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LEARNING FROM HOME

In this edition

AMANDA'S LUNCHES WEEK FOUR
SEASONAL INGREDIENT CARROTS
CHILDREN'S MENTAL HEALTH WEEK
SUPERMARKET SWAPS FISH PIE
SUNDAY SPECIAL CARROT MUFFINS
PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

WEEK FOUR

LET'S GET COOKING



We hope you are all keeping safe and well. We're delighted to bring you a further selection of easy to make recipes, cooking tips and nutritional information to help you plan ahead and make the most of every mouthful.

This week we're looking at our seasonal vegetable carrots, our Consultant Nutritionist, Amanda brings you top tips to use food to boost your mood as well as week four of her nutritionally based lunch plan.

Our Head of Food, Owen is also using carrots in his Sunday special as he and his mini chef helpers show you how to make carrot muffins.



Happy Cooking and Happy Eating.

Kitchen Team

Your Kitchen Team

First things first...

HYGIENE

Always wash your hands before you start to make any recipe.

Wash all fruit and vegetables before using them.

Use hot, soapy water to clean chopping boards after each use.

Keep raw and cooked foods separately when getting your ingredients organised.

Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.

Wash your hands again after cracking eggs and using raw meat or fish.



SAFETY

Always ask an adult to help you in the kitchen.

This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.

Always use oven gloves when helping to put things in and taking them out of the oven.

If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.

Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.

Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.

If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.



AMANDA'S LUNCHESES

FOR TWO PUPILS FOR **UNDER £10**

WEEK
FOUR

From our Nutritionist Amanda Ursell

Each day, the lunches have been structured around the five pillars of a healthy packed lunch which involves the colour annotated food group below. The 'treat' snacks are based on the 'school friendly' style ones, allowed in packed lunches at school.



Serving of protein-rich food for growth and development



A serving of carbohydrate, preferably wholegrain, for energy



Serving of calcium-rich food to support growing bones



A serving of vegetables and fruit towards your five a day



And a drink for hydration

I've put a 'treat' food in each day as well, although I know not everyone will see a hot cross bun as a treat to begin with! This is partly about normalising the lower sugar options and using them to replace the higher sugar, fat and salt options of cakes, biscuits, ready-made puddings, crisps and other savoury snacks.

Monday

BAKED POTATO WITH BAKED BEANS

Bake two baking **potatoes** in the oven at 220c for 20 minutes then at 190c for 45 minutes more (or in a microwave on high for 7 minutes, turning halfway through). Prick the potatoes before cooking all over with a sharp knife or fork and rub skin with oil. Once cooked, cut in half, scoop out the flesh from the potatoes and mix in a bowl with some black pepper. Return to the potato skins. Heat one can of **baked beans** and use to top the potatoes. Cut **cucumber** in half. Put half back in the fridge and cut the remaining half into 'sticks' or batons on the side. Have a chopped-up **apple** each stirred into 80ml of **yoghurt** in a bowl each and a **Digestive** each to follow.

Tuesday

CHEESE TOPPED PITTAS

Toast a **wholemeal pitta** each in the toaster or warm up either side under a grill. Grate 80g of **cheddar cheese (also a dairy)** and divide between the two pittas, sprinkling on top. Put under the grill for a minute to melt. Serve cut into halves or quarters and with **carrot** batons on the side. Follow with a **banana**, a 200ml glass of **milk** each and a **Hot Cross Bun** each.

Wednesday

HEARTY BEANY SOUP

Open a can of **baked beans (also vegetable)**, put in a sieve or colander and wash away

the tomato sauce. Put the can of soup into a saucepan and add the beans. Stir until heated through, adding a of your milk or some water to thin consistency if you want to. Toast two **pittas** and cut into triangles or strips and serve with the soup. Follow with an **apple**, an 80g bowl of **yoghurt** and a **Digestive**.

Thursday

BAKED POTATOES WITH CHEDDAR

Bake two **potatoes** as per Monday's instructions. Once cooked, cut in half, scoop out the flesh from the potatoes and mix in a bowl with some black pepper and 40g of **cheddar cheese (also dairy)** with each potato. Return to the potato skins and serve with **carrot** batons on the side. Open the can of **peaches** and divide between two bowls to serve. Follow with a **Hot Cross Bun** and a 200ml glass of **milk** each.

Friday

FISH FINGER PITTA POCKETS

Grill two **fish fingers** each, according to pack instructions. Finely dice the **cucumber**. Cut up the fish fingers in a bowl and mix with the cucumber. Add a little salad cream from last week if you would like to. Cut two **pitta breads** in half across the middle and open each section to create a 'pocket'. Use the fish finger and cucumber mix to fill the four pitta pockets. Follow with a **banana**, a bowl of **yoghurt** (together if you want to) and two **Digestives** each.

Shopping List

- Baked beans 4 x 400g can £1.00
- Baking potatoes x 4 45p
- Cucumber 43p
- Pitta wholemeal x 6 45p
- Yoghurt 500ml 45p
- Cheddar 220g £1.50
- Carrots 1kg 45p
- Bananas x small 5 80p
- Apples x 6 mini 85p
- Hot cross buns x 6 85p
- Digestive biscuits x 400g 45p
- Can vegetable soup 400ml 40p
- Can peaches 400ml 33p
- Fish fingers x 10 69p
- Semi-skimmed milk x 2.27 £1.10

Total: £9.80

DON'T WORRY NOTHING WILL BE WASTED WE'LL USE THESE EXTRAS IN NEXT WEEKS MENU:

- 2 x 400g can baked beans
- 60g cheddar
- 680g carrots
- 2 x Hot cross buns
- 20 x Digestive biscuits
- 6 x Fish fingers
- 2 x apples
- Salad cream
- 1 x banana



Carrots

ORIGINALLY, WILD CARROTS WERE WHITISH IN COLOUR AND WERE A FAVOURITE AT THE DINING TABLES OF ANCIENT GREEKS AND ROMANS

ROASTED CARROT SOUP Serves 4

Recipe

INGREDIENTS

- 1kg carrots
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon fine sea salt, divided, to taste
- 100g onion, chopped
- 2 cloves garlic, pressed
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon ground cumin
- 4 cups vegetable broth (or water)
- Freshly ground black pepper
- 20g Freshly coriander

METHOD

1. Preheat the oven to 200°C. Line a baking sheet with parchment paper. Top and tail the carrots and dice them up. Place the carrots on the baking sheet. Add 2 tablespoons olive oil and $\frac{1}{2}$ teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
2. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
3. Once the carrots are almost done roasting, in a sauce pan, warm the remaining olive oil over medium heat and add the sliced onions and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent.
4. Add the garlic, coriander and cumin. Cook until fragrant while stirring constantly about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a sturdy silicone spatula.
5. Add the roasted carrots to the pot. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavours time to infuse.
6. Once the soup is done cooking, remove the pot from the heat and let it cool. Then, carefully transfer to a blender, working in batches if necessary.
7. Season to taste and serve with some fresh chopped coriander.





FRUITS AND VEG' HELP US FEEL GOOD

Tucking into vegetables and fruits can help us to feel good! You may have thought it was chocolate and sweets that lifted your mood but a great big study of over 12,000 people in Australia discovered that the more fruit and veg' people enjoyed, the happier and more satisfied they were with their lives.

EATING TOGETHER HELPS INCREASE HAPPINESS

Having meals together with other people also helps to put a smile on our faces. Scientists proved this in Thailand when they studied almost 40,000 people over eight years and showed that sharing meals contributed to increasing happiness.

COOKING FOR OTHERS

Planning and preparing foods or drinks for another person can help us feel good too, with both the person offering it and the person receiving it experiencing this mood-lifting benefit. Give it a try (ask for help if you need it in the kitchen) and see if it raises a smile.

CRUNCHY FOODS TO HELP US COPE

Did you know, chewing is a 'stress-coping' behaviour in both animals and humans? If you find yourself feeling a bit stressed, reaching for something you can crunch like carrot sticks or an apple may just help.

GREAT MOOD FOODS

Clever scientists from lots of different countries have pinpointed foods that feed our brains and help us to feel good. Oily fish like mackerel, sardines and salmon, wholegrain carbohydrates like wholemeal bread, brown pasta and rice along with vegetables and fruits are all packed with special nutrients that they say help boost our mood.



**CHILDREN'S
MENTAL
HEALTH WEEK**
1st-7th FEBRUARY

Feel good with food

To mark mental health week our Consultant Nutritionist Amanda has given us her top tips of how to use food to help boost our mood.

SAVE
£5.54
OVERALL

SUPERMARKET

FISH PIE READY MEAL
Vs HOMEMADE

Swaps

FISH PIE READY MEAL

£2.50 per 400g ready meal

£10.00 for family of four

Per serving: 438kcal, 29g protein, 16g fat, 428g carbs, 5g sugars, 4.4g fibre, 2g salt

HOMEMADE FISH PIE

Serves 4 per 490g serving

£4.46 per family of four with ingredients remaining

Per serving: 397kcal, 33g protein, 10g fat, 5.4g sat fat, 41g carbs, 15g sugars, 5.3g fibre, 1.5g salt

WHAT YOU NEED

200g from 350g pack of Fish Pie Mix £2.75 per pack (£1.57)

200g from 520g pack frozen Pollock Fish Fillets £2.20 (£0.85)

2 x 200g loose potatoes £0.17

1 x 200g sweet potato £0.22

2 large carrots £0.08

1 onion £0.16

Garlic bulb £0.25

600ml semi skimmed milk 1.13l £0.80 per carton (£0.42)

Flour x 40g

100g cheddar mature, reduced fat 270g £1.85 per pack (£0.69)

Lemon x 1 £0.30

WHAT TO DO

Remove the fish pie mix and half the packet of pollock from the freezer, cover and keep to one side. Put the oven on to 220°C. Peel 600g of potatoes, cut into half and boil in a pan of lightly salted water for 15 minutes. Peel and dice the onion and carrots and cook gently in a pan with a little oil for 6 – 7 minutes. Add a clove of crushed garlic and cook for another minute. Drain and mash the potatoes with some of the milk. Put to one side. Make a white sauce by pouring 600ml milk into a pan with 4 tablespoons of the sauce flour. Stir constantly. Season with black pepper, cover with a lid and allow to simmer for 3 minutes. Stir in the onions, carrots, and garlic along with 200g of the fish pie mix and 200g of pollock. Mix well and stir in 60g of grated cheddar. Transfer the mix to a 1.2 litre ovenproof dish, top with the mashed potato and sprinkle over 40g of grated cheddar. Bake for 30 – 35 minutes until golden brown, remove from the oven and serve with some wedges of lemon to squeeze over the juice before tucking in.

VERDICT:

Our homemade fish pie saves £5.54 overall, for a family of four. Although the homemade pie is a bigger portion, it has less fat and salt but more protein and fibre. It is rich in a wide range of nutrients including calcium and phosphorus for strong bones, iron and B vitamins for energy and selenium and zinc for a healthy immune system. It also gives you two servings of vegetables per portion.



SUNDAY SPECIAL

CARROT & BANANA MUFFINS

Makes 12

Recipe

INGREDIENTS

125g golden caster sugar

125ml sunflower oil

2 large free-range eggs

225g plain flour

1 banana mashed up (the older the better)

1 tsp ground cinnamon

½ tsp ground ginger

½ tsp baking soda

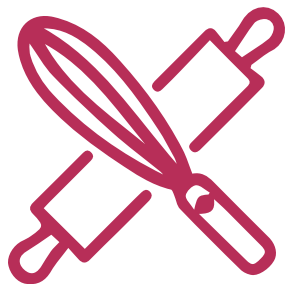
½ tsp baking powder

200g carrots

75g sunflower seeds

METHOD

1. Preheat the oven to 200°C. Line your cupcake trays with paper cases.
2. Beat the sugar, oil, mashed banana and eggs together. Fold in the flour, spices, baking soda and baking powder.
3. Coarsely grate the carrots then fold into the batter with the sunflower seeds
4. Divide the mixture between 12 cases, then bake for about 20 minutes, or until a skewer inserted in the centre comes out clean. Cool on a rack.



BRINGING YOU SOME TASTY TREATS YOU CAN PREPARE OVER THE WEEKEND TO USE DURING THE WEEK.



CLICK HERE TO SEE OUR MINI CHEFS MAKING THIS AT HOME



WE HOPE YOU HAVE ENJOYED THIS WEEK'S LEARNING FROM HOME EDITION

In next week's edition we will be continuing with Amanda's packed lunches so make sure you keep your left-over ingredients from this week, so you have them ready for next week's menu.

Owen will be bringing us a delicious flapjack as his Sunday special as well as a selection of recipes that focus on our seasonal vegetable, cabbage.

Don't forget we love to see the items that you have made whilst you're at home so please do email your pictures so we can feature them in our future editions.

Kitchen Team

Your Kitchen Team

Email your pictures to:
EDuConference@chandcogroup.com

Inquisitive, inclusive and motivated

From the Kitchen is brought to you by the team at CH&CO Education. It is written, filmed and developed by our development chefs, consultant nutritionist and head of food to make sure **every child we cater for can have access to our expertise even when learning from home.**

Our focus isn't school food, it's just great food!

Every single child has the right to eat well and learn about food. And it really is as simple as that!



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