

# Notes for the "Eating together" resources

## Purpose of the resources

To use a cooking recipe to discuss feeding a family on a budget.

You can deal with:

- Cooking the meal for a family.
- Quantities and measuring. (Why mugs are used.)
- Portions for different family members.
- Costing the meal.
- Promoting vegetables to stop sickness. & protect our bodies.
- Which food groups the ingredients come from and a families daily needs.

The resources assume that the participants using these resources to cook for a family or will be cooking for a family in the future.

## Cooking steps:

Cooking steps are not included in resources. (With the exemption of the "Lentil soup".)

The steps are usually:

1. Use a large saucepan.
2. Add the oil and cook the onions and garlic (plus the ginger if in the recipe)
3. Add any spices.
4. Add the meat and cook until it is sealed. (If meal is a stew using beef or lamb, the meat is mixed with flour before cooking.)
5. Add the vegetables and cook. (You may want to add a small amount of water depending on the vegetables chosen.)
6. If you are cooking fresh fish you can steam the fish on top of the cooked vegetables.
7. If coconut milk is used add last. Bring to the boil then remove from the heat.

Try and use brown rice, long grain rice, wholemeal past or ordinary pasta.

Only use wholemeal, multigrain bread or rye bread.

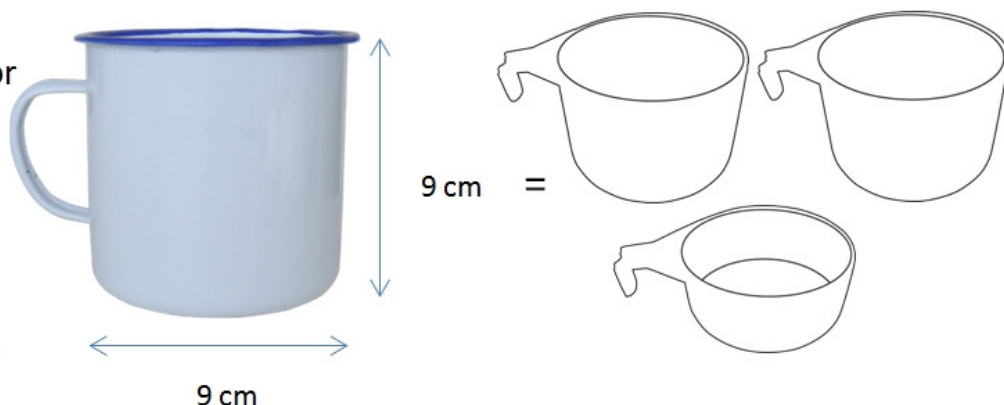
# Notes for the "Eating together" resources

## Measuring

9 cm enamel or stainless steel mugs are used to measure the ingredients for the recipes & portions.

Metric cups are used to measure rice and pasta.

A 9 cm mug is equal to 2 ½ metric cups

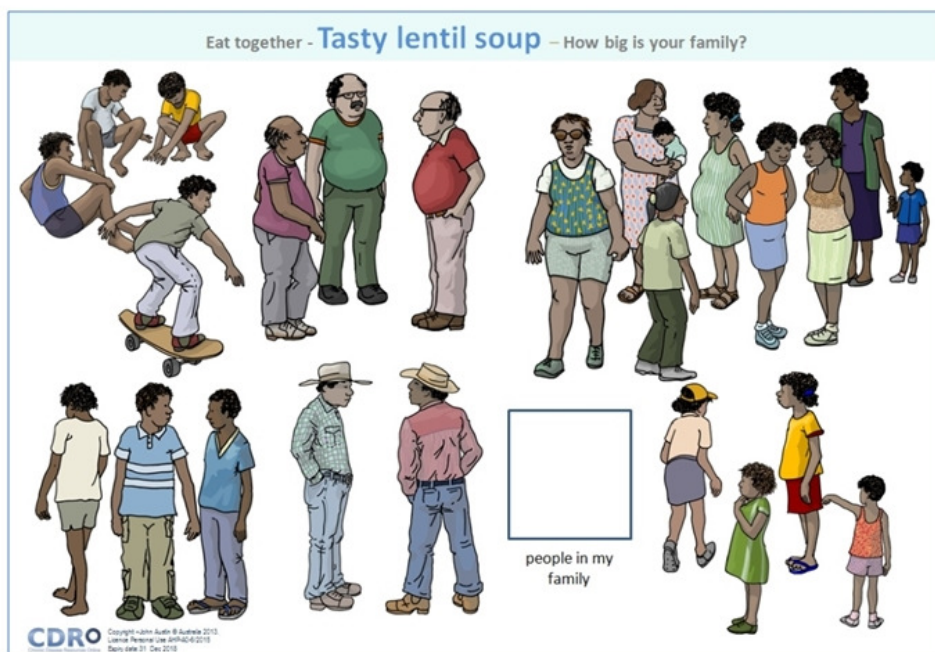


## Families

You can use the "How big is your family?" resource to find out the kind of families your participants have.

The recipes are designed to feed 6 people which can include men women adolescents and children.

The focus should be on the family or a group living and eating together.



## Group of 6





# Notes for the "Eating together" resources

## Recipes

You can use the "Eating together ingredients" with the ingredient, measuring and choice cards to discuss which foods you would use and how much you would need.

It is important to discuss availability.

Eat together - **Beef and veggie stew** - Feeds about 6

**Ingredients**

- 1 mug lean beef
- 1 tin tomatoes
- 3 ½ mugs of veg
- 8 medium potatoes
- Spices
- 2 onions
- 1 table spoons flour
- Small amount of oil
- 3 cloves garlic

**Healthy Meal**

1 Mug = 250mls, 250mls, 125mls, 2 ½ Cups

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**Ingredient Card**

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Ingredient cards

**Measure card**

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Measurement cards

**Choices**

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Choice cards

## Portions

Discuss and demonstrate the amount different members of the group need to eat.

Portions will depend on age and how much physical activity a person does.

**Child's portion**

1 mug, ½ mug, 1 mug, ½ mug

1 Mug = 250mls, 250mls, 125mls, 2 ½ Cups

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# Notes for the "Eating together" resources

## Costing

You can use the costing sheet to work out how much the meal cost.

Work out the average price for each portion.

Eat together - **Beef and veggie stew** – How much does it cost?

Ingredients and their corresponding price boxes:

- Potatoes: \$
- Corn kernels: \$
- Peas: \$
- Beef: \$
- Tinned tomatoes: \$
- Carrots: \$
- 2 onions: \$
- 3 cloves garlic: \$
- Mixed herbs: \$
- Small amount of oil: \$
- Chili powder: \$
- Tablespoon flour: \$

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## Budgeting

Split the cost of the meal into the most expensive food and the least expensive. Use the budgeting resource to discuss where it is best to spend their money.

Eat together - **Beef and veggie stew** – Where did you spend the most?

Categories and their corresponding price boxes:

- Spend least: \$
- Usually most expensive: \$
- Try and spend most: \$

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## Food groups

Discuss which the food groups the ingredients belong to and why this is a healthy meal.

Eat together - **Beef and veggie stew** – Which food groups?

Food groups and their corresponding ingredients:

- Vegetables:** Carrots, Corn kernels, Peas
- Meat:** Beef
- Dairy:** Milk, Butter, Cheese
- Fruit:** Fruit
- Cereals:** Potatoes, Tinned tomatoes

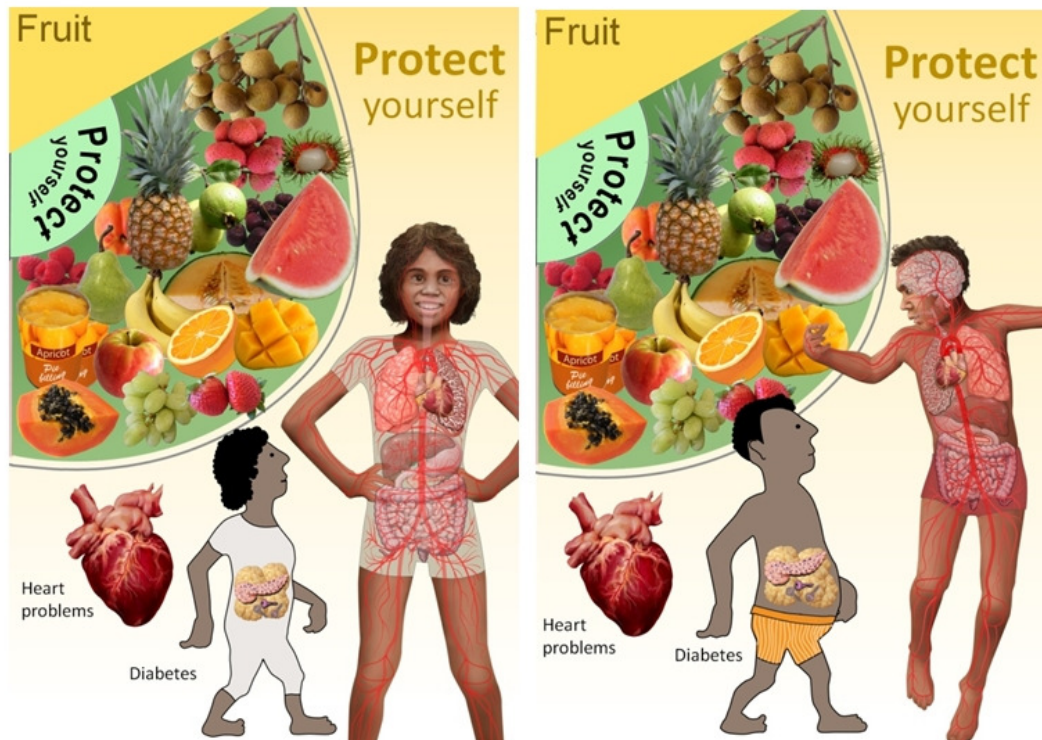
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# Notes for the "Eating together" resources

## Protective foods

Discuss which of the ingredients are protective foods & why we need protective foods.



## Energy foods

Discuss which of the ingredients are energy foods.

## Body building foods

Discuss which of the ingredients are body building foods.



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness & provide protection

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated,.

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