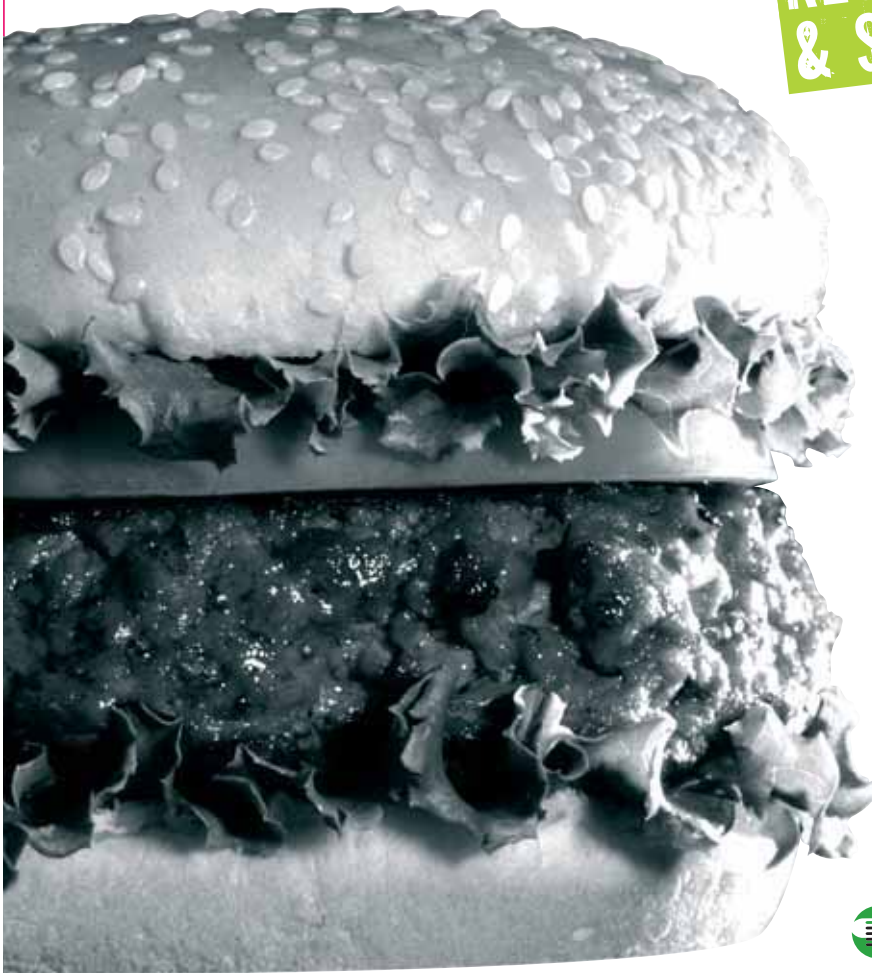
Reporting

If you think your illness has been caused by food from a restaurant or other food business, the local environmental health department in your district council needs to know so it can investigate the business in question. If the environmental health officers find a problem with the business's food hygiene practices, and get the business to improve them, this could help prevent other people suffering from food poisoning.



LOVELY GRUBBERY

RECIPES
& STUFF



 FOOD
STANDARDS
AGENCY
NORTHERN
IRELAND

LOVELY GRUBBERY



LOVELY GRUBBERY

RECIPES & STUFF

- 01 CUPBOARD ESSENTIALS
- 02 PREPARING VEG & OTHER STUFF
- 03 ESSENTIAL KITCHEN EQUIPMENT
- 04 THE BIG BREAKFASTS
- 05 LUNCH IDEAS
- 06 PASTA & RISOTTO DISHES
- 07 POTATO DISHES
- 08 SOUPS
- 09 THINGS TO DO WITH MINCE
- 10 STIR FRY
- 11 ONE POT IDEAS
- 12 THE BIG OCCASION DINNER
- 13 DESSERTS

KEY:



10 mins



2 people



01

WHY NOT SHARE THE COST OF
BUYING THESE INGREDIENTS
BETWEEN HOUSEMATES?
GET A KITTY GOING BETWEEN
YOU FOR FOOD.

CUPBOARD ESSENTIALS

Some cupboard basics, which make your food taste great.

- › Olive oil and Vegetable oil
- › Tinned tomatoes or Passata, tomato puree
- › Rice (basmati, risotto, long-grain)
- › Stock cubes (low-salt)
- › Soy sauce (low-salt if possible)
- › Worcestershire sauce
- › Dried herbs and spices – cumin, coriander, turmeric, paprika
- › Beans and pulses (tinned and dried)
 - Kidney beans, red lentils, chickpeas
- › Garlic
- › Sugar
- › Plain white flour
- › Dried pasta (penne, spaghetti, macaroni)
- › Noodles, cous cous
- › Tinned fish e.g. sardines, tuna (go for those in water, not oil)
- › Tinned fruits (go for these in juice, not syrup)
- › Parmesan cheese (this keeps for ages and is great with pasta dishes)

02

PREPARING VEGETABLES (& OTHER STUFF YOU NEED TO KNOW)

Ideally, you should have all your preparation done beforehand i.e. chopping, measuring, oven preheated, etc.

Garlic

Nothing quite compares to the smell of garlic frying gently in oil, (unless of course you loathe garlic). Buy it fresh and it should keep a week or two. You should always add garlic last to prevent it from burning.

Olive Oil

Olive oil is a healthy choice because it is low in saturated fat and high in unsaturated fats. Cheaper alternatives include rapeseed oil, sunflower and vegetable oils.

Pulses and Beans

Always have lots of these stashed. You can either buy them in tins or dried, which are cheaper again. If tinned, rinse in water before adding to dishes to remove any salt or sugar. They're great for adding to dishes like stews and mince based meals, making the meal go further. Remember to follow soaking and cooking instructions carefully for dried pulses.



Ginger & Chillies

Ginger is great in stir fries and curries. If you've never used it before it looks really odd. It also freezes really well, which makes it easy to grate. Chillies also freeze really well which makes them easy to cut and grate too.

If you've never used fresh chillies before, you need to be careful chopping them as they can sting your hands. Freezing is a good way round this, or the alternative is to use chilli powder. **Wash your hands immediately after preparation and do NOT touch your eyes or other sensitive areas!**

Pasta

Dried pasta keeps for months and you can also get wholegrain varieties which are worth trying. Always make sure the water is boiling before adding pasta.

Rice

There are loads of different kinds of rice worth trying. Basmati is typically used in Indian food and cooks to give fluffy grains. Risotto rice can be quite nutty. The most popular kind is arborio which you can get in any supermarket. Long-grain rice makes a good base for stir-fries and salads, and also comes in wholegrain varieties.

Chopped Tomatoes/Passata/Tomato Puree

These are an essential item in every kitchen. Passata is essentially sieved tomatoes and can be found beside tomato puree in supermarkets. Tomato puree is concentrated and adds great flavour to dishes. They go with pasta, chinese, one-pot meals and always taste great.

Flour

Plain flour is an essential in any kitchen, particularly for making sauces. You can buy small bags of this in the supermarket.

Worcestershire Sauce

Worcestershire sauce is quite spicy and brings a unique flavour to dishes like spaghetti bolognese, for example. It's also great with cheese on toast.

Vegetables

You only need to scrub or wash them well. This will help prevent nutrient loss and add fibre to your diet. Be careful chopping veg. With certain vegetables like carrots or courgettes, it's a good idea to slice them down the middle in half then chop them on the diagonal.

Green/Red Peppers

Cut the stalks off at the top and remove the seeds from inside before chopping peppers for cooking.

Cutting down on fat when cooking meat

If you're trying to have less fat, it's a good idea to cut off any visible fat and skin before cooking because fat, crackling and poultry skin are much higher in fat than the meat itself. Here are some other ways to reduce fat when you're cooking meat:

- > Grill meat rather than frying.
- > Try not to add extra fat or oil when cooking meat.
- > Try using smaller quantities of meat in dishes and more vegetables, pulses and starchy foods.

Cutting down on salt when cooking

- > Use herbs or spices instead of salt if possible
- > Experiment with recipes to cut down on salt without compromising the taste

Thawing

When cooking pre-packed frozen foods, always follow instructions on defrosting and/or cooking from frozen.

If cooking from frozen allow sufficient time for food to be thoroughly cooked and check it before serving.

When defrosting foods make sure they are fully defrosted before cooking.

Allow food enough time to thaw. Never re-freeze food once it has started to thaw. Thaw food by placing it on the bottom shelf of the fridge in a container to catch any juices. These juices can be contaminated so wash dishes - and hands - thoroughly after use.

03

ESSENTIAL KITCHEN EQUIPMENT

- > can opener
- > potato peeler
- > 2 x saucepans (one medium/large and one small)
- > a wok or frying pan
- > ovenproof dish
- > plates
- > bowls
- > cutlery
- > sieve
- > a couple of stirring spoons
- > one sharp knife
- > chopping board (ideally you should have two, one for veg/bread, and one for meat – plastic are best for this)
- > casserole/ovenproof dish
- > cooking utensils (wooden spoon, spatula, potato masher, grater)

04

BREAKFAST

DON'T SKIP BREAKFAST.

Breakfast kick-starts your metabolism. When you miss breakfast your blood sugar levels, as well as other nutrient levels drop, making you sluggish and tired. By missing out, you're more likely to go for a chocolate bar or other energy dense foods, which can make you feel tired. Ironically, if you think by not having breakfast you'll lose weight you're wrong, as you're more likely to go for energy dense foods when the hunger pains kick in.

Breakfast is good for you, and if you follow some of our ideas you could increase your intake of calcium, folic acid and vitamin c.

Breakfast also:

- > provides glucose to your brain, making you mentally alert;
- > reduces your cholesterol levels (depending on what you eat, of course!);
- > gives you vital nutrients and vitamins;
- > jump-starts your metabolism (how quickly your body burns energy), which is slow after relative inactivity at night.

SOME IDEAS TO GET YOU STARTED

Breakfast cereals

There's a range of breakfast cereals available. **Try and avoid sugar coated varieties, and choose cereals that are high in fibre and low in fat.** Add semi-skimmed milk and top with a banana or other piece of fruit. You could also have a glass of fruit juice.

Porridge

Porridge is just the best. A steaming bowl of porridge is one of the best ways to start the day. **It gradually releases carbohydrates which stabilises your blood sugar levels (plenty of energy).** Follow the instructions on the packet. Add some clear honey or chopped apple.

THINGS TO DO WITH AN EGG

Cooking eggs properly

Foods that are made with raw eggs and then not cooked, or only lightly cooked, can cause food poisoning. This is because food poisoning bacteria in the eggs won't be killed. As a healthy adult it is your right to choose whether you eat raw or lightly cooked eggs. It is advised, however, that for anyone who is ill or pregnant, eggs should only be eaten when they are well cooked i.e. until the white and yolk are solid.

If you cook eggs until both the white and yolk are solid this will kill any bacteria. If you are cooking a dish containing eggs, make sure you cook it until the food is piping hot all the way through.

Boiled Egg, Toast & Banana

Start the day with a boiled egg, toast and a banana. Place eggs in a small pan. Cover with at least 2.5cm (1") of cold water and place the pan on a high heat.

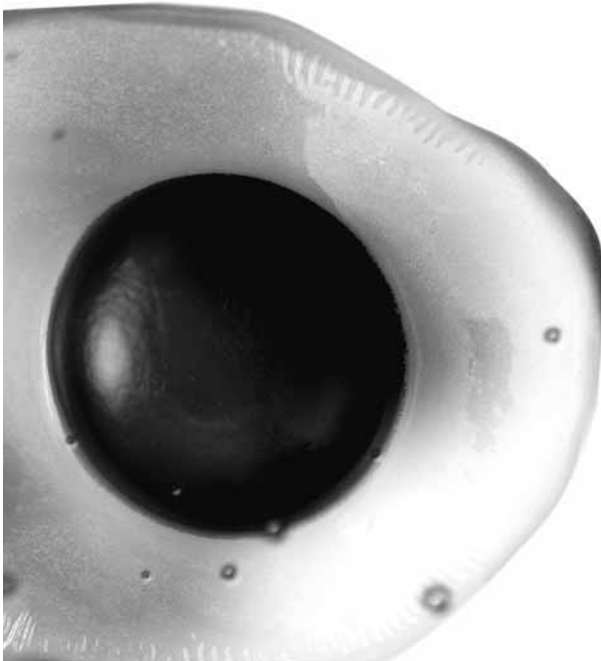
When the water is almost boiling, gently stir the eggs and time for whichever type of egg you prefer:

- 4 minutes** for slightly set yolk and set white
- 5 minutes** for firmer yolk and white
- 6 minutes** for hard boiled with soft yolk
- 7 minutes** for firmly hard boiled

Reduce heat slightly to keep water bubbling but not fast boiling and stir the eggs once more. **Serve with wholegrain toast and a banana.**

FACT:

Did you know a fresh egg will sink in water, a stale one will not?



LOVELY GRUBBERY

Scrambled eggs on toast with baked tomatoes

- > 2 x eggs
- > 2 x tbsp semi-skimmed milk (optional)
- > knob of butter
- > 4-5 baby tomatoes
- > pepper to season

Add however many tomatoes you want on to an ovenproof plate and bake at 175°C for 10 minutes (or until the tomatoes split).

While the tomatoes are baking, beat the eggs together and add some pepper. Add the milk for a softer texture. In a small pan, melt the butter over a medium heat. When it starts to sizzle add the egg mixture and stir with a wooden spoon. Continue to stir the egg for 1 – 2 minutes, scraping the egg off the bottom of the pan as it starts to set. When most of the egg has set, remove the pan from the heat and continue to stir for about 30 seconds until the egg is totally scrambled.

Serve with hot wholegrain toast.

IN A RUSH?

Use the microwave. Beat together the eggs, milk and pepper in a microwave safe jug or bowl. Cover with plastic food wrap and microwave on HIGH for 2 min (650 watt oven)/1 min 30 seconds (750 watt oven).

Stir mixture and microwave for a further 30 seconds (for both 650 and 750 watt ovens). Stand for 30 seconds before serving.

The ‘Elvis’ Breakfast Bagel

- > Plain bagel
- > 1 x banana sliced
- > peanut butter
- > clear honey

Toast the bagel, spread with peanut butter. Add chopped banana and drizzle with honey.

Healthy Non Fry-up

- > Lean Bacon or reduced fat sausages
- > Tomatoes
- > Poached egg
- > Mushrooms
- > Crusty Bread
- > Baked beans

Have this with a glass of orange or grapefruit juice.

If you grill lean bacon, poach the eggs and include baked beans, grilled/baked tomatoes and mushrooms cooked without fat, and serve it all up with thick crusty bread, you'll have yourself a delicious cooked breakfast that is also nicely balanced.

The secret to a good (non) fry is to cook the food in the right order, cooking that which takes the longest first. So start by grilling your bacon, drain and keep warm.

To poach your egg, fill a saucepan with about 5 cm (2in) of water and bring to the boil gently. Crack the egg onto a plate then tip into the water. Depending on how well cooked you like your egg 4 – 5 minutes should do it.

Fruit Salad, Yoghurt & Muesli

Maybe not something that would tempt you in winter, but during the warmer weather you can't beat fruit, yoghurt and muesli. Go for low-fat yoghurt and add any combination of the following:

Peaches, prunes, bananas, apples, strawberries, grapes, etc (remember the fruit can be tinned, fresh or frozen). Add yoghurt and muesli. Why not use seasonal fruits?

05

LUNCH IDEAS

Use Your Loaf

Sandwiches don't have to be boring; check out a few of the following fillings.

TIP:

Think brown, try and buy wholegrain varieties of bread as you'll get more nutrients and fibre than white varieties. Other good sources of fibre are other cereal based foods, vegetables and fruit.

Fibre should be a crucial part of what you eat everyday. It helps the digestive system work properly because it encourages the gut to retain water. This exercises the bowel a bit more, while making it easier for the bowel to clear itself out. The less processing that cereals undergo, the more likely it is to have lots of fibre.

In summary – it helps keep you regular, we'll say no more than that!

Key Steps

Start your packed lunch off with some starchy carbohydrate to give you long-lasting energy. For a change from ordinary bread you could try:

- > pittas
- > bagels
- > baguettes
- > ciabatta
- > crackers
- > rice cakes
- > rolls
- > wraps

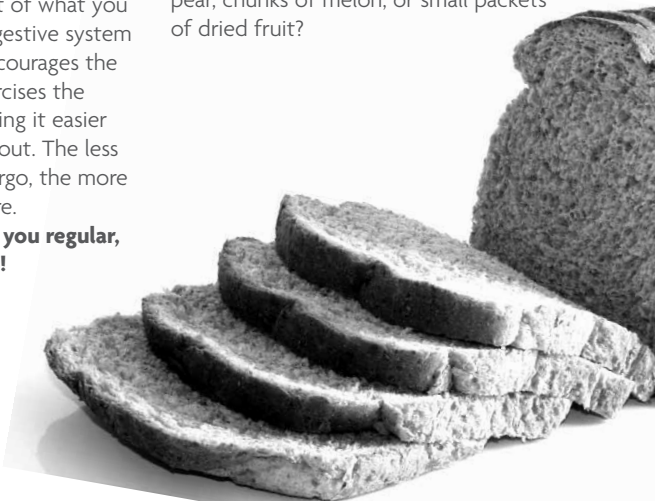
And then

Add some protein, such as lean meat, fish or cheese and a few vegetables and fruit. Here are a few filling ideas to try, or you could make up your own combinations:

- > Cheddar cheese with apple slices
- > Cooked chicken or turkey, mustard, tomatoes, and lettuce
- > Cottage cheese and dried apricots
- > Tuna, cucumber, green pepper, sweetcorn and tomato
- > Brie and cranberry sauce or jam
- > Peanut butter and mashed banana
- > Chicken and avocado wrap

Add some fruit to help fill you up (and help you reach your 5-a-day).

Try to have a different type every day – you don't always need to pick an orange and an apple, why not try kiwi, grapes, pear, chunks of melon, or small packets of dried fruit?



Baked Potatoes

High sugar cakes and sweet stuff can taste good, though may not give you the nutrients you need. Go for slow release complex carbohydrates like a baked potato or pasta at lunchtime. These release slow burning energy in the afternoon, which will keep you going as well as fill you up. Baked potatoes are great value and really easy to make. Pierce the potato with a fork so that steam can escape. Turn the oven to 200°C and bake in the middle of the oven for 45 – 50 mins (test with a fork to see that it's cooked through).

IN ONE YEAR THE WORLD GROWS ENOUGH POTATOES TO COVER A 4-LANE MOTORWAY CIRCLING THE EARTH SIX TIMES. IF THAT DOESN'T MAKE YOU SIT UP AND TAKE NOTICE, A POTATO IS ALSO ABOUT 80% WATER.

SOME SUGGESTIONS FOR FILLINGS...

Garlic Mushrooms & Yoghurt

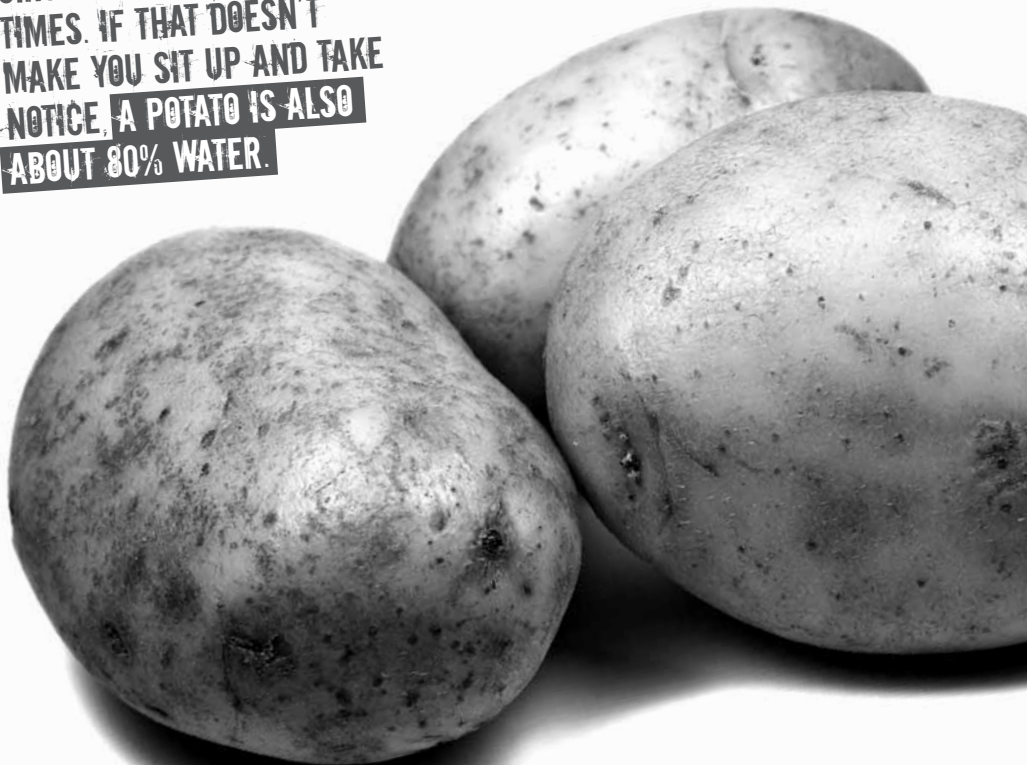
Stir fry a couple of handfuls of mushrooms in some oil with chopped garlic, then use them as a topping with some natural yoghurt.

Tuna & Sweetcorn

Take one can 100g tuna (in water, avoid oil), drain and mix with reduced fat mayonnaise, 2 – 3 tablespoons canned sweetcorn and peppers and half a spring onion.

Chilli con Carne with Soured Cream or Yoghurt

This is a great way of using up any leftover chilli you have. Re-heat your chilli until piping hot. Top with 2 tablespoons of soured cream or yoghurt (you can also add grated cheese to this).



Tomato Salad

Mix some chopped tomatoes with 2 tablespoons of chopped onion, and some parsley (optional).

Smoked Sausage and Spicy Beans

Perfect for winter. Heat through a tin of curry beans, mix with about 50g low fat/salt chopped smoked pork sausage and add some bite with finely chopped red onion.

Corned Beef & Pickle

Dice half a can of corned beef and mix with finely chopped cucumber and 1 tablespoon pickle.

Crispy Bacon & Guacamole

This is a bit of a treat. Grill 3 rashers of lean bacon until crisp, then crumble over half a tub of guacamole. Finish with a chopped tomato.

Soft Cheese and Onion

This one's simple and tastes great. Cut one medium red onion into thin rings and stir fry in about 1 teaspoon of vegetable oil until golden. Arrange on top of extra light soft cheese.

Baked Beans and Cheese

A classic, no other word for it. You know what you need to do.

OTHER QUICK & EASY SNACKS

TOAST AND...

Sardines

Canned sardines are cheap to buy and contain iron and omega 3 fatty acids.

You should be aiming to eat two portions of fish a week, one of which should be oily. Roasted tomatoes are good with this. Simply oven bake as many tomatoes as you want in the oven at 175°C for 10 minutes (or until the tomatoes start to split). Instead of toast you can have this with a crusty toasted roll.

FACT:

Fish such as canned sardines, pilchards and salmon – where you also eat the bones – are also good sources of calcium and phosphorous, which help make our bones stronger.

Beans

Did you know that 3 heaped teaspoons of baked beans counts as one of your 5 portions?

Add some grated cheddar cheese.



LOVELY GRUBBERY

06

PASTA AND RISOTTO DISHES

TIP:

Serve this with oven baked baby tomatoes. Simply add however many tomatoes you want on to an ovenproof plate and bake between 150°C - 175°C for 10 minutes (or until the tomatoes start to split).

MACARONI CHEESE & BAKED TOMATOES

What you need

- > 20g/1oz butter (unsalted)
- > 300ml/half pint milk
- > 175g/5oz grated cheddar

From the store cupboard

- > 175g/5-6oz macaroni
- > 20g/1oz plain flour
- > 25g/1oz grated Parmesan cheese

Method

1. Cook the macaroni in a saucepan of boiling salted water for 8-10 minutes;
2. Melt the butter over a medium heat in a saucepan. Add the flour and stir to form a paste, cooking for a few minutes.
3. Slowly beat in the milk, a little at a time. Cook for 10 – 15 minutes until you have a thick, smooth sauce.
4. Remove the sauce from the hob, add half the cheddar and parmesan cheese and stir until the cheese is well combined and melted.
5. Add the macaroni to the sauce and mix well. Transfer to an ovenproof dish.
6. Sprinkle over the remaining cheddar and the Parmesan, and place the dish under the hot grill. Cook until the cheese is browned and bubbling.



DID YOU KNOW A CHEMICAL CALLED LYCOPENE FOUND IN TOMATOES HAS BEEN FOUND TO REDUCE THE RISK OF PROSTATE CANCER? TINNED TOMATOES CONTAIN A LOT MORE LYCOPENE THAN FRESH TOMATOES.

TUNA & SWEETCORN PASTA (THE OLD FAITHFUL)

What you need

- > 1 red onion, chopped
- > 1 garlic clove, crushed
- > 125g sweetcorn
- > 200g tuna, tinned in water or brine, drained and flaked
- > 1 tsp. dried basil (optional)

From the store cupboard

- > 150g pasta (wholemeal)
- > 1 tbsp. extra virgin olive oil
- > 1 tbsp. tomato purée
- > 1 tin tomatoes, chopped

Method

1. Cook the pasta according to the directions on the packet.
2. Meanwhile, heat the olive oil in a large non-stick frying pan. Add the onion, garlic and tomatoes and cook until the onion becomes soft.
3. Stir in the tomato purée and sweetcorn and cook for five minutes.
4. Add the tuna and basil and heat through.
5. Stir the sweetcorn and tuna sauce into the pasta and serve.



SPAGHETTI WITH AUBERGINE

What you Need

- > 1 x large chopped onion
- > 1 x garlic clove chopped
- > 1 x medium aubergine, chopped
- > half pint vegetable stock

From the store cupboard

- > 1 x 400g tin chopped tomatoes/passata
- > 2 – 3 tbsp tomato puree
- > 2 x tbsp olive oil

Aubergines contain a range of B vitamins, plus potassium, iron and zinc. They are also quite a good source of fibre.

Method

1. Heat the olive oil in a saucepan and add the chopped onion.
2. Cook over a medium heat for 2 – 3 minutes, making sure the garlic doesn't burn.
3. Add the chopped aubergine, coating it in the oil (you may have to add some extra oil, as the aubergine will soak this up).
4. Add the chopped tomato/passata, puree, garlic, anchovies (optional) and vegetable stock and simmer for 10 – 15 minutes.

Cook the spaghetti as per the instructions on the packet.



MUSHROOM AND BACON RISOTTO

Risotto rice is largely carbohydrate, making it a good energy food.

What you need

- > vegetable oil
- > 1 small onion, finely chopped
- > 6 – 8 mushrooms, sliced
- > 2 rashers streaky bacon
- > handful of frozen peas (small tin of peas)

From the store cupboard

- > half a mug of risotto rice
- > 1 mug hot chicken stock (use 1 cube, low-salt)
- > 1 tbsps grated parmesan cheese

Method

1. Heat the oil in a saucepan over a fairly high heat.
2. Add the onion, bacon and mushrooms and fry for approx. 3 – 4 minutes until the onion is golden.
3. Stir in the rice and cook for 1 minute.
4. Add the peas and turn down the heat to fairly low.
5. Add some of the stock and cook, stirring all the time until it's absorbed.
6. Continue to add the stock a little at a time, until the rice is cooked and all the stock has been absorbed. (Add some hot water if necessary).

Season and add the parmesan.



07

POTATOES

The spud, as we affectionately know it, is the staple of many a good meal.

Potatoes are a starchy food, along with rice, pasta, bread and cereals and are part of a healthy diet. You should try and have starchy foods with each meal during the day.

DID YOU KNOW?

- > The skin of a potato is a source of fibre and contains minerals
- > Under the skin is fibrous and rich in carbohydrate
- > The innermost part of the potato, called the pith, is watery

SPICY MOROCCAN POTATOES

This takes a bit more preparation, but it's definitely worth it.

What you need

- > 1 large chopped red onion
- > 1 red pepper, deseeded and cut into bite size pieces
- > 3 medium potatoes, cut into quarters
- > 2 x sweet potatoes, peeled and cut into bite size pieces
- > 100g sultanas (optional)
- > half pint vegetable stock
- > 3 tbsp spinach (tinned/optional)

From the store cupboard

- > 1 tbsp olive oil
- > 1 tsp ground turmeric
- > 1 tsp ground cumin
- > 2 garlic cloves, crushed
- > 1 – 2 cms ginger grated
- > 1 tsp chopped chilli or chilli powder

Method

1. Heat the olive oil in a large pan and cook the chopped onion until it begins to soften.
2. Add the garlic, ginger, red pepper and cook for 2 – 3 minutes stirring constantly to prevent the garlic from burning.
3. Stir in the chopped potatoes, sultanas and spices (turmeric, cumin), ensuring that everything is coated with the spicy oil.
4. Add the vegetable stock and then stir in the chilli paste. Bring to the boil then simmer for 15 – 20 minutes.
5. Add the spinach, season to taste.

Serve on its own or with a grilled lamb chop.



SWEET POTATO MASH

What you need

- > 2 large sweet potatoes
- > 2 cloves garlic, chopped

Method

1. Peel the sweet potatoes and chop into bite sized chunks
2. Boil in a pan of hot water
3. Separately, heat some oil in a pan and cook the garlic watching it doesn't burn
4. When potatoes are cooked, mash and add garlic



CHAMP

It would be sacrilege to make this with anything other than butter. Use unsalted if possible.

What you need

- > 70g/2oz spring onions, chopped
- > 300ml/10fl oz milk
- > 3 – 4 large potatoes, scrubbed
- > 50g/2oz butter

From the store cupboard

- > pepper

Method

1. Simmer spring onions in the milk until soft.
2. Boil the potatoes in salted water until just cooked, then mash.
3. Add the onions and their milk together with the milk which you have heated separately.
4. Season to taste with pepper.

Let the butter melt over the finished dish.



POTATO WEDGES – GREAT ON THEIR OWN

What you need

- > Baking or roasting potatoes
(chop and scrub as many as you
think you will eat into wedge shapes).

From the store cupboard

- > 2 tbsp light oil (vegetable or sunflower)
- > 2 tsp paprika
- > 1 tsp cumin
- > Tomato sauce for serving

Method

For the potato wedges, preheat the oven to 190°C/375F/gas mark 5. Cut the potatoes lengthways into quarters (if they are a small – medium size), leaving the skin on. If the potatoes are quite large, cut into chunky wedges. Brush with oil and lay on a lightly oiled baking sheet. Bake for 35 – 45 minutes until golden.

Serve immediately.

SPICY POTATO WEDGES

If you want your wedges a bit spicy, then combine the oil with the cumin and paprika and season well with pepper.

Brush the mixture over the potatoes and toss well to coat thoroughly. As above bake for 35 – 45 minutes or until potatoes are tender.

Serve immediately.



SOUPS

CHUNKY POTATO & BEAN SOUP

What you need

- > 1 carrot, diced
- > 1 stick celery, sliced
- > 600g potatoes, diced

From the store cupboard

- > 1 tbsp olive or vegetable oil
- > 2 cloves garlic, crushed
- > 1 x 400g tin mixed beans,
drained and rinsed
- > 900ml (1.5 pints) vegetable stock
- > 2 tsp tomato puree
- > 1.5 tsp dried mixed herbs
- > salt and freshly ground pepper

1. Heat the oil in a large saucepan and gently fry the garlic, carrot, celery and potatoes for about 3 – 4 mins.
2. Add the mixed beans, vegetable stock, tomato puree and mixed herbs and bring to the boil.
3. Reduce the heat & simmer for 10 – 15 min.

Season with the salt and pepper and serve hot, with crusty bread.



09

THINGS TO DO WITH MINCE

HOME MADE BURGERS

What you need

- > 6 oz lean minced beef
- > half onion chopped

From the store cupboard

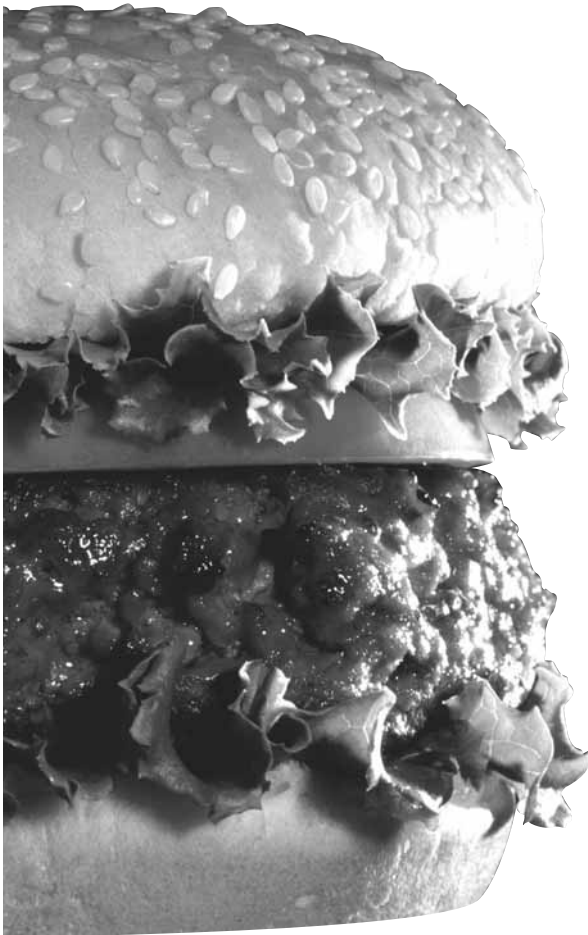
- > 1 tsp Worcestershire sauce (optional)
- > pepper
- > 1 tbsp vegetable oil

To check that the burger is cooked cut into the middle and check that it is piping hot and there is no pink meat left.

Method

1. Preheat the oven to 200°C.
2. Place the mince into a bowl, add the onion, pepper and mix well (add Worcestershire sauce).
3. Shape into burger round, making sure it is nice and compact.
4. Heat the oil in a frying pan and add the burger. Fry for about 6 minutes turning once.
5. Remove from pan and place in the preheated oven to finish cooking for five minutes.

Serve with thick cut chips and tomato sauce.



SPAGHETTI BOLOGNESE

TIP:

You can use less mince and add tinned green lentils to bulk out this dish.

What you need

- > 1 x onion chopped
- > 2 x courgettes chopped
- > 3 x medium carrots
- > 2 slices of streaky bacon, chopped
- > 400g lean mince/quorn
- > 8 – 10 mushrooms

From the store cupboard

- > 400g tin chopped tomatoes/passata
- > 1 tbsp olive oil
- > 1 x clove garlic
- > 2 – 3 tbsp tomato puree
- > beef stock/vegetable stock (low-salt)
- > spaghetti

Method

1. Heat the oil in the frying pan.
2. Add the bacon (optional) and cook until starting to brown, then add the chopped onion, garlic, carrots and courgette and stir for 2–3 minutes.
3. Add the mince/quorn and cook over a medium heat until it has browned.
4. Add the mushrooms, chopped tomatoes, tomato puree, beef/vegetable stock.
5. Cover and simmer for roughly 25 min.

Boil the spaghetti according to pack instructions. (**Tip – a drop or two of oil when you're boiling spaghetti, stops it from sticking**). Drain the pasta and serve with your delicious bolognese sauce.



CHILLI CON CARNE

TIP:

A small can of kidney beans counts as one portion of your 5 a day.

What you need

- > 1 x 400g lean mince/quorn
- > 1 x onion chopped
- > 2 x courgettes chopped

From the store cupboard

- > 1 tbsp olive oil
- > 1 x clove garlic
- > 1 x tbsp of chilli powder
- > quarter chopped red chilli
- > 2 – 3 tbsp tomato puree
- > beef stock/vegetable stock
- > 1 x 400g tin kidney beans

Method

1. Heat the oil in the frying pan.
2. Add the chopped onion, garlic and courgette and stir for 2 – 3 minutes.
3. Add the mince/quorn and cook over a medium heat until it has browned.
4. Add the mushrooms, chopped tomatoes, tomato puree, beef/vegetable stock, chilli. Cover and simmer for roughly 25 minutes.
5. Continue to check to ensure that the stock doesn't reduce too much otherwise the mince will stick to the bottom of the pan and burn; add some hot water if needed.
6. Add the kidney beans before serving and stir through.

Serve with long-grain rice.



Great for freezing or you can use any leftovers the next day as a topping on your baked potato.

INSTEAD OF POTATOES, WHY NOT TRY MASHED PARSNIP WITH THIS? PARSNIPS ARE PACKED WITH VITAMINS. AVOID SOFT OR SHRIVELLED PARSNIPS, GO FOR ONES THAT ARE SMOOTH AND FIRM.

COTTAGE PIE

What you need

- > 1 small onion finely chopped
- > 200g ground lean beef mince/quorn
- > 1 x carrot, chopped
- > 3 – 4 potatoes

From the store cupboard

- > 1 tbsp olive oil
- > dash light soy sauce
- > dash worcestershire sauce
- > 1 tbsp tomato puree
- > half pint beef stock/vegetable stock

Method

1. Chop the potatoes or parsnip and boil in water. Once cooked, mash and set aside. Heat the oil in a frying pan.
2. Add the chopped onion and carrot and stir for 4 minutes or so, until the onion starts to brown.
3. Add the mince/quorn and cook over a medium heat until it has browned.
4. Add the tomato puree, stock, worcestershire sauce and a dash of light soy sauce.
5. Cover and simmer for roughly 25 mins. Add more stock if the mince starts to stick to the pan.
6. Turn the grill to medium. Transfer the mince to an ovenproof dish and add the mashed potato/parsnip.
7. Grate some cheese over the top and transfer to the grill. Grill for 5 minutes or until the potato and cheese start to brown and go crisp.



10



STIR FRY

Stir fries are a quick and easy way to eat healthily – and you can make them up as you go along.

CHICKEN & VEG STIR FRY

A good one to make if you have any leftover chicken from making a roast.

What you need

- > 1 x chicken breast, or chicken pieces
- > 2 x scallions or 1 x small onion, chopped finely
- > 1 x carrot, cut into small batons
- > 1 x red pepper, finely chopped
- > 4 – 5 broccoli florets

From the store cupboard

- > 1 x garlic clove, chopped
- > 1 tsp chilli powder
- > half inch grated ginger
- > 1 tbsp light soy sauce
- > 1 x small tin chopped tomatoes
- > 1 x tbsp oil

Method

1. You need to start cooking the rice first – follow instructions on the packet. (Long-grain or basmati rice are good with stir fries).
2. Cut the chicken into strips and prepare vegetables.
3. Heat the oil in a wok or frying pan until it starts to smoke. Add the scallions, garlic, ginger and chilli and strips of chicken and stir fry for 3 – 4 mins until the chicken is white all the way through. Watch the garlic doesn't burn.
4. Add the broccoli, peppers and carrot and continue stir-frying for 3 – 4 mins.
5. Add the chopped tomatoes and soy sauce and heat for a further 1 – 2 mins.

Serve with boiled rice.



SWEET & SOUR PORK WITH NOODLES

You can substitute the pork for chicken, turkey, beef or Quorn.

What you need

- > 200g lean pork loin steak (cut into 5 cm long batons)
- > 6 scallions (chopped)
- > 1 red and 1 yellow pepper de-seeded and sliced thinly
- > 100g pineapple rings in juice, chopped
- > 7 oz baby sweetcorn

From the store cupboard

- > 1 x clove garlic
- > 1 tbsp olive oil
- > 1 cm piece ginger, peeled and grated
- > 2 tbsp light soy sauce
- > Noodles

Method

1. Cook the noodles as directed on the packet, then drain and leave to the side.
2. Heat the oil in a frying pan or wok until hot.
3. Stir fry the garlic and pork until the pork is browned all over.
4. Add the sweetcorns, spring onion, peppers and pineapple pieces and stir fry for a further 2 – 3 mins.
5. Add all the other ingredients, along with the noodles and bring to the boil.
6. Cook for a few minutes until the sauce thickens and the pork are cooked right through to the middle with no pink bits left.



VEGETABLE & TOFU STIR FRY

What you need

- > 8 – 10 brown mushrooms
- > broccoli florets
- > 1 x 200g baby sweetcorn
- > 2 x carrots, chopped in sticks
- > 1 x 250g pack tofu, cut in cubes
- > 1 x small bottle light black bean sauce

From the store cupboard

- > 4 x tbsp vegetable oil
- > 1 x garlic clove, crushed
- > 1 inch ginger, finely chopped (or grated if frozen)
- > 1 tbsp light soy sauce

Method

1. In a wok, or large frying pan, heat the oil and gently fry the garlic and ginger for about 30 seconds.
2. Add the mushrooms, broccoli, sweetcorn and carrots and stir fry for 3 – 4 mins, then take out of the wok/frying pan and set aside.
3. Stir fry the tofu for 3 – 4 minutes, then add the soy sauce, black bean sauce and vegetables and stir fry for 2 – 3 mins until heated through.

Serve with boiled rice.



11

ONE-POT IDEAS

BUTTER BEAN ONE-POT

What you need

- > half green pepper, finely chopped
- > 1 small onion finely chopped
- > 1 stick celery, diced
- > 1 large potato, peeled and diced
- > small tin butter beans
- > 1 tbsp chopped parsley

From the store cupboard

- > 1 tbsp olive oil
- > 1 x 200g tin chopped tomatoes
- > 1 tbsp tomato puree
- > 140 ml of vegetable stock or water

Method

1. Heat the oil in a pan, then add the pepper, onion and celery and fry gently until the onion begins to brown.
2. Add the tomatoes, plus the tomato puree, potato, stock, parsley, salt and pepper.
3. Simmer for about 30 minutes or until the liquid is reduced by half.
4. Add the beans and heat through gently for 5 – 10 mins.



SAUSAGE AND BEAN

What you need

- > 1 small onion (finely chopped)
- > 1 x tablespoon olive oil
- > 1 beef sausage
- > 1 medium potato
- > 1 tsp dried basil (optional)

From the store cupboard

- > 200g/7oz passata (sieved tomatoes) or tinned tomatoes
- > 200g/7oz tinned butter beans or cannellini beans, drained
- > 1 clove garlic (peeled and chopped)

Method

1. Gently fry the onion and the garlic in a frying pan with the oil.
2. Place the passata and butter beans into a saucepan and heat gently.
3. Peel the potato and cut into cubes, cover with cold water and boil for 8 – 10 mins.
4. Place the sausage under the grill and cook on high for 8 – 10 minutes, or until thoroughly cooked.
5. Check there is no pink meat left inside and that it is piping hot in the middle. The meat should also be piping hot. Stir in the basil and heat for a further minute.

Transfer to a serving plate. Slice the sausage and serve on top of the cassoulet.



VEGETABLE CURRY – EASY

This is a great dish for getting a vitamin hit! Lentils are full of protein. Loads of veggies and as spicy as you want it to be.

What you need

- > 2 x cloves garlic
- > 1 x onion finely chopped
- > medium cauliflower
- > 1 x large potato (cut into small pieces)
- > 2 x carrots (finely chopped)
- > 1 x courgette
- > mushrooms (optional)

From the store cupboard

- > red lentils (half a cup)
- > 1 tsp turmeric, cumin, ground coriander, chilli paste
- > 2 tbsp olive oil

Method

1. Just cover the lentils with water and boil in a saucepan until cooked (leave to stand).
2. Heat the oil. Fry the onion, garlic, carrots and potatoes for 5 mins, stirring all the time to prevent burning or sticking.
3. Add the spices and stir for a further 3 mins.
4. Add all the other veg, coating them in the spices.
5. Add enough hot water to cover the bottom of the saucepan, put the lid on and simmer for approximately 20 mins.
6. When vegetables are cooked/water reduced, add lentils and heat for a further 3 mins.

Serve with naan bread or basmati rice.



EASY FISH PIE

We should aim to eat two portions of fish a week, one of which should be oily. It's a great source of protein, vitamins and minerals.

For the sauce

- > 2.5 tbsp butter (unsalted)
- > 1.5 tbsp plain flour
- > 210 ml milk
- > grated cheddar cheese (optional)

For the pie

- > Piece of smoked haddock or cod
- > Combination of peas, sweetcorn and mushrooms.

For the Topping

- > 2 – 3 large potatoes, peeled and boiled.

Method

1. Preheat the oven to 200 C/400 F/ Gas Mark 6.
2. Peel potatoes and bring to the boil for about 10 minutes. Mash until soft.
3. Place the butter into a saucepan over a medium heat and as it begins to melt add the flour.
4. Cook for 2 – 4 minutes then add the milk and stir well. Continue stirring and bring it to the boil.
5. Once the sauce begins to boil, lower the heat and add the grated cheese (optional) and whatever vegetables you are using.
6. Once the cheese has melted and the sauce is nice and thick remove the pan from the heat.
7. Place the fish into a pyrex dish then spoon over the sauce.
8. Top with the mashed potato, place in the oven and bake for 35 – 40 minutes until the fish is cooked through.

Serve with a green vegetable such as broccoli.



12

THE BIG OCCASION DINNER

There will be times which call for that big occasion dinner. The following are some suggestions.

CHICKEN IN A POT

This recipe can be made using a whole chicken (depending if the pot you have is big enough), or with chicken breasts.

What you need

- > 1 x medium sized chicken
- > 1 x onion, finely chopped
- > 2 x glasses white wine
- > 2 x carrots cut into pieces
- > 2 x glasses of water

From the store cupboard

- > 1 x tin flagelot bins
- > 2 cloves garlic, sliced
- > 1 tbsp clear honey
- > half pint of chicken stock

Method

In a large pot, gently fry the onion, then the garlic until soft. Add the carrots and cook for a further 5 minutes.

Add the chicken, stock, water, wine and honey. Simmer with lid on for 1 – 1.5 hours until the chicken is cooked through and the vegetables are tender.



CHICKEN ROAST

What you need

- > 1 x medium sized chicken
- > 3 x cloves garlic, halved
- > 2 x tbsp butter
- > thyme (fresh or dried)
- > 1 x lemon, cut into quarters
- > 4 x carrots, cut diagonally

Method

1. Preheat the oven to 200°C, gas mark 6.
2. Rub the chicken all over with the cut side of a garlic clove. Crush the rest of the garlic and mash with the butter, thyme and some pepper. Use your fingers to spread the butter all over the top of the bird. Place 2 of the lemon quarters in the chicken.
3. Cover the chicken with tin foil, place in a roasting tin and cook, according to instructions, for about 1 hour 40 minutes or until the meat is thoroughly cooked and the juices run clear. Check by piercing the thigh with the tip of a sharp knife directly through the bag. Remove the chicken from the oven and allow to stand.



LOVELY GRUBBERY

ROASTED VEGETABLES

Great on their own or as a side dish with a main meal. Simply toss in olive oil and cook in the oven until tender. Add garlic and/or rosemary for different flavours.

What you need

- > 1 carrot, peeled and cut into sticks
- > 1 small turnip, peeled and cut into bite sized chunks
- > 1 parsnip peeled and cut into sticks
- > salt and freshly ground pepper

Serves

1 – 2 (you can double the veg, depending on how much you want to make).

TIP:

If you're cooking a whole chicken, pierce the thickest part of the leg (between the drumstick and the thigh) with a clean knife or skewer to see if it is cooked. The juices will run clear if it is cooked. If the juice is pink or red, then the chicken is not cooked and should be put back into the oven. There should be no pink meat.

BEEF CASSEROLE

What you need

- > 900g shin of beef, trimmed and cut into 2.5cm cubes
- > 50g butter
- > 2 onions roughly chopped
- > 200g button mushrooms
- > 300ml beef stock

From the store cupboard

- > 2 tbsp tomato purée
- > seasoned plain flour, for dusting
- > 1 tbsp sugar
- > 2 tbsp sunflower oil
- > 1 tbsp parsley,
- > half tsp thyme,
- > fresh ground black pepper

Method

Pre-heat the oven to 170°C. Toss the beef lightly in seasoned flour. Heat a third of the butter and 1 tablespoon of the oil in a frying pan and brown the meat briskly in batches, without overcrowding the pan.

Transfer the browned beef to a casserole dish. Add a little more butter and oil to the pan and fry the onions until lightly browned. Scoop into the casserole.

Finally fry the button mushrooms and carrots and add those to the casserole too. Pour the stock into the frying pan and bring to the boil, scraping in the brown residues from frying. Stir in the tomato puree and sugar. Pour the stock mixture into the casserole, add enough hot water to come about 3/4 of the way up the meat and add the parsley, thyme and freshly ground pepper. Cover and transfer to the oven.

Cook for 2 – 3 hours or until the meat is very tender. Check occasionally, giving it a stir, and if necessary add a little more hot water.



13

DESSERTS



APPLE CRUMBLE

You can use rhubarb, pears or plums if you don't fancy apples or mix two different fruits together. And if you don't have fresh fruit, use tinned instead.

What you Need

- > 75g butter (unsalted)
- > 50g porridge oats
- > 25g sugar
- > 4 – 5 dessert/cooking apples

From the store cupboard

- > 125g plain flour

Method

Peel and slice the dessert apples and put in the bottom of an oven proof dish. Mix the flour, butter and sugar until they are like breadcrumbs. Stir in the oats and put the mixture on top of the apples. Bake at 190°C for 40 – 45 mins.

Allow to cool slightly and serve with yoghurt, custard or creme fraiche

BAKED RICE PUDDING

What you Need

- > 65g pudding rice
- > 1 pint semi-skimmed milk
- > 25g sugar
- > chopped tinned prunes or apricots

Method

Preheat the oven to 150°C/300°F/Gas Mark 2. Place the rice, milk and sugar in a greased ovenproof dish. Add the chopped prunes or apricots (the amount is up to you).

Place in the preheated oven for 1 – 1.5 hours, until browned on top.

FOOD FOR THOUGHT.

EXAM TIPS



FOOD
STANDARDS
AGENCY
NORTHERN
IRELAND

FOOD FOR THOUGHT

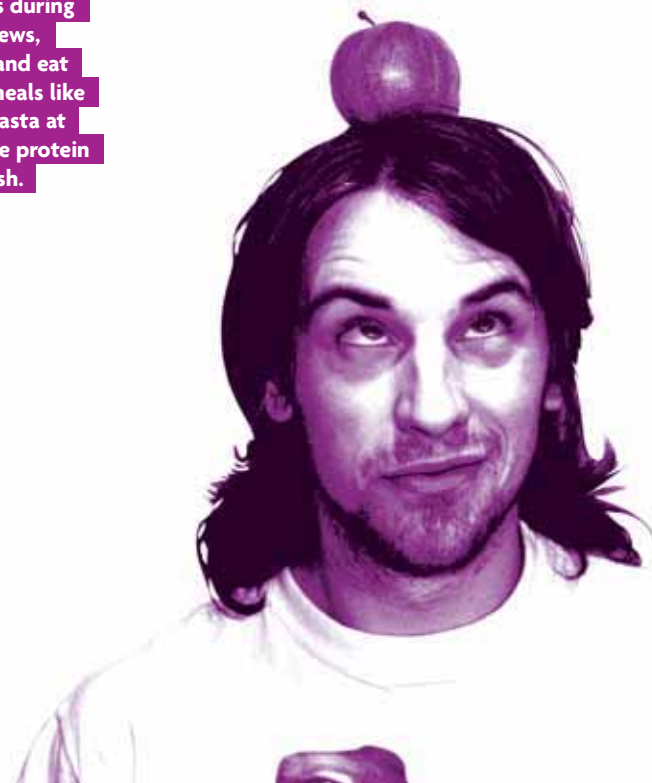
EATING FOR EXAMS

Exams are coming which means hard work, revision, guilt, worry and late nights. Not only that, but there's nothing in the fridge since the last time you looked. It's harsh. We've been there, which is why we wanted to tell you about a few things you can do to help ease the pain during this trying time.

EAT FREQUENT, SMALLER MEALS THROUGHOUT THE DAY TO KEEP YOUR BRAIN WELL FUELLED. YOU WANT TO STABILISE YOUR BLOOD SUGAR LEVELS AND PREVENT SLUMPS IN ENERGY AND CONCENTRATION.

TIP:

Snack on nuts, carrot sticks, dried fruit and seeds during the day such as cashews, pumpkin seeds, etc and eat light carbohydrate meals like baked potatoes or pasta at lunchtime, with some protein such as chicken or fish.



GET YOUR B VITAMINS - These are the group of vitamins largely responsible for the smooth running of your nervous system and which are needed to help release energy from the food you eat. B vitamins are found in many foods but especially nuts, dairy products, fortified breakfast cereals (check the label), pork, lean meat, bacon, fish, eggs and wholegrains.

EAT YOUR BREAKFAST! - We know we sound like a broken record, but you need to eat breakfast every day, and particularly the morning of an exam. This provides glucose to your brain, making you mentally alert. By eating the right sort of breakfast you can increase your intake of calcium, folic acid and vitamin c.

FEELING TIRED?

Make sure you're getting enough iron

It might have more to do with your diet than your revision. If you don't get enough iron in your diet, you're likely to feel very tired. Other symptoms include:

- > difficulty concentrating and shortened attention span
 - not good news if you're trying to revise
- > looking pale and feeling faint
- > breathlessness



FOOD FOR THOUGHT

If you're a girl you need to make sure you're getting enough foods that are iron-rich.

Tinned oily fish such as sardines, salmon or mackerel (but not tinned tuna) are good, as their omega oils can block production of the enzyme that makes us feel tense when under pressure.

AVOID CAFFEINE, PARTICULARLY LATER IN THE EVENING. WHILE WE ALL ENJOY OUR MORNING COFFEE, TRY AND CUT DOWN DURING EXAM TIME. IT ONLY INCREASES ADRENALIN, WHICH IS GENERATED WHEN YOU'RE STRESSED.

You should be able to get all the Vitamin C you need by eating a varied and balanced diet. Vitamin C is a real immunity booster. It can help ease coughs and sniffles and keeps your bones, teeth and everything else nice and healthy. It's also involved in collagen production for healthy skin, the metabolism of cholesterol and helps your body absorb iron more easily. So get your five portions of fruit and veg. **Good sources include oranges, broccoli, peppers and sweet potatoes.**

Drink lots of water - most of us don't drink enough water, which can make us dehydrated and tired, which is definitely what you don't want during your exams.



HUNGRY FOR MORE?



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HUNGRY FOR MORE?

USEFUL LINKS

Check out some of the Food Standards Agency websites for more information:

Information and advice on eating well, health issues, keeping food safe and how to read food labels.

www.eatwell.gov.uk



Information and advice on salt and your health.

www.salt.gov.uk



News and all the latest information from the Food Standards Agency on issues from GM foods to research from across the UK.

www.food.gov.uk



VEGETARIAN & VEGAN LINKS

Vegetarian Society
www.vegsoc.org

Vegan Society
www.vegansociety.com



ALLERGIES

Information on allergies, contacts and support.

Allergy NI
www.allergyuk.co.uk

Allergy UK
www.allergyuk.org





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