

SESSION TITLE - Cooking Session

Chicken Wrap with Roasted Vegetables and Pesto; Fruit Smoothie

Session Aim

To promote different cooking skills and increase understanding of the importance of eating five portions of fruit and vegetables a day

Session Objectives

By the end of the session, participants will:

- Have experience of cooking 2 recipes (Chicken Wrap with Roasted Vegetables and Pesto; Fruit Smoothie) and have tasted them.
- Understand the importance of eating five portions of fruit and vegetables a day.
- Understand what is a portion of fruit / vegetable.
- Have worked as a group and had fun!

SESSION OUTLINE

TIME	ACTIVITY	RESOURCES
10 mins	Welcome <ul style="list-style-type: none">• Include introduction to trainers, course, course participants (eg: number of weeks, topic areas etc) or if using part way through programme, reflect on previous session.• Introduction to session.	
20 mins	Activity – Eating 5 portions of fruit and vegetables a day <ul style="list-style-type: none">• Course participants to write down the number of portions of fruit and vegetables eaten yesterday.• Discussion – what is a portion of fruit and vegetables; the importance of fruit and vegetables as part of a healthy balanced diet; barriers to eating more fruit and vegetables; try tasting at least 2 fruits.	<ul style="list-style-type: none">• Paper and pens• Comic Company or Eat 5 'What is a Fruit and Vegetable Portion?' postcard• Samples of different fruits (cut into bite-size pieces where appropriate).



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SESSION OUTLINE cont -

TIME	ACTIVITY	RESOURCES
60 mins	Activity – Cooking Activity <ul style="list-style-type: none">• Discuss the recipes and ingredients (read the recipe all the way through – they list exactly what they need)• Discuss food hygiene and safety issues (see 'Key Messages' Prompt Sheet)	<ul style="list-style-type: none">• Chicken Wrap with Roasted Vegetables and Pesto Recipe Sheet• Fruit Smoothie Recipe Sheet• 'Key Messages' Prompt Sheet• Ingredients and cooking equipment (including smoothie maker)
30 mins	Activity – Tasting/Eating Recipes Cooked <ul style="list-style-type: none">• Start tidying up cooking area and lay table• Organise drinks (beakers of water).• Eat prepared meal• Wash-up and tidy	Plates, cutlery, beakers, serving spoons

NOTE - Course leader and any support workers must have completed an appropriate food hygiene certificate to deliver session (for further advice – see employer policy or contact local environmental health department).

Notes



Key Messages

Course Leader 'Prompt' Sheet

Food Hygiene and Safety

- Wear an apron, roll up sleeves, tie back long hair and take off any rings.
- Take care when removing hot items from the oven.
- Take care when grilling food items.
- Always wash hands before starting cooking and after touching raw meats.
- Always make sure meat is thoroughly cooked before eating.
- Be careful when chopping and slicing, eg: peppers, fruit.

Food Skills Involved

- Chopping, cutting and slicing.
- Grilling and roasting.
- Oven management (eg: grilling, roasting).
- Blending (fruit smoothie).
- Preparing and presentation (eg: wraps; fruit smoothies).

Healthier Eating Messages

- Chicken without the skin contains less fat.
- The roast vegetables in the wrap and the fruit in the smoothie count towards your fruit and vegetable intake.
- The fruits in the smoothie can be fresh or tinned – tinned in natural juice or fruit juice contains less sugar than syrup.
- Lower fat versions of fruit flavoured yoghurt and semi-skimmed milk all contain less fat.

Cost

- Wraps are relatively inexpensive and make a popular meal with younger members of the family.
- Fruit smoothies are a good method of encouraging children to try different fruits – and to eat more fruit.
- Tinned fruit (fruit smoothie) is an inexpensive way of using fruit out of season.



Recipe - CHICKEN WRAP with ROASTED VEGETABLES and PESTO

What you will need:

Tablespoon
Teaspoon
Sharp knife
Chopping Board
Grill pan
Baking tray

Ingredients (for 4 people):

4 x chicken breasts
2 x red peppers
2 x yellow peppers
2 x courgettes
2 x red onions
Lettuce leaves
4 x tortilla wraps / pitta breads
4 x teaspoons red pesto
1 x teaspoon olive oil

Method:

- 1 Preheat the oven to 180oC or Gas Mark 4.
- 2 Deseed the peppers and cut into quarters and half again. Place on the baking tray.
- 3 Slice the courgette length ways and place on the baking tray with the peppers.
- 4 Peel and cut the onion into wedges and place on the baking tray with the peppers and courgettes. Season and drizzle with the olive oil. Roast in the pre-heated oven for 25-30 minutes or until tender.
- 5 Meanwhile heat a grill pan and cook the chicken for 20 to 25 minutes or until cooked.
- 6 Lay out the four tortilla wraps* and spread 1 teaspoon red pesto over each wrap.
- 7 Cut the chicken into strips.
- 8 Place some of the roasted vegetables and chicken on each wrap and a few lettuce leaves. Roll the wrap up and cut in half. Eat and enjoy!

**NB If using pitta breads instead of wraps – cut in half and gently ease open – then spread with the red pesto before filling with roasted vegetables, chicken and some shredded lettuce.*



Nutritional Information:

Per adult serving – 500kcal, 8.7gms fat (of which 1.9gm saturates),
22.7gm sugar

Recipe - FRUIT SMOOTHIE

What you will need:

Measuring jug
Sharp knife
Peeler
Chopping board
Tin opener
4 glasses or beakers for serving

Ingredients (for 4 people):

600mls (1 pint) semi-skimmed milk
2 small cartons (about 250gm) low fat fruit yoghurt
2 bananas
2 handfuls of another fruit of your choice!
Eg: apple – peeled, cored and chopped into pieces; tinned apricot or peach halves in natural juice (drained and chopped); tinned pineapple chunks in natural juice (drained)

Method:

Blend all ingredients together for about 30 seconds – if all the fruit is not blended then blend for a little longer.

Nutritional Information:

Per serving - 175kcal, 3.4gm fat (of which 2.1gm saturated fat), 28.5gms sugar.

Tips:

- Smoothies are a good way of getting some of your '5 a day' portions of fruit and vegetables. Children also like making and drinking them!
- Banana is good to include as it helps to thicken the smoothie – but you can use lots of other types of fruit, eg: berries, kiwis, pineapple, peaches, apricots, pears, apples etc.
- You can use tinned and frozen fruit as well as fresh. Remember when using tinned fruit – drain the fruit first unless it is in fruit juice when you may like to add that to the smoothie too!

To make a non-dairy version – substitute the milk with fruit juice and miss out the yoghurt.

Experiment by trying different fruit juices, eg: apple, orange, cranberry etc.

The fruit juice counts as one of your portions of fruit and veg too!!

