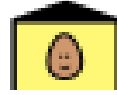
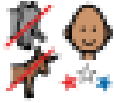


Life skills

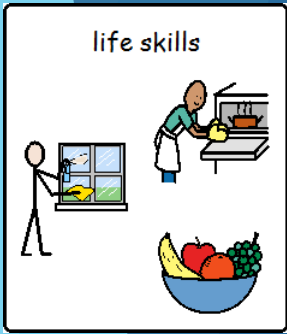
Independent Living



Topic: Independent Living

life skills





LO: To identify healthy food



LO: Make a healthy meal or snack

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Maximum once or twice a week

Fats, spreads and oils



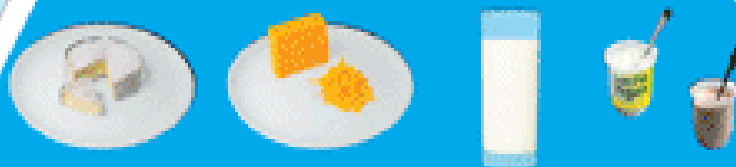
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

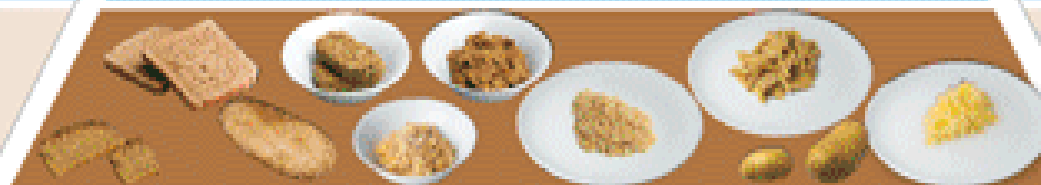
Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

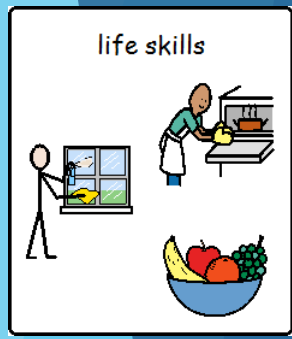
For adults, teenagers and children aged five and over

Needed for good health. Enjoy a variety every day.

life skills



What are healthy foods?



Name 3 fruit and vegetables:

- ▶
- ▶
- ▶

Name 3 proteins:

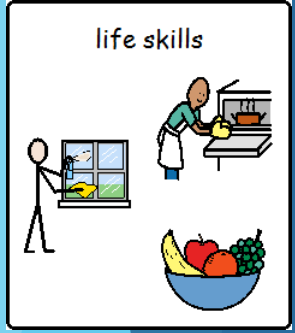
- ▶
- ▶
- ▶

Name 3 dairy foods:

- ▶
- ▶
- ▶

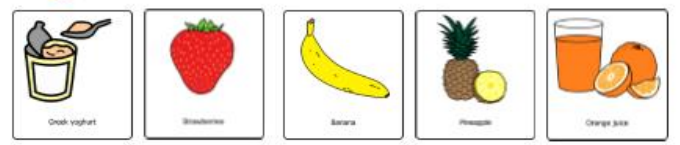

A


 Make a fruit smoothie








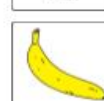









Fruit Smoothie

Ingredients:



Recipe:

1.   
Chop 1 cup Strawberries
 2.   
Chop half cup Pineapple
 3.  **1** 
Chop 1 Banana
 4.     
Blend Chop Fruit half cup Greek yogurt
- 
- 
-
- 2 cups Pineapple juice

Use the recipe or choose your own fruit.



A



Make a healthy meal



Quorn Chili

Ingredients

- 1 onion
- quorn mince
- Chilli powder smoked paprika
- Microwaveable rice
- Tinned Tomatoes and tomato puree
- Garlic
- Peppers
- Courgette
- Kidney beans
- sweetcorn
- Coriander



Method



Finely chop the onion .



.Wash and chop mush-rooms. and courgettes.



Wash and chop the pep-pers.



Open tin tomatoes.



Open the kidney beans.



Open the sweetcorn



Get the sauce pan and add oil.



.Fry the onion until soft. Remove from the heat and leave to cool for 5 mins.



Add peppers and mush-rooms.



Add quorn mince if us-ing.

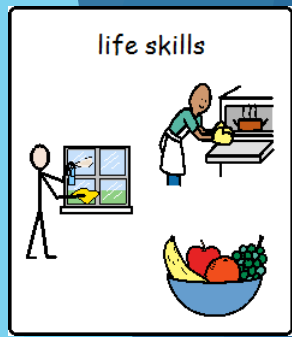


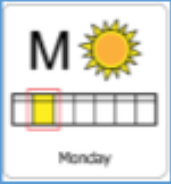
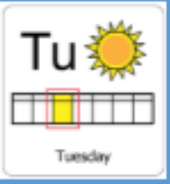
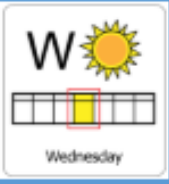
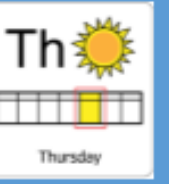
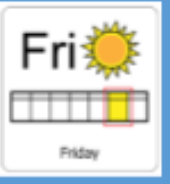

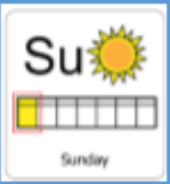




Add beans, tomatoes , sweetcorn and spices. Sim-mer for 15 minutes until vegetables are cooked.

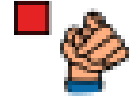
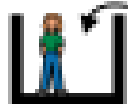
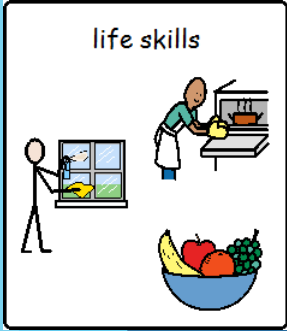


Microwave the rice according to packet in-structions.

Make a food diary:



	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
 Breakfast							
 Lunch							
 Teatime							
 Snack							



Don` t forget to send in your work and pictures