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The
Super Yummy
Kitchen

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The Super Yummy Kitchen Family Food Series

GROWN UP GUIDE #9

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 #9 of Family Food

Squashy Mac & Cheese

Curriculum Links:

PSHE

Learning about foods that are healthy for the body

Science

Nutrients in food

Introduction

It is thought that the original macaroni cheese came from southern Italy and was made using Parmesan cheese. It is now most popular in the USA where it is usually made with cheddar or American style cheese. Mac & Cheese can be **high in saturated fat and salt**. However, our version uses baked and blended butternut squash, to make the creamy sauce. Although cheese has its place in a healthy balanced diet, adding it on top instead of in the sauce helps to keep the saturated fat and salt down, whilst still tasting delicious!



Recipe Tips

For best results, use a blender or food processor to make the smooth sauce. If you don't have either, you could use a potato masher, but it might not be as smooth.

Use any of your favourite cheeses on top to give it a delicious cheesy flavour!



The Activity

If your child is in KS1, ask them to pick what foods they think may have the most fibre. For KS2 and above, ask children to put the foods in order of which has the least amount of fibre to the most.

The answers are: Least 5, 4, 8, 7, 3, 9, 2, 1, 6 Most.

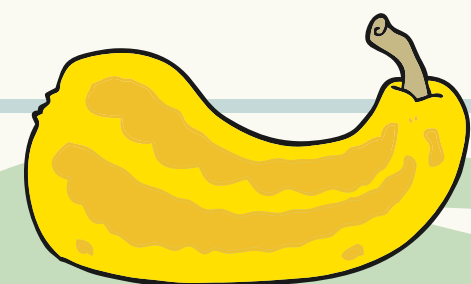
Point out to children how brown rice, wholemeal pasta/bread contains more fibre than the white alternatives. This is because of the outer bran being left on.



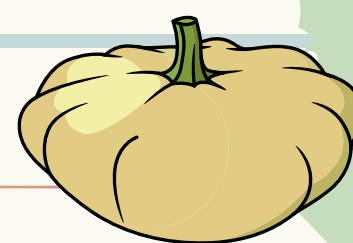
Nutrition Nugget

Butternut squash contains a high amount of **vitamin A & C**! Vitamin A keeps our eyes healthy and working properly. Vitamin C is an antioxidant that supports our immune system and helps us to absorb Iron.

Pasta has lots of **carbohydrates** which give the body energy! To make this recipe more nutrient dense, try switching to a **wholemeal** pasta to **boost the fibre content**.



Did you know that there are over 100 types of squash!



Squashy Mac 'n' Cheese

Ingredients

3 cloves of garlic, whole & peeled
2 medium onions, peeled & cut into large chunks
1 butternut squash (approx. 800g), peeled & cubed
1 tbsp rapeseed oil
400g dried macaroni pasta (or any pasta shapes you have)
1 vegetable stock cube (reduced salt if possible)
10g butter
1 heaped tsp English mustard
12 fresh sage leaves/2 tsp dried sage
50g cheddar cheese, grated
50g parmesan cheese, grated
100g chunky breadcrumbs (wholemeal is best)
1 bag of kale
1 tsp light soy sauce (reduced salt if possible)



Method

Serves 4-6

Preheat the oven to 180°C

- Place the garlic cloves, onions and cubed butternut squash into a large bowl with a splash of oil and coat evenly.
- Tip this into an ovenproof dish and pop in the centre of the oven to roast for 40-45 minutes, until soft (take them out before they go brown). Turn the oven up to 200°C.
- Boil the pasta for 8-10 minutes (or per packet instructions). Drain the pasta, setting aside 200ml of the starchy pasta water and add the stock cube to it. Put the pasta to one side for now.
- Blend the roasted vegetables and stock together into a smooth purée.
- Combine the cooked pasta with the butternut purée, then the butter, mustard and sage (save a little sage for the topping). Place in an ovenproof dish.
- To make your topping, mix the cheddar, parmesan, sage and breadcrumbs together.
- Evenly cover the butternut pasta with the cheesy topping.
- Bake for 20 minutes in the middle of the oven until hot, golden and super yummy!
- For some kale crisps, remove the stalks and tear into large pieces. Place in a large bowl with a drizzle of oil and soy sauce rub into the kale! Place on a baking tray and bake on the oven's top shelf for 10 minutes, or until crisp!

Recipe

Activity

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Fibre: The Tummy Cleaner!

KS2 Today's curriculum links: SCIENCE & PSHE

? Fibre is a carbohydrate that the body can't digest. Fibre sweeps out the digestive tract, moving everything along, keeping the digestive system healthy!

BONUS QUESTION! Can you put all the foods in order of which contains the least to most amount of fibre?

Can you guess which 3 foods have the most amount of fibre and which 3 have the least?

1

2

3

4

5

6

7

8

9

Only 10% of the population of the UK get enough Fibre!

5-11 year olds should have 20g of fibre per day.

Wholegrains, fruits, vegetables, beans, lentils & nuts are the best sources of fibre.

Answers: Least 5, 4, 8, 7, 3, 9, 2, 1, 6 Most