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The
Super Yummy
Kitchen

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The Super Yummy Kitchen
Family Food Series

GROWN UP
GUIDE #7

THE PLACE WHERE FUN,
FOOD AND EDUCATION MEET

A helping hand for parents, carers
and teachers to use with children,
alongside the cook-a-long videos,
recipes and activities of the week in
The Super Yummy Kitchen

Grown Up Guide to #7 of Family Food

Ooodles Noodles Stir-Fry

Curriculum Links:

Geography

Understanding human and physical processes

Science

Farm to fork- how food is produced

Introduction

There are lots of types of noodles: soba, rice, udon, vermicelli, egg, ramen and glass to name a few. Any can be used for this recipe!

One third of all food produced for humans is **wasted**. This dish is great for using up any **leftovers** you may have in the fridge! If food waste was a country, it would have the third biggest **carbon footprint** in the world. When food is thrown away and it starts to decompose, it releases carbon dioxide, which is a **greenhouse gas**. These gases lock in heat around the Earth, causing **global warming**.

Recipe Tips

Use any **leftovers** you have!

Leftover meat from a roast can be chopped up and used. Sad and floppy veg that's past its best can be added. And if you don't have egg noodles, use any noodles you have in the cupboard. Rice can also be used instead!

The Activity

This activity has been designed to help children to understand how food is produced - from **farm to fork**.

The answers are: Farmers plant the wheat seed > The wheat is fully grown > The wheat is harvested > Grains are separated from the wheat > Flour is made from the wheat grains > Water and eggs are added to the wheat to make a dough > The noodles are cut and shaped.

Nutrition Nugget

Using ingredients such as chilli, garlic & ginger help to give dishes extra flavour without adding **extra salt**. Noodles are a type of **carbohydrate**, which give the body lots of **energy**!

Cooking the vegetables on a high heat for a short amount of time helps to keep them crunchy and retain lots of the nutrients.

Did you know that woks are used in Chinese cooking to cook foods on a really high heat?!



Ooodles Noodles Stir-Fry



Ingredients

- | | |
|---|---------------------------------|
| 1 tbsp tomato sauce | 3cm fresh ginger, grated |
| 1 tbsp brown sauce | 1 red pepper, sliced & deseeded |
| 1 tbsp honey | 50g cucumber, in sticks |
| 1 tbsp soy sauce (reduced salt if possible) | 2 pak choi, quartered |
| 1 tsp 5 spice | 1 small gem lettuce, quartered |
| 250g egg noodles | 6 radishes, quartered |
| 1 tsp of rapeseed oil | 100ml vegetable stock |
| A tsp of sesame oil (optional) | |
| 300g chicken breast, in strips | |
| 1 onion, sliced | |
| 2 cloves of garlic, crushed | |
| 1 chilli, finely chopped | |



Method

Serves 4

- Mix together the tomato sauce, brown sauce, honey, soy sauce and 5 spice in a bowl, then set this aside.
- Soak the noodles in boiling water for 10 minutes, drain and toss in a little sesame oil.
- Put a splash of rapeseed oil in the wok/pan. Stir fry your chicken for 5 minutes.
- Now add the onions, garlic, chilli and ginger before cooking for a further 2 minutes.
- Add the red pepper, cucumber, pak choi, lettuce and radish to the pan with the vegetable stock. Allow the mix to steam quickly for about 1 minute!
- Pour the tomato sauce mixture into the wok/pan and give it a stir.
- Divide the noodles into 4 bowls, top with your juicy chicken and veggies, then serve it up - delicious!

Recipe

Activity

Farm to Fork

Today's curriculum links:
Geography & Science

? Now noodles are made from lots of different ingredients, including rice, sweet potato, wheat & seaweed.

Learning the journey our food makes from the farm to our plates is important. Below are pictures of the process wheat goes through before it becomes noodles! Can you put them in order from step 1 to 7?

 The farmer plants the wheat seeds.	 Flour is made from the wheat grains.	 Grains are separated from the wheat.	 The wheat is harvested
 The noodles are cut and shaped.	 Water and eggs are added to the flour to make the noodle dough.	 The wheat is fully grown	