

# SESSION TITLE - Cooking Session

## Tuna Pasta Bake and Mini Fruit Kebabs

### Session Aim

To promote different cooking skills and promote awareness about eating well and a balanced diet

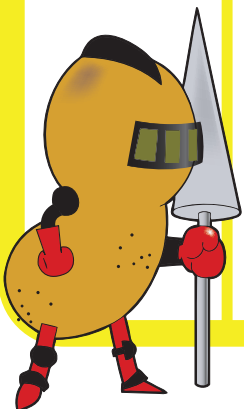
### Session Objectives

By the end of the session, participants will:

- Have experience of cooking 2 recipes (Tuna Pasta Bake and Mini Fruit Kebabs) and have tasted them.
- Be able to recognise the 'Eat Well' Plate.
- Be able to identify the five major food groups.
- Have worked as a group and had fun!

## SESSION OUTLINE

TIME	ACTIVITY	RESOURCES
10 mins	<b>Welcome</b> <ul style="list-style-type: none"><li>• 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.</li><li>• Introduction to session.</li></ul>	
20 mins	<b>Activity – Eat Well Plate</b> <ul style="list-style-type: none"><li>• Course participants to place foods on Eat Well Plate in appropriate food groups.</li><li>• Discussion – balanced diet; main nutrient sources from different food groups.</li></ul>	<ul style="list-style-type: none"><li>• Eat Well Plate Food Mat</li><li>• Food Models (plastic, sample packets or photographs)</li></ul>



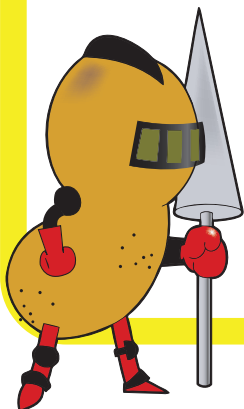
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## Tuna Pasta Bake and Mini Fruit Kebabs

### SESSION OUTLINE cont -

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

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).



# 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.
- Do not leave pan handles sticking out over the edge of the cooker.
- Be careful when chopping and slicing, eg: salad, tomatoes, fruit.
- Be careful when making up the fruit kebabs using the cocktail sticks or small skewers.

## Food Skills Involved

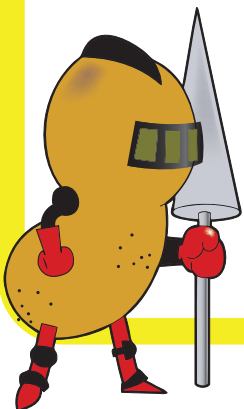
- Chopping, cutting and slicing.
- Oven management (eg: heating water, cooking pasta and sauce).
- Mixing (eg: pasta sauce).
- Preparing and presentation (eg; tuna pasta bake and mini fruit kebabs).

## Healthier Eating Messages

- Tuna fish canned in water is lower in salt than tuna canned in brine (and lower in fat than tuna canned in oil).
- The vegetables in the sauce and the fruit in the mini kebabs count towards your fruit and vegetable intake.
- The vegetables in the pasta bake can be fresh, tinned or frozen.
- The fruits in the mini kebabs can be fresh or tinned – tinned in natural juice or fruit juice contains less sugar than syrup.
- Lower fat versions of natural/flavoured yoghurt or fromage frais (dip for the mini fruit kebabs) contain less fat.

## Cost

- Pasta is relatively inexpensive and can make a substantial family meal.
- Use plenty of pasta and less sauce for a cheaper, healthier and nutritious meal.
- Tinned fruit (mini fruit kebabs) is an inexpensive way of using fruit out of season.



# Recipe - TUNA PASTA BAKE

## What you will need:

Weighing scales  
Large saucepan  
Tablespoon  
Sharp knife  
Colander  
Wooden spoon  
Chopping board  
Tin opener  
Baking dish

## Ingredients (for 4 people):

250gm pasta shapes  
200gm can tuna fish (in brine or water)  
100gm tin sweetcorn  
2 x tomatoes, chopped into small pieces  
75gm Cheddar cheese

## For the sauce:

25gm margarine  
25gm plain flour  
250ml semi-skimmed milk  
Pinch of mixed herbs  
Ground pepper

## For the side salad:

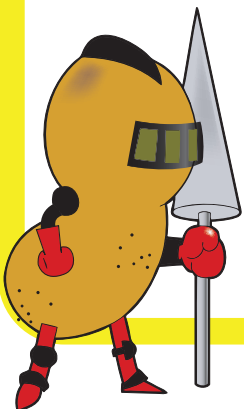
Slices of cucumber  
Slices of tomato  
Mixed lettuce leaves

## Method:

- 1 Preheat the oven to 200oC or Gas Mark 6.
- 2 Put the pasta in a large saucepan and add boiling water (use plenty of water as this will help the pasta to cook properly!).
- 3 Boil the pasta for about 10 minutes or until tender.
- 4 Drain the pasta (using the colander).
- 5 Put the margarine in a saucepan and melt the margarine.
- 6 Add the flour to the margarine and stir to form a paste (this is called making a roux!)
- 7 With the saucepan off the heat – gradually add the milk, stirring constantly to avoid any lumps!
- 8 Put the saucepan back on the hotplate (turned on full) and stir constantly – the sauce will become thick.
- 9 Reduce the heat and allow the sauce to simmer for about 2 minutes. Season the sauce with mixed herbs and pepper (to personal taste).
- 10 Add the tuna, sweetcorn, chopped tomatoes and sauce to the pasta and mix together. Pour the pasta mixture into a baking dish.
- 11 Grate the cheese and sprinkle over the top of the pasta mixture.
- 12 Bake the pasta dish in the preheated oven for 20 minutes until golden brown.
- 13 Meanwhile – prepare a side salad by shredding some lettuce and slicing some cucumber and tomato.
- 15 Once cooked serve the pasta bake with the mixed salad and enjoy!

## Nutritional Information:

Per serving – 305kcal, 13.8gms fat (of which 5gm saturates), 5gm sugar



# Recipe - MINI FRUIT KEBABS AND DIP

## What you will need:

Vegetable peeler  
Sharp knife  
Chopping board  
Tin opener  
16 cocktail sticks /  
small skewers  
Small serving bowl

## Ingredients (for 4 people):

2 kiwi fruit  
About 16 small strawberries,  
washed and hulled  
8 tinned apricot halves in  
natural juice (drained & halved)  
16 pieces tinned pineapple  
in natural juice (drained)

## For the dip:

225gm low fat honey / vanilla  
flavoured or natural yoghurt  
or fromage frais

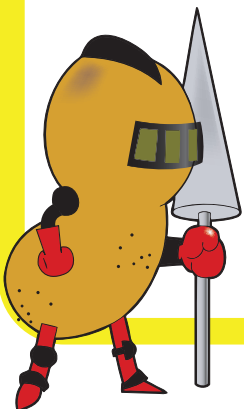
*NB If the strawberries are  
large – use less and cut in half!*

## Method:

- 1 Peel the kiwi fruit using a vegetable peeler and cut each into 8 equal pieces.
- 2 Thread one piece of each fruit onto 16 cocktail sticks or small skewers
- 3 Put the low fat yoghurt / fromage frais in a small bowl and serve with the mini fruit kebabs.

Enjoy!

*Cooking tip – these kebabs are also tasty brushed with orange juice and grilled*



## Nutritional Information:

Per serving - 110kcal, 1gm fat (of which 0gm saturated fat), 22gms sugar