

Eating Well -

Take away food is quick and easy, but it costs a lot, and may not be the best for you.

Most food experts agree that its best to:

- Eat a range of food
- Eat some fruit and vegetables each day
- Eat meat, fish or diary in moderation
- Not to eat too much deep fried or battered food
- Keep cakes and sugary things for treats, not every day

Pantry Staples

It is useful to have these ingredients on hand, because they can be used in many meals.

- Rice, pasta, instant noodles or cous cous
- Frozen mixed vegetables
- Oil
- Eggs
- Plain flour
- Grated cheese
- Stock cubes
- Baked beans
- Curry powder

Balance of a good health requires eating the following;



Some easy recipes

1. Noodle omelette

Ingredients

- 1 packet two-minute noodles
- 1 small onion
- 2 dessertspoon oil
- 2 eggs
- Salt and pepper
- 4 tablespoons frozen peas

For something different:

- Add ½ cup grated cheese to the beaten eggs
- Add ½ chopped tomato

1. Cook noodles for 2 minutes in boiling water. Don't add the flavouring
2. Chop onions into small pieces. Heat oil in frying pan and cook until soft.
3. Beat eggs with salt and pepper in a bowl
4. Drain noodles and put in frying pan with onions
5. Pour beaten eggs on top of noodles
6. Add peas and stir everything gently to mix
7. Cook on medium heat until brown on the bottom
8. Cut into two pieces and turn each piece over to lightly cook on bottom



2. How to cook rice

3. Put 2/3 cup of rice in a saucepan
4. Add 1 1/3 cups cold water
5. Bring to boil
6. Turn heat down low and cover saucepan with lid
7. Check in 15 minutes. Rice is cooked when water has all been absorbed

3. Fried rice

Ingredients

- 2 cups cooked rice (cook some extra the night before)
- 2 dessertspoon oil
- 2 rashers bacon or 2 slices ham
- 1 egg
- ½ cup frozen vegetables (e.g. peas and corn)
- Soy sauce if you like it



1. Beat egg
2. Heat 1 dessertspoon of oil in frying pan
3. Pour egg into frying pan and cook like an omelette
4. When bottom is cooked turn over and cook the other side
5. Take out and cut into slices
6. Cut bacon into small pieces
7. Add a 1 dessertspoon of oil to pan and cook bacon
8. Add rice to pan and mix with bacon
9. Add vegetables and cook until vegetables are heated through, stirring to stop fried rice from sticking to the pan
10. If you have soy sauce, add a teaspoon and mix through before eating

4. Quick Risotto

½ cup rice

500ml can of soup-pea and hame soup, or any other creamy soup works well

Cheese

1. Cook rice
2. Add can of soup to rice
3. Boil for 5 minutes or until heated through
4. Pour into bowl and add cheese on top to serve



5. Chow mein

125g beef, lamb or pork mince

1 cup mixed beef, chopped vegetables

1 tablespoon of tomato paste or tomato sauce

1 teaspoon of curry powder

1 tablespoon soy sauce

1 packet instant noodles

Oil

1. Prepare noodles according to instructions on packet, drain water and set aside in a bowl
2. Heat oil in a pot
3. Cook onion and mince in pot until mince is brown and onion is soft
4. Add vegetables, curry powder, soy sauce and tomato paste to pan and cook on medium heat for 5 minutes
5. Once heated through, add noodles back to pan and stir until combined
6. Serve



6. Savoury Curry rice

½ cup rice

1 cup boiling water

1 chicken stock cube

½ cup frozen vegetables or peas

1 teaspoon curry powder

Optional: additional vegetables,

Can of tuna, shredded ham, and cheese to top

1. Put rice, boiling water, vegetables, curry powder, and stock cube (crushed) in a pot and stir
2. Simmer for 15 minutes or until rice is soft
3. Stir and serve



8. One pot spaghetti

100g beef mince

½ small onion

1 dessertspoon oil

½ can tomatoes

½ cup water

3 dessertspoons tomato paste

½ cup uncooked pasta

1. Chop onion into small pieces
2. Heat oil in saucepan on high heat
3. Fry onion until soft
4. Add mince and cook until soft
5. Add tomatoes, tomato paste, and water. Break up tomato pieces with a fork
6. Bring to boil and add pasta
7. Reduce heat and simmer for 15 minutes





To do list

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