

Our Club Mission Statement

As your children grow it is fundamentally important that they learn about food and nutrition to ensure they have the best start in achieving a health balanced diet. It is our mission to ensure all children understand:

- What foods are good for them and why.
- Moderation in sweet and fatty foods is what we're looking for.
- To have fun and experience new skills and new tastes.

Contact Us

If you have any concerns regarding your child's involvement in this after school club, please do not hesitate to contact.

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St Mary's CofE (Aided) Primary School
Mrs. D Benson

Food & Nutrition Club

Spring 2019



St Mary's CofE (Aided) Primary School

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Overview

Food & Nutrition



The purpose of this Food & Nutrition club is to teach the children about having a healthy balanced diet. It is important to recognize that whilst fruit and vegetables are good for you, children are still children, and are going to want sweets, crisps and chocolate. I wouldn't dare to try and ban any of those in my house!

Taste



This course is about finding a healthy balance. Through this club I am hoping the children will learn of certain foods which are good for you can taste great too. Attendance every week is essential as I have a waiting list of children wanting to join. All ingredients and equipment will need to be provided by you.

Fun



Despite being a cooking course I do not have access to the multipurpose room, and the oven. As a result children will be making cold meals/snacks. If there is something that needs cooking I will give instructions on how to cook the item at home.

Resources

Each week we will make something new and exciting. The club will start with an introduction to what we are making and the nutritional value of it.

A list of kitchen utensils and ingredients the children will need to bring with them each week will be provided.

Equipment

Unfortunately despite having a kitchen in the school for the children to use...with all the best will in the world it isn't the best equipped. Children will be encouraged to bring their own utensils into school to use. Any sharp utensils that could cause harm can be left securely with the school office during the day. You will be asked to provide suitable containers to carry the children's creations home. On the odd occasion we may make something that will require cooking at home. On these occasions full cooking instructions will be provided. If children wish to bring their own aprons, please do so.

Ingredients

A list of ingredients are provided in this booklet. Please ensure your child brings ALL the ingredients each week.

Tablespoon – tbsp
Teaspoon = tsp
Desert spoon - dsp

Granola Bars

Recipe 1



Utensils:
Baking/parchment paper
8/9 inch square baking tin
Large mixing bowl & spoon
Small microwavable mixing bowl

Ingredients

600 ml Quick cooking oats
360 ml Rice Krispies (cereal)
6 tbsp butter
5 tbsp runny honey
180 ml Light brown sugar
1 tsp vanilla extract
120 ml chocolate chips and/or dried fruit such as raisins, cranberries.

Method

1. Line your baking tin with parchment paper with some paper over hanging.
2. In a large mixing bowl mix together the oats and rice krispies.
3. In a small microwavable mixing bowl add butter, brown sugar and honey. Heat in the microwave for 1 minute. Stir until butter has melted. Return to microwave and heat again for another minute.
4. Carefully remove from microwave and add vanilla extract. Stir mixture together.
5. Pour over the oat and rice krispies until evenly coated. Gently stir in the chocolate chips and/or dried fruit.
6. Pour the mixture into the baking tin and press down firmly.
7. Place a second piece of parchment paper over the top of the mixture and press down extra firmly.
8. Sprinkle extra chocolate chips/fruit over the top.
9. Place in fridge for 1-2 hours before removing parchment paper and cutting into squares.

Quick Berry Trifle

Recipe 2



Utensils:
4 presentation glasses/or a medium glass bowl
Mixing bowl
Small chopping board

Ingredients

100g plain cake
Strawberry jam
4 tbsp apple juice
225g mixed berries (can be bought frozen & defrosted at home)
1 tbsp caster sugar
5 tbsp cream cheese or mascarpone cheese
5 tbsp of Greek yogurt
1 tsp vanilla extract
100's and 1000's cake decorations (optional)

Method

1. Cut the cake into slices and spread half of them with jam. Place at the bottom of the bowl/glasses and put the rest of the cake on top.
2. Trickle the apple juice over the top of the cake.
3. If using fresh fruit cut out the stalks and cut up any large pieces of fruit.
4. Arrange the fruit on top of the cake. Sprinkle over the sugar. Then make your trifle topping.
5. Put the cream cheese or mascarpone, the yogurt and the vanilla extract into a bowl and mix together.
6. Spread the topping over the fruit. Decorate with 100's and 1000's (optional).
7. Put the trifle in the fridge for half an hour. Serve.

3 Healthy Dips and crudités

Recipe 3



Utensils:
3 small plastic containers with lids.
1 medium plastic container with lid.
Potato masher
Sieve & a mixing bowl
Chopping board, and potato peeler

Ingredients

- | | | |
|------------------------------|------------------------|---------------------------|
| 1) 1 ripe avocado | 2) ½ a cucumber | 3) 3 ripe tomatoes |
| 1 clove of garlic | a sprig of fresh mint | ¼ red onion |
| ½ a lime | 150 ml Greek yogurt | ½ lime |
| 2 tsp of olive oil | | Fresh coriander |
| 1 tbsp plain or Greek yogurt | | Tobasco (optional) |
| Tobasco (optional) | | |

Crudites: 2 x carrots, ½ cucumber, 1 large salad pepper, bread sticks.

Method

Gucamole

1. Carefully cut the avocado in half and remove the stone. Cupping half the avocado in one hand carefully cut slices into the avocado. Turn it 90 degrees and repeat. Using a spoon scoop out the avocado chunks and tip into a bowl.
2. Mash thoroughly with a fork or potato masher.
3. Crush the garlic into the bowl.
4. Add the juice from the lime, olive oil, yogurt and a few drops of Tobasco (optional) and mix together thoroughly.

Methods for other dips will be provided at club.

Valentine Pretzel Treats

Recipe 4



Utensils:

1 microwavable plate
Baking parchment paper
Plastic container and lid

Ingredients

1 bag of pretzels
2 packets of Rolo's
2 packets of Love heart sweets.

Method

1. Open love heart sweets and choose best ones.
2. Line your microwavable plate with baking parchment.
3. Place pretzels evenly and spaced out on your plate.
4. Place a Rolo in the center of each pretzel
5. Microwave on medium/high heat for 20/30 seconds
6. Place love heart in center of semi set Rolo.
7. Place Valentine treats in fridge to set.

Sandwiches and wraps

Recipe 5



Utensils:

Chopping board.
Small mixing bowl
Cling film.
Toothpicks

Ingredients

3 slices of wholemeal bread	1 large tortilla wrap
1 tbsp spreadable butter	½ a tin of tuna in brine
2 tbsp mayonnaise	2 tbsp of sweetcorn
2 slices of cooked bacon	1 tsp mustard (optional)
2 slices of cooked chicken	
1 tomato	
3 large lettuce leaves	

Method

Triple decker sandwich

1. Spread your three slices of bread with butter and place to one side, butter side up.
2. Take 2 slices of the buttered bread and spread with mayonnaise. Then spread a little mustard on top of the mayonnaise (optional).
3. Thinly slice your tomato and layer one slice of the bread with your tomato.
4. Place 2 slices of bacon on top of the tomato making sure not too much bacon is hanging over the edge of the bread.
5. Top with a lettuce leaf.
6. Place another slice of bread on top of the lettuce and gently press down.
7. Spread the top of this slice of bread with butte and mayonnaise.
8. Layer with tomato, cooked chicken and lettuce.
9. Place the final piece of bread on top. Carefully cut the sandwich diagonally and secure with a toothpick.

Hamburgers/meatballs

Recipe 6



Utensils:

Large mixing bowl
Baking parchment paper/greaseproof paper
1 x large zip lock plastic food storage bag
1 large plastic container with lid
Chopping board

Ingredients

250g lean minced beef
1 slice white bread
1 tbsp milk
Salt & Pepper
Garlic granules (optional)

Method

1. Cut a large sheet of parchment paper into 4/6 squares and set to one side.*
2. Cut the crusts off the slice of bread.
3. Tear the bread into small pieces and place in the bottom of a large mixing bowl.
4. Sprinkle 1 tbsp of milk over the bread and leave it to soak in.
5. Open your packet of minced beef. Turn over the meat and remove the paper backing.
6. Place the meat into the bowl with the bread.
7. Season with salt, pepper and small sprinkling of garlic powder (optional).
8. Ensure you have clean hands and begin to squish the meat together with the bread and seasoning.
9. Using your hands take a lump of meat and shape into a burger. Once shaped place on top of a piece of parchment paper. Repeat process.
10. *If you want to make meatballs; take a large sheet of parchment paper and using your hands roll the meat into small evenly sized balls.

Chocolate Biscuit Cake

Recipe 7



Utensils:

18cm cake tin or plastic container
Baking parchment or foil
Small microwavable bowl
Plastic/zip lock food bag
Chopping board

Ingredients

200g Plain chocolate
85g butter
1 tbsp golden syrup
100g (around 6) digestive biscuits
A handful of raisins and/or dried apricots, cranberries, glace cherries
A handful of mini marshmallows (optional)

Method

1. Line your container with parchment paper.
2. Break the chocolate into chunks and place in the bowl along with the golden syrup.
3. Heat on low heat in microwave for 2 mins taking care not to burn the chocolate.
4. Using oven gloves carefully remove the bowl from the microwave. Check to see if the chocolate has started to melt. If not repeat process, taking care to check consistency of chocolate.
5. Once melted stir together with a metal spoon.
6. Place biscuits in plastic bag and secure.
7. Grab a rolling pin or a wooden spoon and bash the biscuits in the bag until broken into small pieces.
8. Add the broken biscuits, dried fruit and marshmallows (optional) to the melted chocolate and syrup and mix.
9. Spoon the mixture into your tin/container and press down with a spoon. Chill in fridge for at least an hour.
10. Once chilled turn out onto a chopping board, remove paper and slice.

Mini Pizza Quiches

Recipe 8



Utensils:

Medium mixing bowl

Chopping board

Muffin tin (6 holes)

Kitchen scissors

12cm round cutter

Ingredients

2 large tortilla wraps

4 eggs

3 tbsp sweetcorn or cooked peas (optional)

2 x spring onions (optional)

6 slices chorizo or salami

3 cherry tomatoes

A handful of grated cheese (cheddar or mozzarella)

Basil leaves

Method

1. Place a large tortilla on a chopping board and using your cutter cut 6 circles out.
2. Grease the inside of your muffin tin with a little vegetable oil.
3. Place the tortilla circles into the muffin tins and press down making sure the sides of the tortilla rise up and there are few gaps.
4. Beat the eggs in a bowl and pour even amounts into the tortilla cups.
5. Add sweetcorn, peas and chopped spring onion.
6. Top with a slice of chorizo or salami and half a cherry tomato.
7. Sprinkle with cheese.
8. Bake in a pre-heated oven at 180C/160 Fan, Gas mark 4 for 15 mins until the egg has set. Top with basil leaves and serve.

