

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 3
kebabs

Hosted by Natalie Wijker

The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

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How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

Module Overview

Description

This is Module 3 in the Thrive Learning program about cooking.

This module will teach you how to make kebabs. Chicken, falafel, vegetable – whatever your regular kebab order is – we can show you how to assemble it at home.

Outcomes

By the end of this module you will:

- Have a basic understanding of some kitchen utensils and appliances used in the kitchen.
- Increase your ability and confidence in making meals for lunch or dinner.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Create – and eat – a kebab!



Risks



- **Heat/steam** – from hot tap water could result in burns.
- **Cooking with chicken** – chicken needs to be kept in the fridge or it can go off and make you sick.
- **Using a knife** – this is a sharp object that could result in you cutting yourself.

Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

Ingredients

In this dish, you get to make some choices. These choices are based on what you like and what you are comfortable doing.

BBQ chicken or falafel?

As the chef – you decide. Will you choose chicken or falafel?



If you choose BBQ chicken:

Buy one of the already cooked BBQ chickens. For one kebab you will not need more than a quarter of a chicken.



If you choose falafel:

You can buy already made falafel balls.

Fresh lemon or bottled lemon juice?

Are you comfortable cutting a lemon in half?



If you are comfortable cutting a lemon:

Buy 1 fresh lemon.



If you do not want to use a knife:

Bottled lemon juice will do the job! You will need one squirt of lemon juice for this recipe.

You will also need:



Pita wraps



Lettuce
(You can use any kind of lettuce)



Pre-shredded carrot
(one handful)



Fire roasted capsicum.
This is found in a jar.
(one capsicum)



Plain Greek yoghurt
(1/2 a cup)



Garlic
(1/2 a clove)



Tabouleh - Sometimes this is called mixed grain tabouleh salad, sometimes it is found at the deli section and is called quinoa and tabouleh salad. If you cannot find it you can just use parsley.
(one handful)



Salt
(a pinch)

Equipment list

- Garlic press
- Measuring cup
- Chopping board
- Kitchen knife (if chopping a lemon)



Method



To get ready

1. Wash your hands.
2. Fill your sink with warm water.
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

Let's get cooking

In this recipe we will do different parts of the recipe and then put them together at the end.

Part 1: The Protein



1. If you are cooking with chicken:
Shred the chicken with your hands.
Put the rest of the chicken back in the fridge when you are done.



- If you are cooking with falafel:
- Take out 3 – 4 falafel from the packet.
- Put the rest of the falafel in the fridge when you are done.

Part 2: The Sauce



1. Measure 1/2 a cup of yoghurt. Put it into a bowl.

Put the rest of the yoghurt in the fridge when you are done.



2. Put one clove of garlic into a garlic press. Press it. Only scrape off half the garlic into the yoghurt.

When you are finished, put the leftover garlic in the bin and put the garlic press in the sink.



3. If you are comfortable cutting a lemon:

Cut a lemon in half. Give the lemon one big squeeze into the yoghurt sauce.

You can throw away the squeezed lemon half.



You can put the unsqueezed lemon into the fridge.

If you are not comfortable cutting the lemon:

Do one squirt of the lemon juice into the yoghurt mix.



4. Grind the salt shaker twice and stir together.

Part 3: The Vegetables



1. Tear the lettuce up with your hands.
Put it on a plate.



2. Tear the capsicum up with your hands.
Put it on the plate.



3. Open the packet of carrots.
Put it on a plate.



4. Open the tabouleh.
Put it on a plate.

Part 4: Putting it all together



1. Put the wrap on your chopping board.



2. Spoon out sauce on to the wrap.



3. Put the lettuce in a line down the middle.



4. Put a small handful of tabbouleh on the lettuce.



5. Put a small handful of carrot on top of the tabbouleh.



6. Put the capsicum on top of the carrot.



7. Put down your chicken or falafel.



8. Roll it all up.



You are done!



Before you eat, make sure you:

- Put all your ingredients back where they belong.
- Put all your equipment in the sink.



If you used a knife to slice the lemon, don't put the knife in the sink. Clean it separately. Knives can get lost in the sink under bubbles.

Activities

1.  What utensils does Natalie use to make kebabs?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
2. List 3 actions you need to do in the kitchen to make sure you're using good food practices.
 - a. _____
 - b. _____
 - c. _____
3.  In the video, Natalie mentions that kebabs are from where?

4. Can you list 3 countries that are from around this area?
 - a. _____
 - b. _____
 - c. _____

5. Circle the correct response:

Kebabs are good to eat for breakfast / lunch / dinner



Hint: There could be 2 correct answers!

6. Write down 3 types of meat you could use in a kebab:

a. _____

b. _____

c. _____

7. What could you put on your kebab as an alternative (something different) to meat?

8. What is this alternative food made up of?

9. You can use different types of sauces in your kebab. What's your favourite?

10. Can you list 4 other types of sauces you could use (or make up your own type of sauce!)

a. _____

b. _____

c. _____

d. _____

11. **Finish the sentence:** Adding different types of vegetables to your kebab is a great way to add _____ and _____.




Hint: There could be a number of different answers to this question.


12. Lettuce is used in making kebabs. Can you think of 3 other types of lettuces you could grow or buy at the shops?

a. _____

b. _____

c. _____

13.  What other meals can lettuce be used in?

14.  **Let's talk carrots:** Read the following information and answer the questions below:

The carrot (*Daucus carota*) is a root vegetable that is often claimed to be the perfect health food.

It is crunchy, tasty and highly nutritious. Carrots are a particularly good source of beta-carotene, fiber, vitamin K, potassium and antioxidants.

Carrots have a number of health benefits. They are a weight loss friendly food and have been linked to lower cholesterol levels and improved eye health.

The carotene antioxidants in them have also been linked to reduced risk of cancer.

They are found in many colours, including yellow, white, orange, red and purple.

The traditional orange coloured carrots get their bright colour from beta-carotene, an antioxidant that is converted to vitamin A in the body.

15. What type of vegetable is a carrot? _____
16. The information above says that carrots are a good source of beta-carotene, fiber, _____, _____ and antioxidants.
17. True or false. Carrots make you put on weight? _____
18. Carrots are also healthy because...



Hint: The information lists 3 other things that carrots are good for.

- a. _____
- b. _____
- c. _____

19. Circle the correct answers:

Carrots can be grown in different colours, such as:

purple

pink

white

orange

brown

green

blue

yellow

20. What's the type of bread Natalie uses to wrap the kebab? _____

21. What is tabouleh?



Hint: Check the Vocabulary section at the back of this workbook!

22. What vegetables go into tabouleh?

23. List all the ingredients that you would use to make your favourite kebab:

24.



Pretend you are the owner of a kebab store.

Design a menu that lists 3 different types of kebabs, 5 sauces and a drinks menu.

List 3 other types of foods / meals you might also sell with your kebabs.

Give your store a name, and if you're feeling creative, draw or copy some pictures of kebabs to add into your design.

25. Unscramble the following words and work out the phrase!

Making Kebabs

BAKBE

--	--	--	--	--

1 5

FELAFLA

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2

CICHEKN

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18 10

BMLA

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16 3

CASUE

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12 4

TECEULT

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9

PELYRAS

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11

GUYTORH

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13

14

RAGILC

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8

ONLEM

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19

15

SUCPAMCI

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17

6

TORCRA

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7

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1 2 3 4 5 6

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7 8 9

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10 11 12 13

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14 15

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16 17 18 19

Vocabulary

Icon	A picture or symbol used to describe something.
Hints	A small piece of information that helps you do or guess something more easily.
Equipment	Supplies or tools needed for a special purpose.
Module	An instructional unit that focuses on a particular topic.
Utensils	A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons.
Ingredients	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
Risk	Is the possibility or chance of loss, danger or injury.
Kebab	A kebab is pieces of meat or vegetables grilled on a long thin stick or slices of grilled meat or vegetables served in pitta bread.
Tabouleh	A Middle Eastern salad of cracked wheat mixed with finely chopped ingredients such as tomatoes, onions and parsley.

Coming up next module

In Module 4, we will be making overnight oats.



The ingredients and equipment you will need to make this recipe are listed below.



Before you go shopping, check to see if you have any of the ingredients already in your house. A lot of these ingredients are ones we used in module 1 – so there is a good chance you might still have these at home.

Shopping list

- Rolled oats - used in module 1 (1 and a ½ cups)
- Milk - You can use any kind of milk. (1 and ½ cups)
- Chia seeds (3 tablespoons)
You can use any colour chia seeds. If you cannot find chia seeds that is ok.
- Greek yoghurt (3 tablespoons)
- Vanilla extract - used in module 1 (1 and ½ teaspoons)
- Honey - used in module 1 (3 teaspoons)

Toppings (Optional):

You can use whatever you have in the house, or invent your own toppings. A mix of 2 – 3 toppings works well.

Here are some of the types of things you might like to try:

- Fresh fruit - berries and banana work great.
- Dried fruit
- Nuts – just about any nut will do the trick.
- Nut butters and jams – A nut butter is something like peanut butter, almond butter and even Nutella.
- Seeds
- Spices - like cinnamon, nutmeg and cardamom.
- Honey

Appliances

- Fridge

Equipment list

- 3 x glass jars or regular drinking glasses.
- Measuring cups
- Measuring spoons
- Spoon

