



Name

Form Teacher

www.justcook.co.nz
www.nutritionfoundation.org.nz

Magic Meals

SITUATION:

You have been asked to design a quick nutritious meal to share with family and friends

DESIGN BRIEF:

Design and make an original meal product/dish that meets the needs of your family and friends

JUST COOK SPECIFICATIONS:

- You must select most of the ingredients from the JUST COOK food list
- The dish must cater for the needs of your target group
- The dish must contain a minimum of 2 vegetables
- The dish should be low in fat, salt and sugar.
- The dish must be appropriate for a family
- The dish must provide value for money
- You need to demonstrate originality and innovation.
- Your recipe must feed a family of five
- Woo hoo!!! Nearly there....You must submit a recipe with photograph either on-line at www.justcook.co.nz or send to New Zealand Nutrition Foundation, PO Box 331 366, Takapuna, Auckland 7040.

REQUIRED STEPS:

- Study the range of food products on the food list to use
- Develop an understanding of the Food & Nutrition guidelines and use them to guide your recipe development
- Conduct research to find out what your target group is looking for in a dish.
- Consider dietary requirements if applicable (e.g. vegetarian, halal, cultural).
- Trial and evaluate your dish.
- Finalise and test your dish. Seek stakeholder feedback.

REQUIRED OUTPUT:

- A product/dish that meets the specifications.
- A recipe to serve 5 people, and photo of the prepared recipe.

Research Existing Pre-Prepared Heat And Eat Products

THE HEAT AND EAT EXPERIENCE

Select a range of Heat and Eat food products from your supermarket and complete the table below.

| Name of Product | Preparation/ cooking time | Cost | Number of serves | Limitations/ advantages (nutrition, packaging disposal, taste, appearance) |
|-----------------|---------------------------|------|------------------|--|
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Discuss in your group the range of heat and eat products currently available and reasons why they people buy them.

Tools To Help Teenagers Make Healthy Food Choices: FoodSwitch App

Use the FoodSwitch App on your iPhone to scan the barcodes on the Heat and Eat food product and find out what the traffic light colours are for the key nutrients. Write down the names of the healthier food products options suggested.

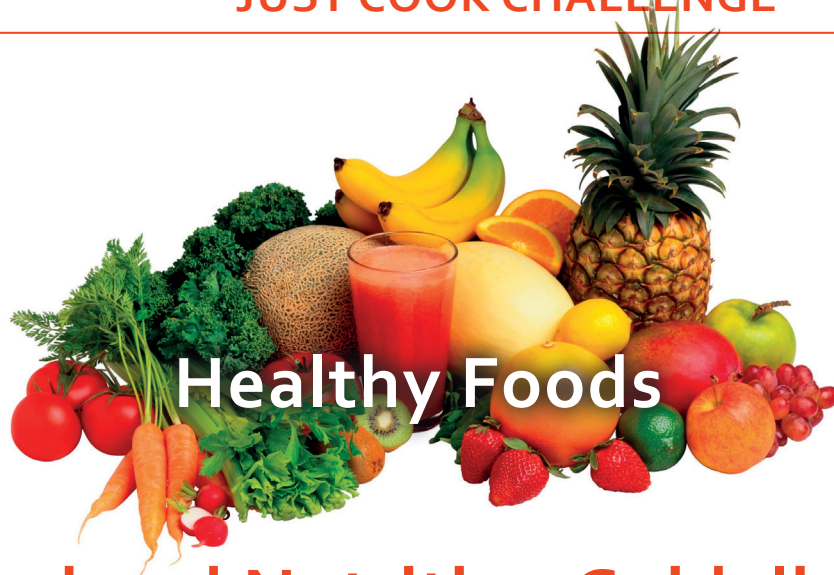
| Name of Product | Traffic light colour total fat | Traffic light colour saturated fat | Traffic light colour sugar | Traffic light colour salt | Healthier option |
|-----------------|--------------------------------|------------------------------------|----------------------------|---------------------------|------------------|
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Healthy Star Rating Labelling System

The New Zealand government has adopted a new Health Star Rating labelling system to help people make healthier food choices when shopping. Each food product is given a rating based on its food component parts- energy, saturated fat, total sugars, sodium, protein and dietary fibre as well as fruit, vegetable, nut and legume content. The rating scale is from ½ star up to 5 stars. The more stars the healthier choice. This front of pack nutritional information will make it easier for busy shoppers to compare foods and make healthier choices.



Research: Find out the names of food companies and their products that use the Healthy Star Rating labelling system.



Food and Nutrition Guidelines

The following food and nutrition guidelines have been prepared by the Ministry of Health for healthy children and teenagers to ensure optimal growth and prevent diet-related diseases. These guidelines can help you plan healthy meals and choose nutritious snacks.

The guideline statements are as follows.

1. Eat a variety of foods from each of the four major food groups each day:

- Vegetables and fruit, including different colours and textures
- Breads and cereals, increasing wholegrain products as children increase in age
- Milk and milk products or suitable alternatives, reduced or low fat options
- Lean meat, poultry, fish, shellfish, eggs, legumes, nuts and seeds

2. Eat enough for activity, growth and to maintain a healthy body size.

- Have regular meals, including snacks.

3. Prepare foods or choose pre-prepared foods, snacks and drinks that are:

- Low in fat, especially saturated fat
- Low in sugar, especially added sugar
- Low in salt (if using salt, use iodised salt)

4. Drink plenty of fluid each day, preferably water or low-fat milk:

- Limit use of drinks such as cordial, juice, fizzy drinks (including diet drinks), sports drinks and sports water.
- Energy drinks or energy shots are not recommended for children or young people.
- Do not give children less than 13 years of age coffee or tea. If young people (13 years and older) choose to drink coffee or tea, limit to one to two cups per day.

5. Alcohol is not recommended for children or young people.

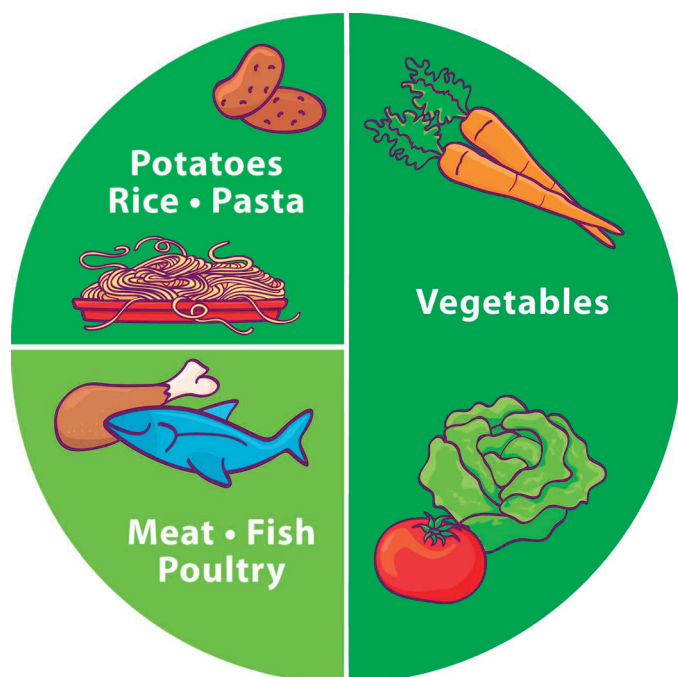
6. Eat meals with family or whanau as often as possible.

7. Purchase, prepare, cook and store food in ways to ensure food safety.

8. Be physically active.

- Take part in regular physical activity, aiming for 60 minutes or more of moderate to vigorous activity each day.

Healthy Food Plate



A healthy food plate model is a simple tool to help you plan healthy meals. All you have to do is make half your plate vegetables, a quarter of your plate protein foods (e.g. meat, fish, poultry, eggs, beans, legumes and or nuts) and a quarter of your plate breads or cereal foods (e.g. rice, pasta, potatoes or taro) and you will be well on the way to planning well-balanced meals.

Be Healthy Be Active Programme

www.behealthybeactive.co.nz

This is a fun interactive way of exploring food groups and discovering sensible choices for a balanced diet. The Interactive Food Plate shows you a range of common foods, the main food group each food falls into, and the suggested number of serves per day.

The Fuel Up Challenge is a fun and informative online game that will teach you value of healthy eating and how this relates to sport. Click on the above link for games and activities



Practical lessons: Cook a variety of quick nutritious dishes that reflect the food and nutrition guidelines. Your teacher will guide on this. Substitute ingredients, add extra vegetables and change the method of cooking to make the dish healthier. Keep a record of dishes cooked and fill in the table below.

Think about the nutritional value of meal using the food and nutrition guidelines and the Health Plate Model to guide you.

| Name of recipe | Preparation/ cooking time | Cost/ serve | Evaluate your dish. Consider nutrition, packaging disposal, taste, appearance. |
|----------------|------------------------------|----------------|---|
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Hygiene And Safety

It is important that a chef observes personal hygiene practices to prevent cross contamination of the food product.

Write down **6 Personal Hygiene** rules you will follow when you cook. Remember personal hygiene refers to the steps you will take to prevent micro-organisms found on your body contaminating food. E.g. wash your hands thoroughly before handling food.



Write down **6 Food Hygiene** rules you will follow when you cook. Remember this means the steps you will take during food preparation, cooking, storage and service to keep food safe. E.g. Use separate chopping boards for raw meat and vegetables.



Write down **6 Kitchen Safety** rules you will follow when you cook to keep yourself and others safe.

E.g. wipe up floor spills immediately



Factors Influencing Peoples' Food Choices

Discuss how the following factors can influence a person's food choice. Give an example to show your understanding

Religion:

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Culture:

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Money:

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Age:

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Likes/Dislikes:.....

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Media:

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Time:

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Skills:

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Physical activity:

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Other factors:

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Specific Food Needs

People have likes and dislikes or specific needs when it comes to their food choices. All good food companies, fast food outlets or home cooks offer a range of food choices to cater for these requirements. Choose 3 target groups from the list below to research.

- Specific culture
- Infant
- Lacto Ovo Vegetarian
- Vegan
- Gluten Intolerant
- Nut allergy
- High energy
- Income
- Family friendly
- Low Fat
- Other

I'm going to investigate:

1.
2.
3.

Using a range of investigative sources [internet, books, interviews, food apps], briefly describe the dietary requirements for each target group. Click on the JUSTCOOK website or download the JUSTCOOK app for ideas. www.justcook.co.nz/the-kitchen/

Target Group 1

What would this mean for a person in this target group?

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Consider the ingredients these people may eat.

| 8 ingredients that I can use when planning meals for this group | 4 ingredients that I cannot use when planning meals for this group |
|---|--|
| | |

Target Group 2

What would this mean for a person in this target group?

.....

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Consider the ingredients these people may eat.

| 8 ingredients that I can use when planning meals for this group | 4 ingredients that I cannot use when planning meals for this group |
|---|--|
| | |

Target Group 3

What would this mean for a person in this target group?

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Consider the ingredients these people may eat.

| 8 ingredients that I can use when planning meals for this group | 4 ingredients that I cannot use when planning meals for this group |
|---|--|
| | |

Specifications

Specifications: this is the criteria that your product must meet.

Write the **specifications** you need to consider when designing your dish.

Consider: Appearance, family friendly, cost, time, and dietary need. Refer to page 2 for JUST COOK specifications.

| Specifications | Vital or Useful |
|----------------|-----------------|
| 1, | |
| 2, | |
| 3, | |
| 4, | |
| 5, | |
| 6, | |
| 7, | |
| 8, | |
| 9, | |
| 10, | |
| 11, | |
| 12, | |

Brainstorm Ideas

Using the internet, recipe books, food apps and your own ideas brainstorm concepts for your food product/ meal dish. List some possible ingredients that you could use. Ensure your target groups' dietary needs and family situation is considered. You can answer in text or pictures.

| Recipe ideas | Ingredients | Innovative ideas |
|--------------|-------------|------------------|
| | | |

Write the original recipe in the box below

Original recipe:

Ingredients:

Production Process: (include tasks, time and job allocation)

Identify any risks associated with the making of the dish. Explain how you will manage the risk.

Be Creative

Make changes to the original recipe to produce a new and exciting dish. Do this by substituting ingredients, changing cooking methods and thinking of new presentation ideas. Rewrite your recipe.

Modelling

TRIAL 1 -

Recipe name:

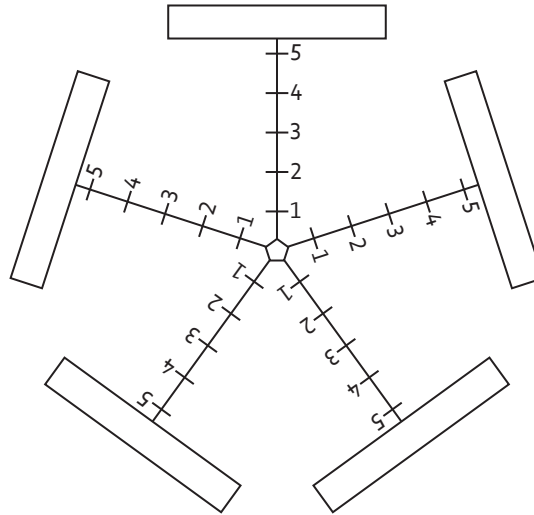
Ingredients:

Production Process: (include tasks, time and job allocation)

Evaluation Of Dish

TRIAL 1

Turn to page 25 and choose suitable descriptive words under the headings of colour, flavour, texture, appearance and size. Write these words in the boxes provided. Rate your product against these characteristics where number 5 is the maximum score and number 1 is the lowest score. Ratings of 5 mean that the identified characteristic is perfect and there is no room for improvement. Join these numbers together to form a star.



What went well with your trial?

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What didn't go well with your trial?

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What could you do to improve your product? How and why?

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How Well Did You Meet Your Specifications?

Refer to the most important specifications listed on page 14 and write them down in order of importance. Rate your performance for each specification.

| Specifications | Marks /5 |
|----------------|----------|
| 1, | |
| 2, | |
| 3, | |
| 4, | |
| 5, | |
| 6, | |
| 7, | |
| 8, | |

PHOTO OF TRIAL 1

Modelling

TRIAL 2 -

Recipe name:

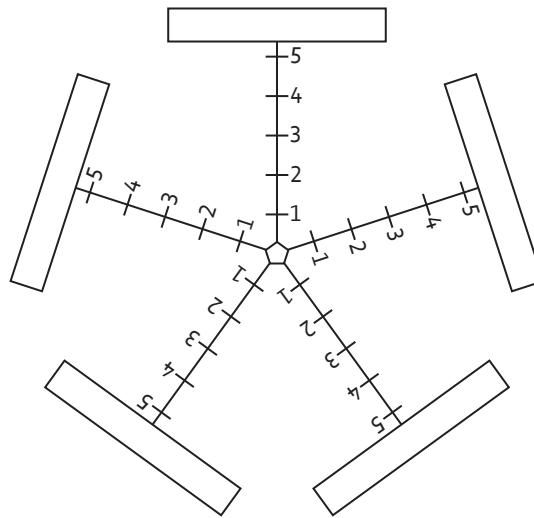
Ingredients:

Production Process: (include tasks, time and job allocation)

Evaluation Of Dish

TRIAL 2

Turn to page 25 and choose suitable descriptive words under the headings of colour, flavour, texture, appearance and size. Write these words in the boxes provided. Rate your product against these characteristics where number 5 is the maximum score and number 1 is the lowest score. Ratings of 5 mean that the identified characteristic is perfect and there is no room for improvement. Join these numbers together to form a star.



What went well with your trial?

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| Specifications | Marks /5 |
|----------------|----------|
| 1, | |
| 2, | |
| 3, | |
| 4, | |
| 5, | |
| 6, | |
| 7, | |
| 8, | |

PHOTO OF TRIAL 2

Write down a plan of action that you will follow in order to make your final recipe. Rewrite the recipe if necessary or note any small changes you intend to make on your trial 2 recipe.

[illegible]

Final Evaluation

Complete the following.

1. How successful have you been in meeting the brief and specifications you wrote down on page 13

2. What were you happy and unhappy about? Why?

3. What changes would you make if you were to make this dish again:

4. List all of the steps that you have taken to ensure you have met the needs of your target group.

Evaluation Descriptive Words

Use this list to help you choose descriptive words to evaluate your food product against. Make sure they are relevant to your product.

| Flavour | Texture | Appearance |
|---------------------|----------------|--------------------------|
| <i>Sweet</i> | <i>Soft</i> | <i>Well-Shaped</i> |
| <i>Sour</i> | <i>Hard</i> | <i>Appealing</i> |
| <i>Salty</i> | <i>Crisp</i> | <i>Balanced</i> |
| <i>Bitter</i> | <i>Crunchy</i> | <i>Colourful</i> |
| <i>Spicy</i> | <i>Mushy</i> | <i>Golden Brown</i> |
| <i>Mild</i> | <i>Dry</i> | <i>Well-proportioned</i> |
| <i>Strong</i> | <i>Creamy</i> | <i>Dull</i> |
| <i>Bland</i> | <i>Tough</i> | <i>Curdled</i> |
| <i>Tangy</i> | <i>Tender</i> | <i>Shiny</i> |
| <i>Creamy</i> | <i>Chewy</i> | <i>Clear</i> |
| <i>Oily</i> | <i>Stiff</i> | <i>Opaque</i> |
| <i>Burnt</i> | <i>Frothy</i> | <i>Transparent</i> |
| <i>Fishy</i> | <i>Runny</i> | <i>Flat</i> |
| <i>Tart</i> | <i>Light</i> | <i>High</i> |
| <i>Overpowering</i> | <i>Lumpy</i> | <i>Rough</i> |
| <i>Mild</i> | <i>Brittle</i> | <i>Watery</i> |
| <i>Meaty</i> | <i>Fizzy</i> | <i>Smooth</i> |
| <i>Fatty</i> | <i>Grainy</i> | <i>Glazed</i> |
| | <i>Stringy</i> | <i>Broken</i> |
| | <i>Moist</i> | <i>Translucent</i> |
| | <i>Rough</i> | |

Final Photo or link to video showing the making of your dish/ final product.

Send in your entry to JUST COOK complete with recipe, photo of product. (www.justcook.co.nz or NZ Nutrition Foundation, PO Box 331 366, Takapuna, Auckland 0740.

Have fun and be creative with your presentation!

Resources

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|--|--|
| New Zealand Nutrition Foundation | www.nutritionfoundation.org.nz www.justcook.co.nz |
| Healthy Food Plate (Interactive Teaching Resource) | www.nestle.co.nz/csv/communityinitiatives/mish/behealthybeactive |
| Ministry Of Health | www.healthed.govt.nz/system/files/resource-files/HE1302%20Eating-for-healthy-children.pdf www.moh.govt.nz/moh.nsf/indexmh/nutrition-foodandnutritionguidelines |
| Heart Foundation | www.heartfoundation.org.nz/healthy-living/healthy-eating/healthy-heart-visual-food-guide |
| Pick The Tick | www.heartfoundation.org.nz/healthy-living/healthy-eating/heart-foundation-tick |
| Healthy Food Guide | www.healthyfood.co.nz www.healthyfood.co.nz/tools/downloads/pantry-checklists www.healthyfood.co.nz/tools/downloads/meal-planning www.healthyfood.co.nz/tools/supermarket-shopping-guide www.healthyfood.co.nz/articles/2007/september/guide-to-reading-labels |
| Affordable Meal Tips | www.healthyfood.co.nz/articles/2011/march/feed-the-family-for-under-30 |
| Food Labels | www.foodsmart.govt.nz/whats-in-our-food/food-labelling/understanding-food-labels www.foodsmart.govt.nz/whats-in-our-food/food-labelling/overview/ |
| Health Star Rating | www.foodsafety.govt.nz/industry/general/labelling-composition/health-star-rating/ |
| FoodSwitch | www.healthyfood.co.nz/search/site/2013?f[0]=im_field_shopping%3A6980 |
| Be Healthy Be Active Programme | www.nestle.co.nz/nhw/behealthybeactive |

Food List

Food and ingredients to always keep in your cupboard / fridge or freezer

| | |
|--|---|
| Breads and Cereals Bread Pasta Rice Noodles Flour Oats Weetbix Pasta and Sauce mix | Condiments Herbs Spices Tomato sauce Sweet chilli sauce Jam / honey Packet of sauce / gravy mix Stock powder Tomato paste Sugar |
| Fruit Canned fruit Apples Fresh seasonal selection | Fats and Oils Margarine Cooking oil - vegetable |
| Vegetables Frozen peas Frozen mixed vegetables Canned corn Onions Garlic Potatoes Carrots Canned tomatoes Fresh seasonal selection (cabbage, pumpkin, brussels sprouts, cauliflower, kumara, leeks, parsnip, silverbeet, spinach, swede) | Meat/fish/chicken/dairy Eggs Canned Tuna / Mackerel Mince Casserole meat Frozen chicken pieces New Zealand Salmon (fresh or smoked) Greenshell Mussels (fresh, smoked, marinated or frozen) Milk Baked beans Soup mix Canned Beans (like kidney or butter beans) 250g cheese Lite evaporated milk (plain and /or coconut) |

For Great Ideas On How To Use The Foods Listed We Recommend Visiting:

| | | |
|--|--|---|
|  <p>www.recipes.co.nz</p> |  <p>www.eggs.co.nz</p> |  <p>www.harraways.co.nz</p> |
|   <p>www.maggi.co.nz</p> |  <p>www.5aday.co.nz</p> |  <p>www.sanitarium.co.nz</p> |
|  <p>Tegel® New Zealand's favourite</p> <p>www.tegel.co.nz</p> |  <p>www.tiptopbread.co.nz</p> |  <p>www.alionspantry.co.nz</p> |
|  <p>www.foodinaminute.co.nz</p> |  <p>www.sunrice.com.au/ consumer/recipes/</p> |  <p>www.recipeideas.co.nz</p> |