

Endeavour Foundation  
**Thrive Learning**



# **Accessible cooking – the basics**

Module 1  
**peanut butter  
protein balls**

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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 1 in the Thrive Learning program about cooking.

This module will teach you how to make peanut butter protein balls – an easy snack to have in the fridge that is fun and simple to make and gives you a little energy boost after eating!

## Outcomes

By the end of this module you will:

- Have a basic understanding of some utensils used in the kitchen.
- Increase your ability and confidence in making a quick, health snack.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Create – and eat – peanut butter protein balls!



## Risks

- **Mess** – cooking can be messy. You need to clean up as you go.
- **Glass** – you will be using equipment that can break.
- **Allergies** – some people are allergic to nuts. Do not cook this recipe if you have nut allergies.

# Equipment



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

## Ingredients



Rolled oats  
(1 and a 1/2 cups)



Vanilla extract  
(2 teaspoons). Can also be called vanilla essence.



Peanut butter (1 cup)  
Can be smooth or crunchy – it's up to you.



Unsweetened shredded coconut (1/2 a cup)



Honey  
(1/4 of a cup)



Salt (1 pinch)

## For storage

- Container or zip-lock bag for storing any peanut butter protein balls that you don't eat.

## Equipment list

- 1 big mixing bowl
- Measuring cups
- Measuring spoons
- Wooden spoon
- Plate
- Big plate or baking tray



# 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 your big mixing bowl, all your ingredients and utensils somewhere you can reach them.  
Put them on the bench where you will be working. You will want to put the mixing bowl in the middle.

## Let's get cooking



1. Measure out **1 cup of room temperature peanut butter**. Put the peanut butter in to the mixing bowl.



2. Measure out **1/4 cup of honey**. Put the honey in to the mixing bowl.  
You should wash your measuring cup now.



3. Measure out **2 teaspoons of vanilla extract**. Put the vanilla extract in to the mixing bowl.  
You can put your measuring spoons in the sink now.





4. Stir the ingredients for 15 seconds with a wooden spoon.



5. Measure out **1 and ½ cups of rolled oats**. Put the rolled oats in to the mixing bowl.



6. Measure out **½ a cup of unsweetened shredded coconut**. Put the unsweetened shredded coconut in to the mixing bowl.

You can put your measuring cup in the sink now.



7. Get **one pinch of salt** and put it in the mixing bowl.

(If you have salt in a grinder, grind it two times in to the bowl.)



8. Stir all the ingredients together in the mixing bowl for about 30 seconds.

You can put your wooden spoon in the sink now.






9. Using your hands, get a chunk of the mixture and roll it in to a ball. The ball should be about the size of a bouncy ball. Put the ball on to the big plate or baking tray.

You will need to repeat step 9 until you have nothing left in the mixing bowl.

When you run out of mixture, you can put your mixing bowl in the sink. You should also wash your hands.



10.  Put the big plate or baking tray with all the balls on it in the fridge. Leave in the fridge for at least 20 minutes.

This is a good time to clean:

- Wash and put away equipment.
- Put away ingredients.
- Clean any mess in the kitchen.



11. Take the balls out of the fridge. They are now ready to eat!

## To store them

Put them in a zip-lock bag or airtight container. You will need to keep them in the fridge.


## How long will they last?

They will be ok to eat for a week. If you still have some left over after a week you will need to throw them away.

## How many should I eat?

This is a snack food. For one snack you can eat two balls. Anything more is too much for a snack.

# Activities

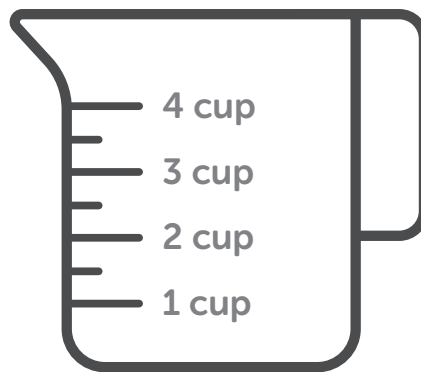
1.  After watching the video, list 3 things you need to do before you start cooking peanut butter protein balls.

1. \_\_\_\_\_

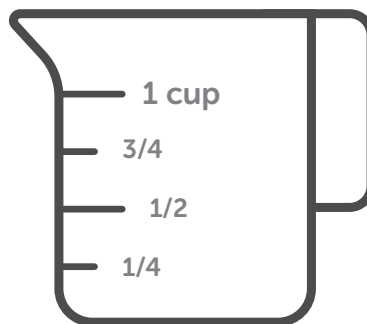
2. \_\_\_\_\_


3. \_\_\_\_\_

2. Draw a line on the jug below that shows 1 cup of peanut butter.



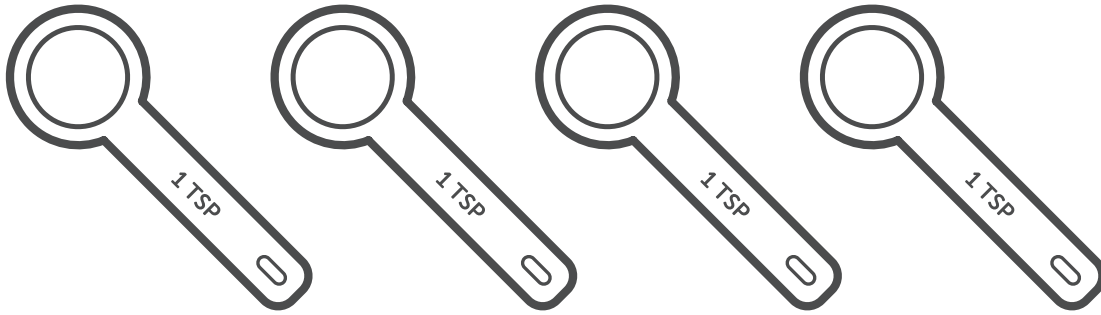
3. Draw an arrow on the jug below that shows  $\frac{1}{4}$  (one quarter) cup of honey.



4.  **Trick question!**  
How many quarters of a cup would make up one cup of honey?

\_\_\_\_\_

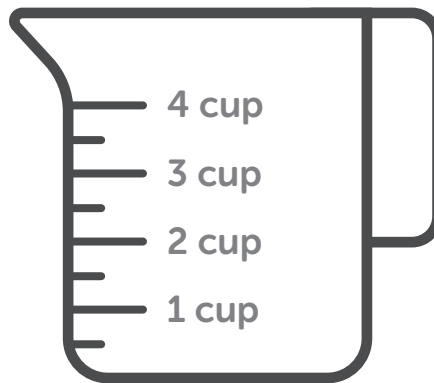
5. Circle the correct number of teaspoons needed for vanilla extract.




6. The recipe uses  $1\frac{1}{2}$  cups of rolled oats and  $\frac{1}{2}$  cup of coconut. Draw (colour the jug below) to show how many cups that is altogether.



**Hint:**  $1\frac{1}{2}$  cups +  $\frac{1}{2}$  cup = \_\_\_\_\_



7.  How long do you stir all the ingredients for? \_\_\_\_\_ seconds

8. Cross out the wrong words:

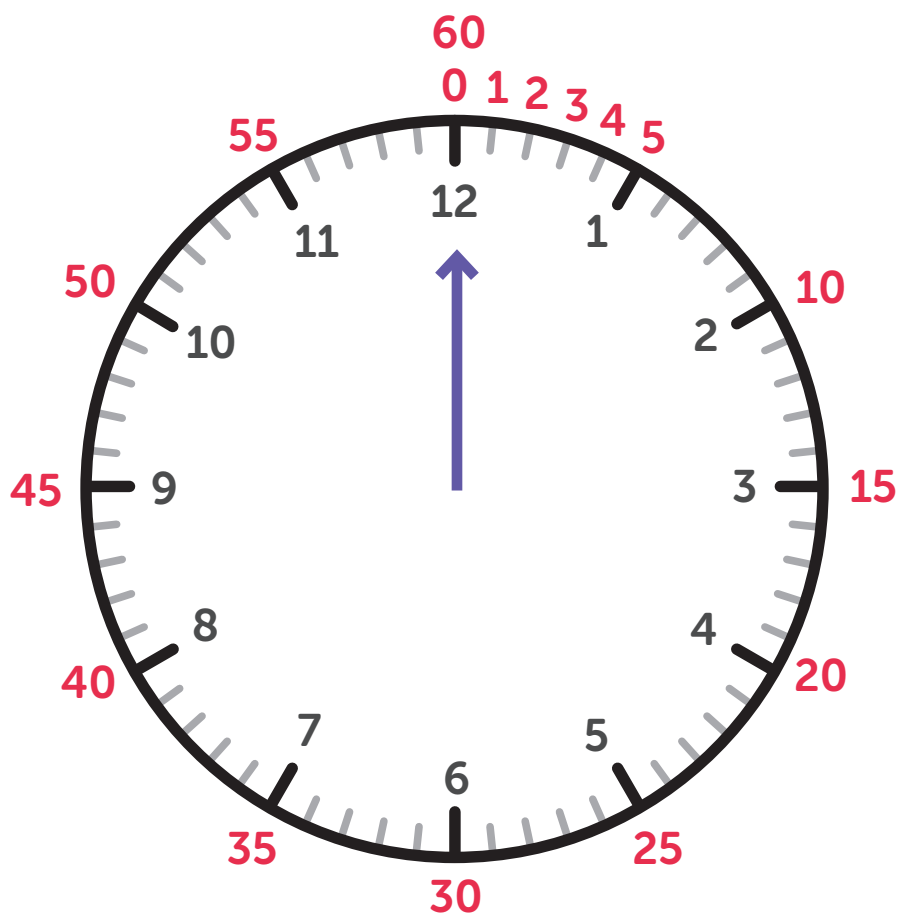
After you've mixed all the ingredients together in the bowl, you take the mixture and run / skip / jump / roll / fly it into squares / triangles / balls / funny faces.


9. Yes or no? Do you place the peanut butter protein balls into the oven? \_\_\_\_\_

10. After mixing and making the balls, where do you place them?

\_\_\_\_\_

11. On the clock, show how long the peanut butter protein balls take to set.



12.  When we cook there are risks. For example, when using knives we have to be careful that we don't cut ourselves. Match the words on the left side of the table to the risks on the right side.

**Action****Risk**

Using knives

Sick

Using a mixer / blender

Cut ourselves

Turning on the hot water

Electricity

Cutting all ingredients on one board

Sick


Using a hot stove

Burn

Eating food after the expiry date

Burn


13. Create a chart that includes 5 pictures and information about safe cooking. For example:

Safe Cooking	
Before you cook, make sure you wash your hands!	

14. True or false? Peanut butter has butter in it? \_\_\_\_\_

15. What can you use to scoop the peanut butter or honey into the bowl if it sticks to the measuring cup?

\_\_\_\_\_

16.  In the video, Natalie talks about protein. What does protein do?

\_\_\_\_\_

\_\_\_\_\_

17. Write down 3 other foods that are full of protein:


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

18. Peanut butter protein balls are a snack food. How many balls should you eat if you are having a snack?

\_\_\_\_\_

19.  **Trick question!** Why wouldn't you eat 10 protein balls?

\_\_\_\_\_



20. When you store the peanut butter protein balls, you need to keep them airtight. What does this mean?

---

21. Draw a picture of an airtight container below:



22. Food diary:


Write / draw some snack foods that you might eat for a week.

Write / draw them in the diary below. Remember to include your peanut butter protein balls!

Month _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

23. The peanut butter protein balls will last for 1 week in the fridge. Using the calendar below, show what 1 week looks like:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

24.  Complete the acrostic below. An acrostic poem uses the first letter of a word to make up the rest of the line. The first two letters are done for you as an example:

**P**eanut balls give me protein

**E**at only snack sizes!

**A** \_\_\_\_\_

**N** \_\_\_\_\_

**U** \_\_\_\_\_

**T** \_\_\_\_\_

**B** \_\_\_\_\_

**A** \_\_\_\_\_

**L** \_\_\_\_\_

**L** \_\_\_\_\_

**S** \_\_\_\_\_

# Vocabulary

<b>Icon</b>	A picture or symbol used to describe something.
<b>Hints</b>	A small piece of information that helps you do or guess something more easily.
<b>Equipment</b>	Supplies or tools needed for a special purpose.
<b>Module</b>	An instructional unit that focuses on a particular topic.
<b>Utensils</b>	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.
<b>Airtight</b>	Means that air can not get in. An airtight container will keep food fresher for longer.
<b>Ingredients</b>	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
<b>Allergy</b>	An allergy occurs when a person's body reacts badly to something that is harmless to most people. Some people are allergic to peanuts.
<b>Risk</b>	Is the possibility or chance of loss, danger or injury.
<b>Protein</b>	Is a nutrient found in food (such as meat, milk, eggs and beans) that is made up of many amino acids joined together.

# Coming up next module

In module 2, we will be making scrambled eggs on toast!



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



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

## Ingredients

- 2 eggs
- 1 slice of bread
- Baby spinach  
(1 small handful)
- Milk  
(2 tablespoons or 30ml)
- Salt and pepper  
(a small pinch of each)

### Optional

- Grated cheese  
(1 very small handful)
- Fresh herbs:
  - Parsley
  - Chives
  - Basil

## Equipment list

- 1 microwave safe bowl
- Measuring spoons or tablespoon
- Tea towel or oven mitt
- Dinner plate

## Appliances

- Microwave
- Toaster

