

School
@
Home

The
Super Yummy
Kitchen

Chartwells | Chartwells
EAT LEARN LIVE | INDEPENDENT

Chartwells
EAT LEARN LIVE



The Super Yummy Kitchen
Family Food Series

GROWN UP
GUIDE #2

THE PLACE WHERE FUN,
FOOD AND EDUCATION MEET

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

Grown Up Guide to #2 of Family Food

Hot Dogs with Mini Jacket Wedges

Curriculum Links:

Science

Learn about how plants grow.

Geography

Learning about sustainability and food waste.

Introduction

For today's recipe and activity we have partnered up with Quorn to make some delicious vegetarian hot dogs with wedges! As global warming becomes more of a problem we are looking at small changes we can all make to reduce the impact on our planet. Reducing the amount of meat we eat is a great place to start. Raising animals for food takes lots of space, water and food. Which means forests and green spaces are being taken over for animal production. Animals produce greenhouse gases which are trapping more heat around Earth causing global warming. Another way to reduce our carbon footprint is to reduce the amount of food waste we produce. 1/3 of all food produced for human ends up in landfill! Lets try and love our leftovers and reduce, reuse & recycle!

Recipe Tips

This recipe is easily adapted to suit your families tastes and what you have in the cupboard.

- Get creative with the toppings. Use anything you like! Chef Andrew has given you lots of inspiration!
- If you don't have Quorn sausages you can use any sausage shaped product you have available!
- Using a wholemeal bun will give this dish more fibre and keep children fuller for longer.

The Activity

This activity is all about using up scraps of veggies that would usually be thrown away!

- You can use most vegetables for this as long as they have a root or heart still intact. Celery, Spring Onions, Lettuce and Herbs work best!
- You could start by using the root of the onion from the hot dog recipe! Before peeling the onion just chop the root off leaving about an inch and keep for this activity.
- Replace the water which the veg is left in when it goes cloudy.

Nutrition Nugget

Not only does **reducing** the amount of **meat** we eat help the **planet** it can also **help our bodies**. By using Quorn or lentils instead of beef mince in a spaghetti bolognese you will **reduce** the amount of **saturated fat** whilst **increasing** the amount of **fibre**! A win, win!

But what about the **protein**?!

Some plant foods have lots of protein in!

Pumpkin Seeds, Tofu, Beans, Peanut Butter, Quorn, Lentils, Nuts, Hummus, Peas, Quinoa & Seeds!

It takes **2400 Gallons of water** to produce **1 pound of meat**



Producing 1lb of Tofu take 244 gallons!

Hot Dogs with mini jacket wedges



Ingredients

- 4 hot dog rolls, wholemeal is best
- 4 quorn sausages
- 8 small baked potatoes (roughly 600g)
- A little rapeseed oil
- 1 tsp mild chilli powder
- 1 tsp smoked paprika
- Choice of dog toppings: 4 options - take your pick!



4 ways

- 1 Unicorn Dog
- 2 Pizza Dog
- 3 Nacho Chilli Dog
- 4 Fruity Salsa Dog

See next page

Method: Part 1

Serves 4

For the wedges:

- 1 Preheat the oven to 200°C/gas mark 6.
- 2 Cut each potato into 4 wedges.
- 3 Place in boiling water for 10 minutes- don't overcook, make sure they keep their shape!
- 4 Drain and put back in the pan. Add the spices to the oil and drizzle over wedges.
- 5 Gently shake, then scatter on a baking tray.
- 6 Bake for 30 minutes in the oven, turning the wedges over half way through, until super crispy.
- 7 Remove from oven and serve!

For the Quorn Dogs (from frozen):

- 1 **On the hob**
Cook the frozen sausages in a pan with 1 tbsp oil for 14 min over a medium-high heat, turning often.
OR
- 2 **In the oven**
Brush sausages with a little oil and cook for 18 min at 200°C.

Recipe

Activity

School @ Home

The Super Yummy Kitchen

Reduce, Reuse, Regrow!

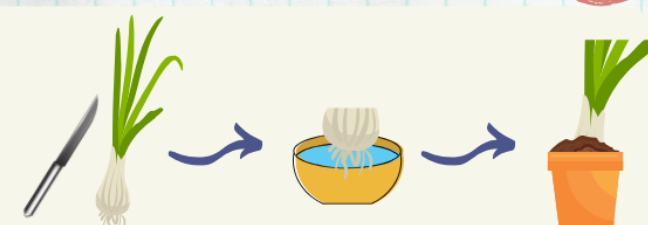
Chartwells
EAT LEARN LIVE

Today's curriculum links:
Science & Geography

One third of all food produced for humans is thrown away, which is bad for our planet. Instead of throwing away ends and stems of vegetables why not regrow them!

KS1 & KS2

- 1 Place the heart or root of a vegetable in a small shallow dish of water. Watch the roots grow to around 5cm. Then plant in some soil (in the garden or in a pot).



- 2 Take any herbs that have at least a couple leaves and 5cm of stem. Place in water for 2 weeks or until you see roots grow to about 2 cm. Transfer to some soil in a pot.



Onions, cabbage, lettuce, garlic and celery work best!



Help save the planet by throwing away less and loving your leftovers!



Reducing the amount of meat we eat also helps the planet!