

Rhymes and Recipes



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Why be healthy?

What is it all about? Ill health such as heart attacks, strokes, cancer and diabetes may often be thought of as problems that older people have. But what we eat as younger people does contribute to this ill health in later life.

Eating healthily:

- Helps reduce the risk of heart disease
- Helps reduce the risk of cancer
- Helps reduce the risk of diabetes
- Helps us to participate in physical activity
- Contributes to healthy skin and hair
- Contributes to feelings of well being

So how do we do it?

What is eating healthily?

It is very easy to put foods into the 'bad for you' or 'good for you' group, but we really shouldn't think of foods as good or bad. Healthy eating is really about having a balance and a variety of different foods. You can eat chocolate and chips (even dietitians do!), but so long as this is occasional and you are also eating from the other food groups more frequently.

To explain this further, fruit and vegetables and starchy carbohydrates, e.g. potatoes, rice, pasta, are foods that we should be eating at every meal time. This is approximately five times or five portions a day. Dairy products and meat, fish or alternatives should be eaten two to three times per day. Foods which are high in fat and/or sugar should be limited to approximately once per day. See the table on the next page to find examples of these foods and why they are healthy.

What makes a food healthy?

Below you will find some buzz words to impress your peers or parents. This is what the food can contain to make it healthy. The table shows which foods contain these.

Monounsaturated fat A safe type of fat that helps protect against heart disease

Omega 3 A polyunsaturated fat that helps reduce the risk of heart disease and stroke, it is also used in brain health

Antioxidants Vitamins A, C and E and other substances usually found in fruit and vegetables that help prevent heart disease and cancer

Wholegrain Helps reduce the risk of heart disease and diabetes

Soluble fibre Helps to take fat out of our body via the digestive system and therefore helps reduce heart disease

Soya Contains phytoestrogens which help reduce heart disease

Food Group	Example of food	Approximate number of portions per day	Nutrients that they provide	Healthy things that they contain
Fruit and vegetables	Apple, orange, banana, pear, carrots, broccoli, cauliflower, peas	5	Vitamins and minerals	ANTIOXIDANTS
Starchy Carbohydrate	Rice, bread, pasta, breakfast cereal, potato, oats	5	Slow release energy and B vitamins	WHOLEGRAINS - only in the wholegrain, wholemeal varieties SOLUBLE FIBRE - mainly in the oats
Meat, fish and alternatives	Beef, pork, chicken, lamb, cod, mackerel, pilchards, beans, nuts, soya	2	Protein, fats, iron and B vitamins	OMEGA 3 - only in oily fish MONOUNSATURATED FAT - only in the nuts SOLUBLE FIBRE - mainly in the beans
Dairy products	Milk, yoghurt, cheese	3	Protein and calcium	
Foods containing lots of fat and sugar	Butter, margarine, oil, crisps, chips, biscuits, pastry, fizzy pop, cakes, cream	1	Mainly empty calories, limited nutrients	MONOUNSATURATED FAT - only in the oils including olive, some vegetable and sunflower oils, check the label

Vegetable Balti

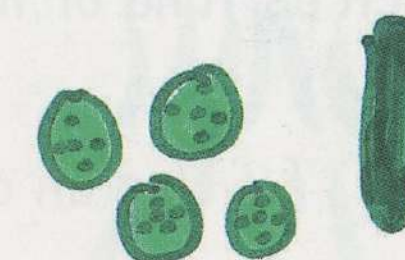
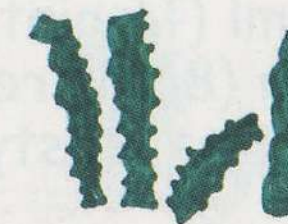
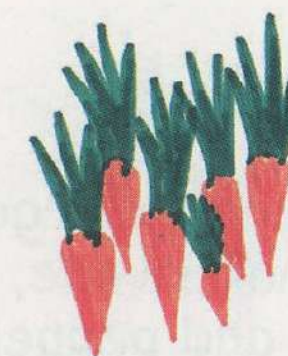
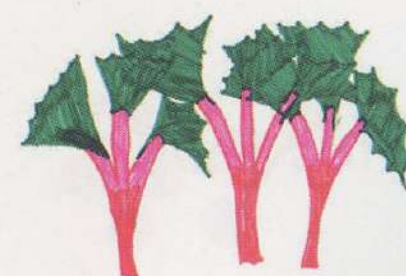
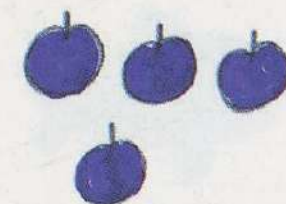
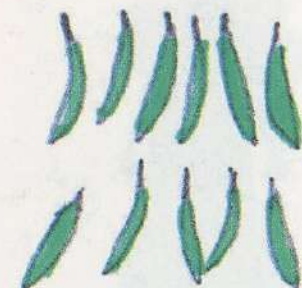
- 30ml (2tbsps) vegetable oil *
- 30ml (2tbsps) medium curry powder
- 30ml (2tbsps) ground garam masala
- 1 large onion, peeled and chopped
- 2 cloves of garlic, peeled and crushed
- 2 large carrots, peeled and diced
- 450g (1lb) potatoes, peeled and cut into large cubes
- 1 medium sized cauliflower, cut into florets (frozen would be fine)
- 450g (14oz) tin chopped tomatoes
- 30ml (12 fl oz) vegetable stock, made with stock cube
- 175g (6oz) frozen spinach
- fresh coriander leaves (optional)

Method

- 1 Heat the oil in a large pan with the onion and garlic. Cook for about 3 minutes or until soft. Add curry powder and garam masala and fry for a further five minutes, stirring occasionally.
- 2 Add the remaining ingredients, except the spinach. Bring to the boil and then reduce the heat, cover and simmer for 20-25 minutes or until the vegetables are tender. Make sure you stir occasionally to prevent the balti from sticking.
- 3 Stir in the spinach and cook for a further 4-5 minutes.
- 4 Garnish with coriander leaves, if using and serve with boiled rice and raita dip.

* Healthy Tip

Use an oil which is high in monounsaturated fat and low in saturated fat.



Tasty and Spicy Vegetable Balti

Mmm, mmm, what a taste,
Hot and spicy with no waste.
Absolutley healthy too,
Enjoy it: and good health to you

By June Legg

Fisherman's Pie

Serves 4

- 1 medium/large potato, peeled and diced
- 1 small swede, peeled and diced
- salt and pepper
- 15ml (1tbsp) vegetable oil *
- 1 medium sized onion, peeled and roughly chopped
- 75g (3oz) mushrooms, wiped and sliced
- 15ml (1tbsp) plain flour
- 425ml (3/4 pint) skimmed milk
- 225g (8oz) fresh or frozen cod fillets, cut into chunks
- 25g (1oz) tasty cheese, grated

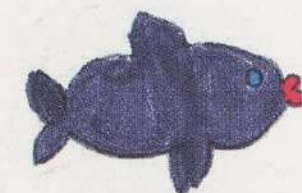
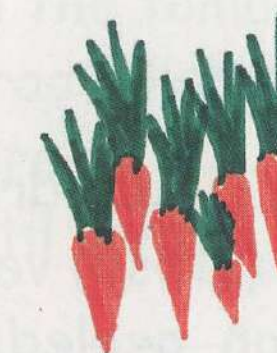
Method

1. Cook the potato and swede in a pan of boiling water for 15 minutes, or until tender. Drain and mash with a fork or potato masher. Season with a little pepper to taste.
2. Heat the oil in a large pan, add the onion and mushrooms and fry for 5 minutes or until tender.
3. Add the flour and stir until the onion and mushrooms are evenly coated.
4. Remove the saucepan from the heat and gradually add the milk while continuously stirring. Return the pan to the heat and bring to the boil, stirring continuously until smooth.
5. Stir in the fish, grated cheese and salt and pepper to taste. Reduce the heat, cover and simmer for approximately 10 minutes.
6. Pour the mixture into a 1.1 litre (2 pint) heatproof casserole dish. Top with the potato and swede. Place under a hot grill for approximately 3-4 minutes until golden brown.

An alternative to fresh fish would be to use drained canned fish such as tuna or mackerel.

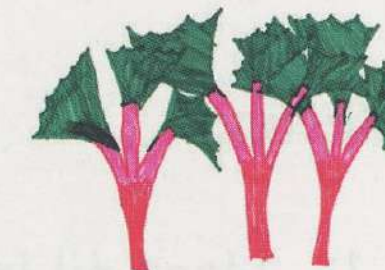
* Healthy Tip

Use an oil which is high in monounsaturated fat and low in saturated fat.



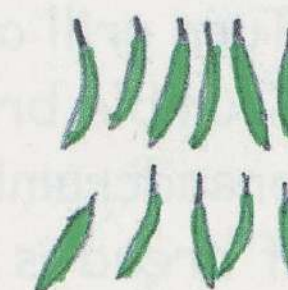
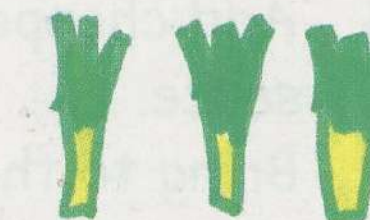
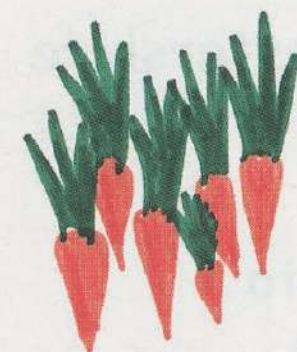
Fisherman's Pie

Come on you landlubbers,
This dish you should try:
Healthy and delicious,
Fisherman's pie.



Fish is good for
The brain they say.
So go and make,
Fisherman's pie today.

By June Legg



Tasty Tuna and Pasta Bake

Serves 3

- 350g (12oz) dried pasta *
- 15ml (1tbsp) vegetable oil
- 1 onion, peeled and chopped
- 2 sticks celery, washed and sliced
- 1 green or red pepper de-seeded and chopped
- 15ml (1tbsp) dried mixed herbs
- 1 420g (14oz) can chopped tomatoes
- 5ml (1tsp) tomato puree
- 5ml (1tsp) Worcestershire sauce
- 1 200g (8oz) can tuna
- 2 slices wholemeal bread
- 50g (2oz) tasty cheddar cheese, grated

Method

1. Heat oil in large pan or wok.
2. Add onion and celery and cook for 2-3 minutes.
3. Add pepper and mixed herbs and cook for a further few minutes.
4. Add chopped tomatoes, tomato puree and Worcestershire sauce.
5. Bring to the boil and allow to simmer.
6. Meanwhile put dried pasta on to cook according to instructions on packet (usually about 12 minutes).
7. Drain tuna and flake lightly and add to tomato sauce. Allow it to warm through then season according to taste.
8. Turn grill on to a high setting.
9. Crumble bread with fingers to make quite coarse breadcrumbs and mix with grated cheese (this will be easier if bread is 1-2 days old or toasted first).

10. Once pasta is cooked drain well and mix with the tomato and tuna sauce, then pour into a large heatproof dish and sprinkle with breadcrumbs and cheese mixture.
11. Place under the hot grill for 5 minutes or until golden brown.
12. Serve immediately with a green vegetable such as beans or broccoli or a salad.

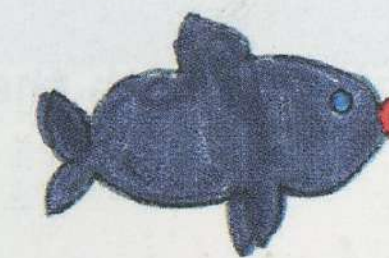
* Healthy Tip

Wholemeal pasta can be used, note that it takes a little longer to cook.

Tasty Tuna and Pasta Bake

Tasty tuna and pasta bake
Is something you may like to make.
When you stir the ingredients in
A spicy aroma will waft from within.
So why not go and have a try!
Happy cooking, and cheery bye...

By June Legg



Chicken and Vegetable Stir Fry

Serves 4

2 chicken breasts, cut into small strips
15ml (1tbsp) vegetable oil *
15ml (1tbsp) fresh ginger, peeled and finely chopped
1 clove garlic, peeled and crushed
4 spring onions, cleaned and sliced or 2 leeks peeled and sliced
100g (4oz) mushrooms, wiped and sliced
100g (4oz) carrots, cleaned and cut into matchsticks
100g (4oz) sweet pepper, de-seeded and chopped
100g (4oz) broccoli (fresh or frozen)
30ml (2tbsps) soy sauce
pinch of salt

Method

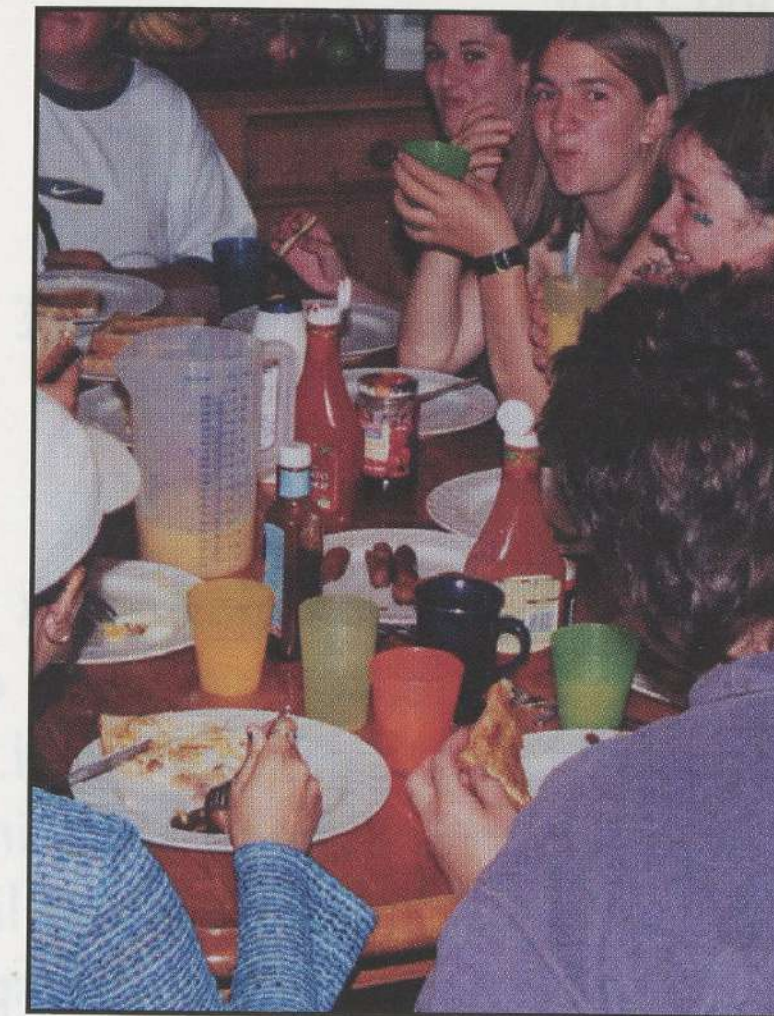
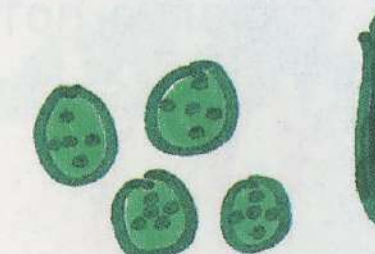
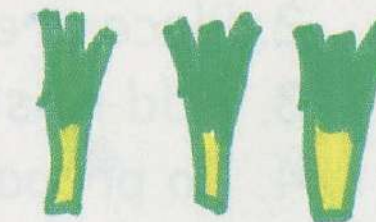
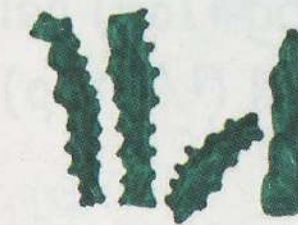
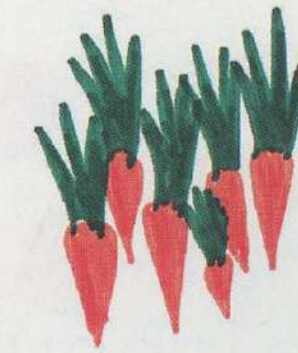
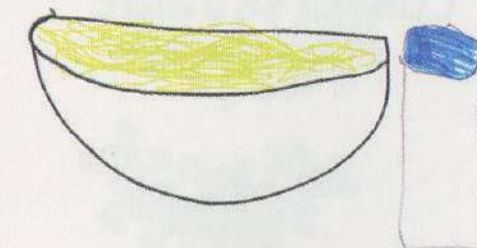
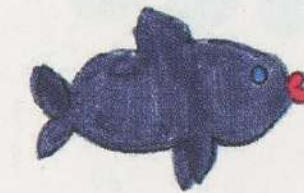
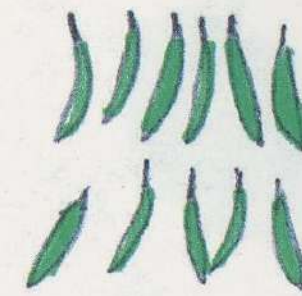
1. Prepare the vegetables and chicken as described above.
2. Heat the oil in a large pan or wok.
3. Add the chicken strips and cook for 5-10 minutes, ensuring that the pieces are cooked through.
4. Add the ginger, garlic, spring onion or leek. Cook for 1 minute.
5. Add the remaining vegetables and stir-fry for 2-4 minutes.
6. Finally add the soy sauce and sugar. Season with salt if required.
7. Serve with noodles or a chunk of bread.

This dish may be made using any combination of vegetables. For an alternative try using lean pork, lamb or white fish instead of chicken.

If you want to be more adventurous with the spices try Chinese 5 Spice or Thai 7 spice.

* Healthy Tip

Use an oil high in monounsaturated fat, i.e. higher than saturated and polyunsaturated fats.



Oatie Fruit Crumble

Serves 4

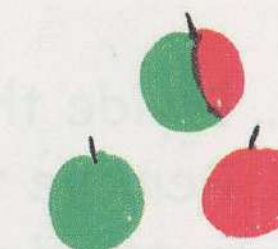
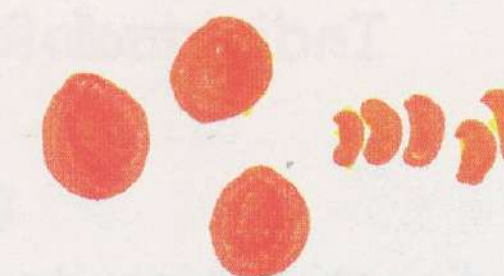
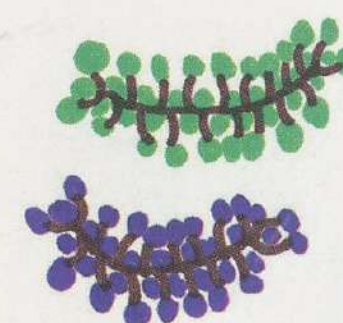
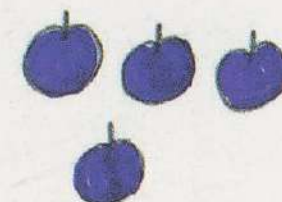
- 2 large cooking apples, peeled, cored and chopped
- 2 large pears, peeled, cored and chopped
- 25g (1oz) sugar
- 25g (1oz) raisins (optional)
- 3ml (1/2 tsp) cinnamon

Crumble Mixture

- 50g (2oz) self raising flour
- 25g (1oz) soft margarine
- 25g (1oz) caster sugar
- 50g (2oz) porridge oats

Method

1. Pre-heat oven to 180°C, 350°F, Gas Mark 4.
2. Place prepared fruit in the bottom of an ovenproof dish.
3. Add raisins, cinnamon and sugar, mix well.
4. To prepare crumble mixture place flour in a large bowl and rub in margarine until the mixture looks like breadcrumbs.
5. Stir in the sugar and porridge oats and sprinkle over fruit mixture.
6. Cook in centre of oven for 30 minutes.
7. Serve hot or warm with natural yoghurt or custard made with skimmed milk.



Oatie Fruit Crumbles

I like pears and apples
I like oats as well.
Cook them altogether:
It's a healthy sweet so swell!

By June Legg

Individual Raspberry and Lime Cheesecakes

Serves 4

- 4 digestive biscuits (or hob nobs)
- 200g (7oz) extra light cream cheese
- 200g (7oz) very low fat fromage frais
- few drops of vanilla flavouring
- 1 tbsp caster sugar
- 1 lime
- 125g (4oz) raspberries (fresh, tinned or frozen)

Method

1. Divide the biscuits between 4 small glass dishes.
2. Remove the zest from the lime and then squeeze the juice out and reserve.
3. In a bowl mix together the cream cheese, fromage frais, vanilla extract, sugar and lime rind and juice.
4. Spoon the mixture on to the biscuits, then top with the raspberries.
5. Serve immediately.

This desert can be made with any soft fruit that is in season such as strawberries.

This desert can be made in one large serving dish.

Raspberry and Lime Cheesecakes

Your mouth will be watering

When you make

These zingy raspberry
And lime cheesecakes.

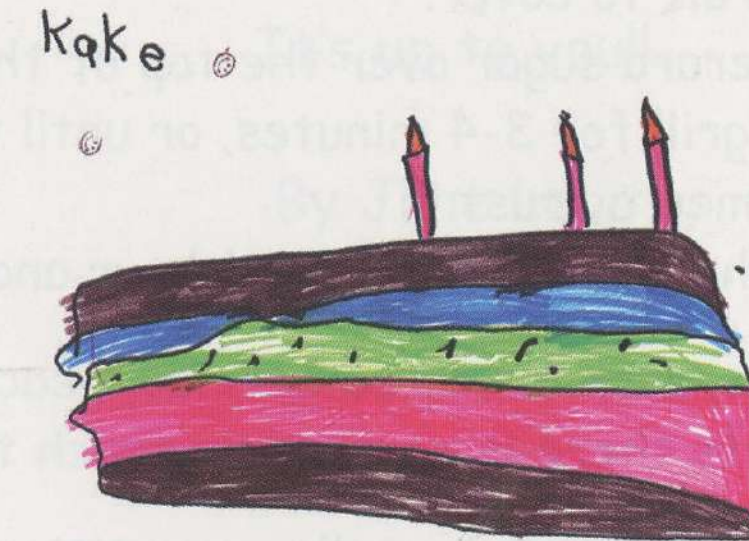
Just follow the recipe

In this book;

Then you can make them,

And be a great cook!!

By June Legg



Fruit Brulée

- 4 plums, pitted and sliced (tinned plums can be used) *
- 2 cooking apples, peeled, cored and sliced
- 5ml (1tsp) ground ginger
- 300ml (1/2 pint) Greek-style yoghurt (low-fat if possible)
- 15ml (1tbsp) icing sugar, sifted
- 3ml (1/2 tsp) almond essence (optional)
- 50g (2oz) demerara sugar

Method

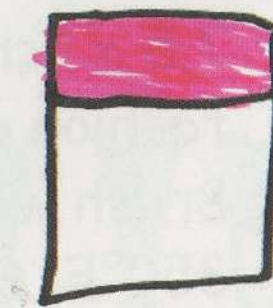
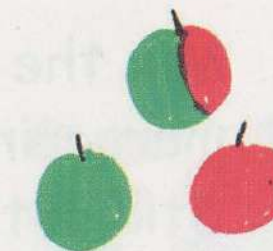
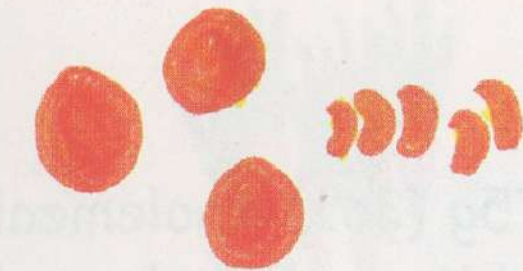
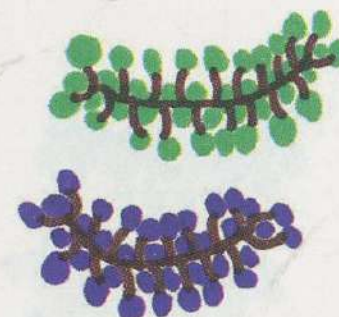
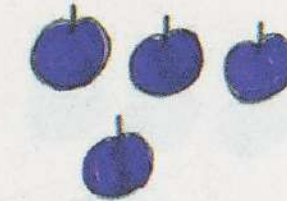
1. Place the plums and apples in a saucepan with 30ml (2tbsps) of water and cook for 7-10 minutes, until tender, but not mushy. (There is no need to cook the plums for quite so long if you are using a tinned variety).
2. Set the fruit aside to cool and then stir in the ginger.
3. Using a slotted spoon, spoon the mixture into the base of a shallow serving dish.
4. Mix the yoghurt, icing sugar and almond essence (optional), and spoon on to the fruit to cover.
5. Sprinkle the demerara sugar over the top of the yoghurt and cook under a hot grill for 3-4 minutes, or until the sugar has dissolved and formed a crust.
6. Leave to chill in the refrigerator for 1 hour and serve.

Use any variety of fruit, such as mixed berries, peaches or bananas, but for the softer fruits there is no need to poach them first.

This recipe can also be made using smaller quantities in individual dishes.

* Healthy Tip

Try to use fruit tinned in fruit juice not syrup.



Cool Fruit Brulée

Apples and plums
Are lovely to eat.
But make a brulée,
It will be a treat.
Mixed berries
Are suitable too:
Bananas, or peaches,
It's up to you!!

By June Legg

Fruit and Oatie Rounds (Makes 30)

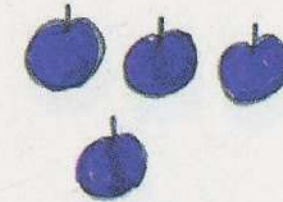
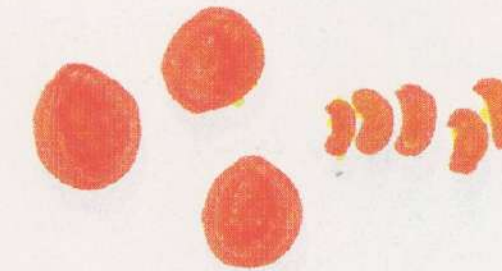
- 100g (4oz) margarine *
- 300g (4oz) self raising wholemeal flour
- 75g (3oz) raisins (optional)
- 150ml (1/4 pint) semi-skimmed milk
- 50g (2oz) rolled oats

Method

1. Rub the margarine with the flour, then add the raisins.
2. Mix to a firm dough with the milk.
3. Form 30 small balls and roll each one in the oats.
4. Place the balls on a greased baking tin, and flatten each slightly.
5. Bake at 180°C, 350°F, Gas Mark 4, for 20-25 minutes.
6. Cool on a wire rack.

* Healthy Tip

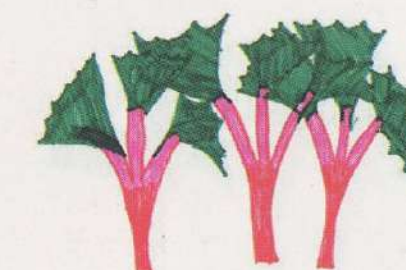
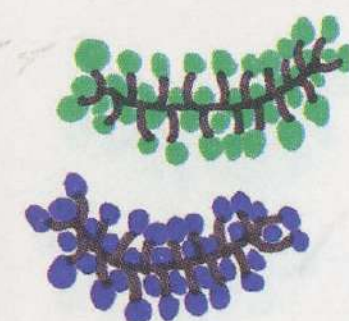
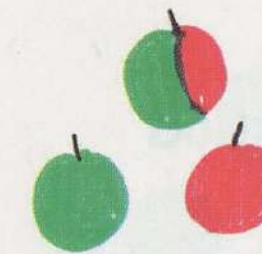
Try and find a margarine high in monounsaturated fat and low in saturated fat.



Fruit and Oatie Rounds

Fruit rounds covered in oats,
Tasty and crispy too.
Crunchy and munchy rounds,
So good for me and you.

By June Legg



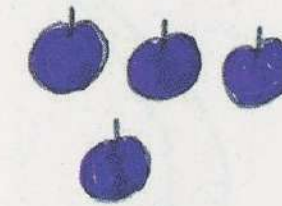
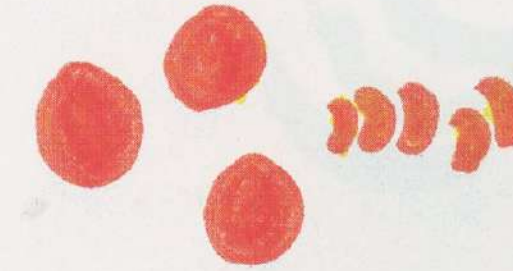
Teddy's Apple Delight

Serves 4

- 2 large cooking apples
- 15ml (1tbsp) lemon juice
- 15ml (1tbsp) honey
- 150g (5oz) plain yoghurt

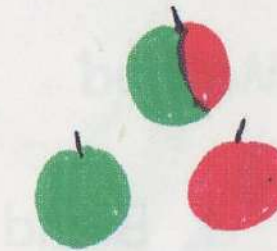
Method

1. Peel and chop the apples and cook in 30ml (2tbsps) of water, until soft and pulpy (this can be done easily and quickly in a microwave). Allow to cool.
2. Place the apples in a liquidiser. Add the lemon juice, honey and yoghurt and blend for 30 seconds.
3. Divide the mixture into four serving dishes. Decorate each with sweet bananas (ears), sultanas (eyes), black grape (nose) and raisins (mouth) to make Teddy's face.

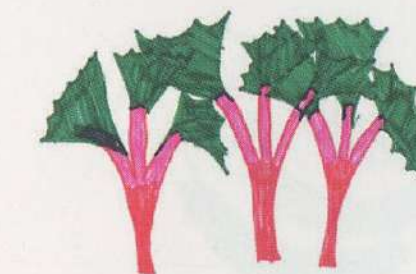
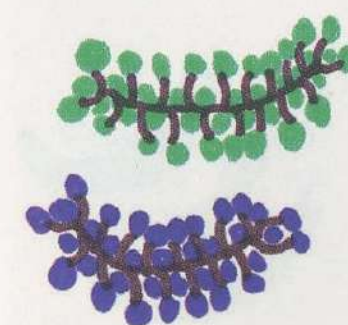


Teddy's Apple Delight

This dessert is Teddy's apple delight,
It is so fluffy and tastes just right.
So make it for tea,
For four or for three,
But make sure that Teddy won't bite!!



By June Legg



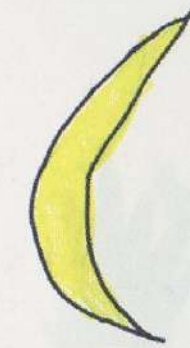
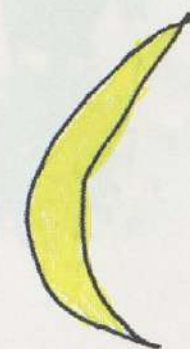
Custard Surprise

Serves 4

15ml (1tbsp) custard powder
30ml (2tbsps) sugar
568ml (1 pint) semi-skimmed milk
3 bananas

Method

1. Blend the custard powder and sugar to a smooth paste with 2-3 tablespoons of the milk.
2. Heat the remaining milk until it is nearly boiling, then stir it into the blended custard powder. Return the mixture to the saucepan and bring it to the boil, stirring all the time to make a smooth thick custard. Simmer for 2-3 minutes.
3. Slice the bananas and put into one large or four individual dessert dishes.
4. Pour the custard over the bananas and leave to cool before serving.



Custard Surprise

It looks like custard
But it could be fun,
To taste and discover
A surprise for everyone.

By June Legg



Tropical Milk Shake
Makes 2 large glasses



300ml (1/2 pint) semi-skimmed milk,
chilled
150ml (1/4 pint) pineapple juice, chilled
150ml (1/4 pint) orange juice, chilled

Method

1. Put all ingredients into the liquidiser and blend them together.
2. Pour the mixture into two large glasses and decorate with orange slices and pineapple chunks.



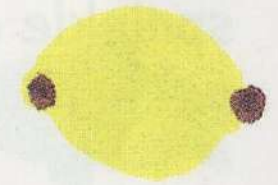
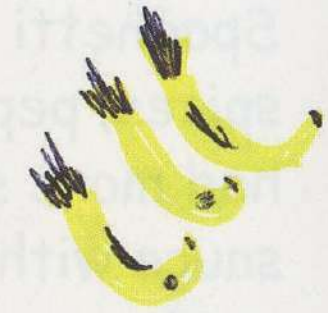
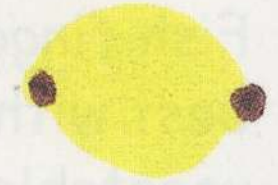
Fruity Milk Shake
Makes 2 large glasses



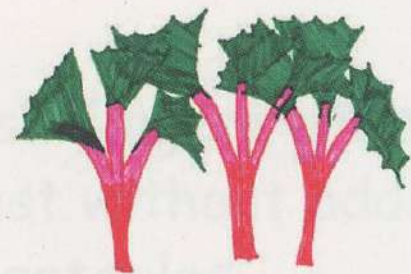
2 bananas
juice of one lemon
150g (5oz) plain yoghurt
568ml (1pt) semi-skimmed milk, chilled

Method

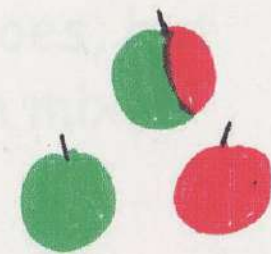
1. Put the bananas, lemon and yoghurt in a blender. Add 150ml of milk and blend until smooth.
2. Gradually add the remaining milk.



Food



Lettuce and peas,
With some cheese.
Jam with rice,
Is very nice.

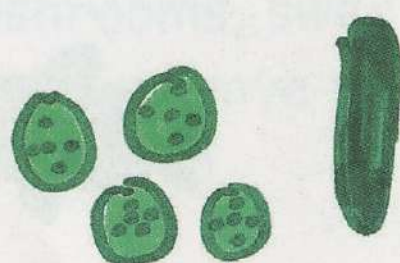


By Thomas and Scott (age 9)



Bananas

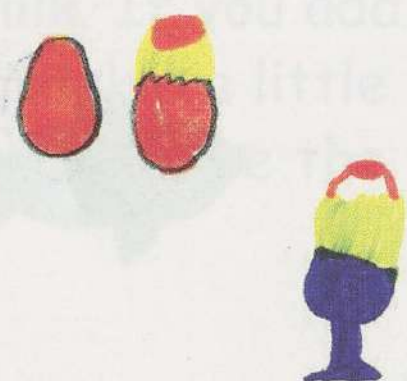
Bananas so yellow,
I would like a munch;
You look very tasty,
I can't wait for lunch.



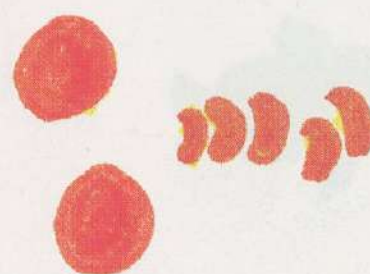
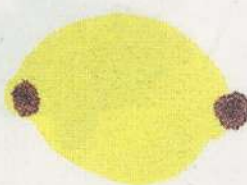
By Scott and Michael

Pizza

Pizza round and crispy,
Like a flying frizby!
Beef burger and chips
Puts fat on your hips!



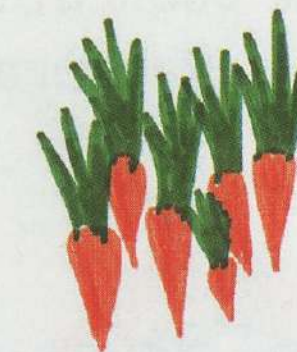
By Michael and Scott



Faggots

I like faggots
Without peas.
I like chips
Sprinkled with cheese

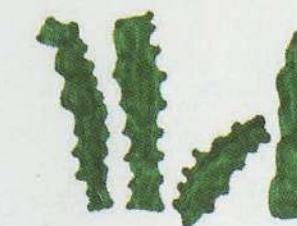
By Scott and Michael



One Little Pancake

One little pancake
Cooking in the pan,
Half for me
And half for nan.

By Julie



The Dancing Lobsters

See the lobsters in tutus of pink,
Dancing a pirouette in a wink!
A jete, then jumping high!!
It looks as if they'll touch the sky!!!

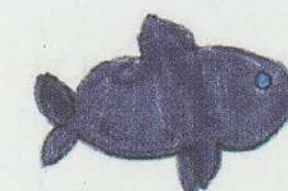
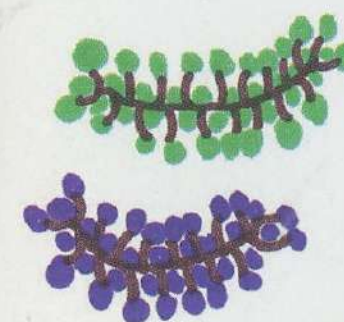
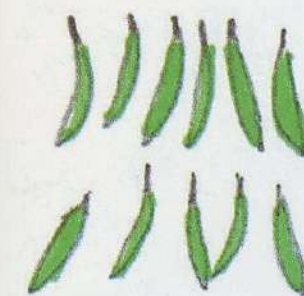
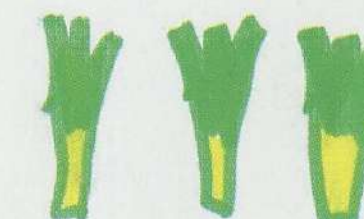
By June Legg



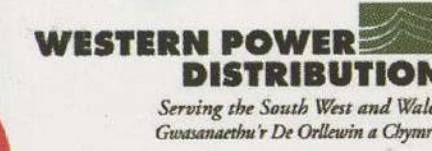
The Dancing Leeks

Six tall leeks, in tall black hats,
Dancing a Welsh dance on the mat;
In Welsh costumes with skirts of red.
They saw a mouse and off they fled!

By June Legg



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June Legg

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