



A healthy recipe



Cross-curricular – Nutrition/PE

- 1 Check the list of ingredients in the recipe. Do you know what they are? Which one is a herb and which are spices?
- 2 Write one of the verbs from the box in the following sentences about the text.

boil chop crush dice mince sauté simmer

- 1 You have to the onion and garlic in the oil.
- 2 After you put all the ingredients in the pan, you have to it for at least 60 minutes.
- 3 If you want to use meat, you have to buy chicken or beef.
- 4 You have to the garlic before you cook it.
- 5 The tomatoes and peppers need to be before you cook them.
- 6 You should the onion.

- 3 According to the text, are the following statements True (T), False (F) or Not Mentioned (NM)?

- 1 You should put a lid on the pan before you leave it to cook for an hour.
- 2 Chicken has less fat in it than beef.
- 3 If you want to use meat, you should cook that after cooking the vegetables.
- 4 You can use different kinds of beans if you want to.
- 5 You need to add the peppers at the same time as the tomatoes and spices.
- 6 You can experiment with the ingredients.

- 4 Look at the list in the nutritional analysis.

- 1 Which of the things listed should you usually:
 - a keep as limited as possible?
 - b make sure you get sufficient of every day?

Vegetable Chilli

PREPARATION TIME: 20 MINUTES • COOKING TIME: 60 MINUTES

Ingredients

- 1 tin of red kidney beans (drain and rinse beans well to remove salt)
- 2 tins of chopped tomatoes (use 'no salt added' for lower sodium)
- 1 small tin of tomato purée (use 'no salt added' for lower sodium)
- 1 clove garlic, crushed
- 1 onion, diced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 40 ml olive oil
- 5 g chilli powder
- 2 g paprika
- 5 g basil

Instructions

- Heat the oil over a medium-high heat in a large pan.
- Add the garlic and onion and cook in the pan until the onion is soft and clear.
- Add the peppers and sauté for a few minutes.
- Add the tomatoes, tomato purée, spices and herbs and stir well.
- Bring the mixture to the boil, then reduce the heat and add the beans. Cover and simmer for at least 60 minutes, stirring occasionally. The longer you can leave it the better it will taste!

Serves 4 hungry people

Nutritional analysis (approximate amounts per serving, without meat)

325 calories	0 milligrams cholesterol
16 grams protein	1255 milligrams sodium
7 grams fat	186 milligrams calcium
56 grams carbohydrate	4.5 milligrams iron
11 grams fibre	

Variation

If you want to make your chilli with meat, begin by frying 200 g of minced beef in a large, heavy-based pan before cooking the vegetables. When it's well-browned, drain the fat and set the meat aside. Then complete the first three stages above. Add the meat at the same time as you add the beans.

If you want to cut down on fat, try using chicken instead of beef – it tastes similar and is less fatty. You can vary the recipe with different ingredients, for example mushrooms and courgettes. You can also experiment with the spices you use to make your dish as hot as you like. The amounts listed here are recommendations but by adding more or less you can make your chilli more or less spicy.

Young people at different ages need approximately the following average amount of energy. Energy is measured in calories (kcal).

For boys aged 11–14: about 2,220 calories a day

For men aged 15–18: about 2,755 calories a day

For girls aged 11–14: about 1,845 calories a day

For women aged 15–18: about 2,110 calories a day

This is a guide – other things influence the amount of energy you need, such as how much exercise you take.

- 5 Look at the number of calories in one serving of the dish and the number of calories you need each day. How many servings could you eat if you ate nothing else? (Use your calculator if you need to!)

- 6 How healthy do you think this dish is? Why?

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