

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 7
superfood salad

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 7 in the Thrive Learning program about cooking.

This module will teach you how to make a superfood salad. We keep hearing about superfoods – this module teaches you how to put some together in a delicious meal!

Outcomes

By the end of this module you will:

- Increase your ability and confidence in making meals.
- Understand what is meant by superfoods.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat a superfood salad!



Risks

- **Scissors** – You need to be careful not to cut yourself.

There are no stoves or ovens involved in this recipe.

Equipment



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

Ingredients



Washed kale
(1 bunch or 1 packet)
You can buy it already cut in a packet, or buy a bunch of kale.



Salt
(3-8 grinds)



Pumpkin seeds
(1/2 cup)
These can also be called pepita seeds.



Olive oil
(1 and 1/2 tablespoons)



Dried goji berries
(1/2 cup)



Balsamic glaze
(1 teaspoon)
We also used this ingredient in Module 5 for the caprese salad.

Equipment list

- Big mixing bowl
- Measuring cup
- Spoon
- Serving plate
- Kitchen scissors



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



1. Put one packet of kale in a big bowl.
If you are using a bunch of kale, you can cut it up with a pair of kitchen scissors.



2. Drizzle 1 and 1/2 tablespoons of olive oil over the kale.



3. Add 3 to 8 grinds of salt.



4. Massage the kale for 2 to 3 minutes.
You will want to give your hands a quick wash after this step.



5. Add 1/2 cup of pumpkin seeds.



6. Add 1/2 cup of dried goji berries.



7. Stir together.



8. Drizzle with 1 teaspoon of balsamic glaze.

For storage

Put the salad in an airtight container and keep in the fridge. It will last 2 – 3 days.

You are done!

Before you eat, make sure you:

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

Activities

1.  What liquids are used in today's cook?



Hint: there are 2 types of liquid.



Let's talk olive oil. Read the paragraph below and answer the following questions:

Olive oil is a liquid fat obtained from olives, a traditional tree crop of the Mediterranean Basin. The oil is produced by pressing whole olives. It is commonly used in cooking, for frying foods or as a salad dressing. It is also used in cosmetics, pharmaceuticals, and soaps, and as a fuel for traditional oil lamps, and has additional uses in some religions.

Source: https://en.wikipedia.org/wiki/Olive_oil

2. Circle the correct answers.

engine oil
for the car

cooking

salad
dressing

soap


Olive oil is used in...

water slides
so you can
slide faster

medicine

cosmetics
(eg. make up)

3. How do they get the oil from olives? _____

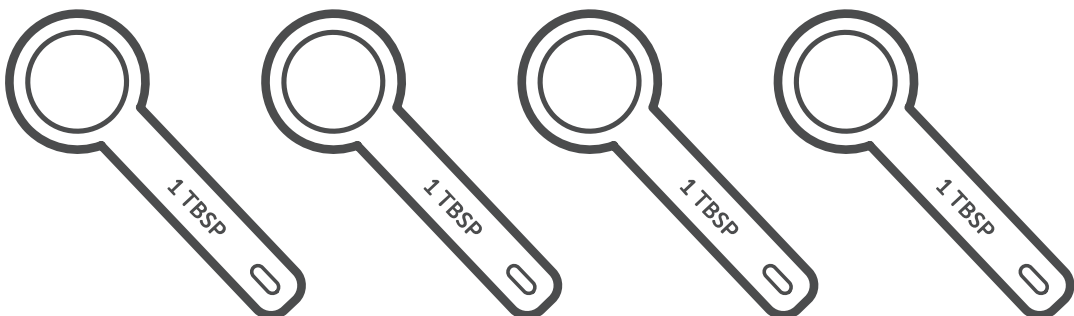
4.  In the video, Natalie talks about superfoods. Why would a superfood be called a superfood?

5. Fill in the blanks: Kale can sometimes be _____ and _____ .

6. What does bitter mean?

7. In the recipe, do you include the kale stem? Yes or No? _____

8.  Natalie pours about 1 ½ tablespoons of olive oil on top of the kale. Highlight what 1 ½ tablespoons looks like on the spoons below:



9. In cooking, we “tenderise” the food. Place a circle around the words below what you think tenderise means:

squelch

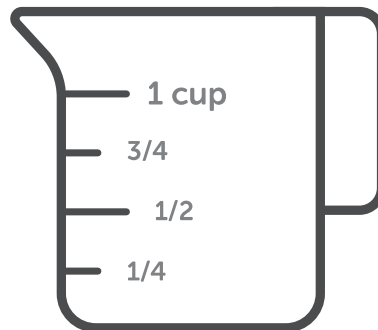
massage

pound
(as in, pound
the meat)

marinate

slow cook

10.  Mark on the jug below how much pumpkin seeds you use in this recipe:



11. What's another name for pumpkin seeds? Choose the correct answer:

capsicum seeds

pepita seeds

kale

radishes

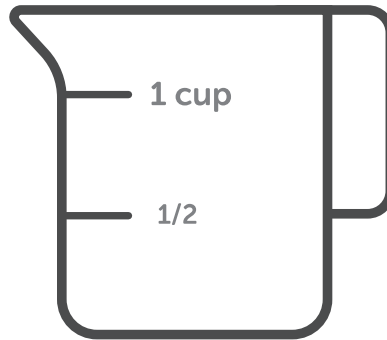
12.



The recipe asks for $\frac{1}{2}$ cup of goji berries. If you accidentally filled your cup with 1 cup of goji berries, how much would you need to empty out to have $\frac{1}{2}$ cup? Write your answer down or draw a line on the jug below to show your answer:



Hint: Take $\frac{1}{2}$ cup away from 1 cup.



Read the paragraph below and answer the following questions:

Goji, goji berry, or wolfberry, is native to Asia, and have been long used in traditional Asian cuisine. The fruit has also been an ingredient in traditional Chinese, Korean, Vietnamese, and Japanese medicine.

Source: <https://en.wikipedia.org/wiki/Goji>

13. What's another name for goji berries? _____

14.

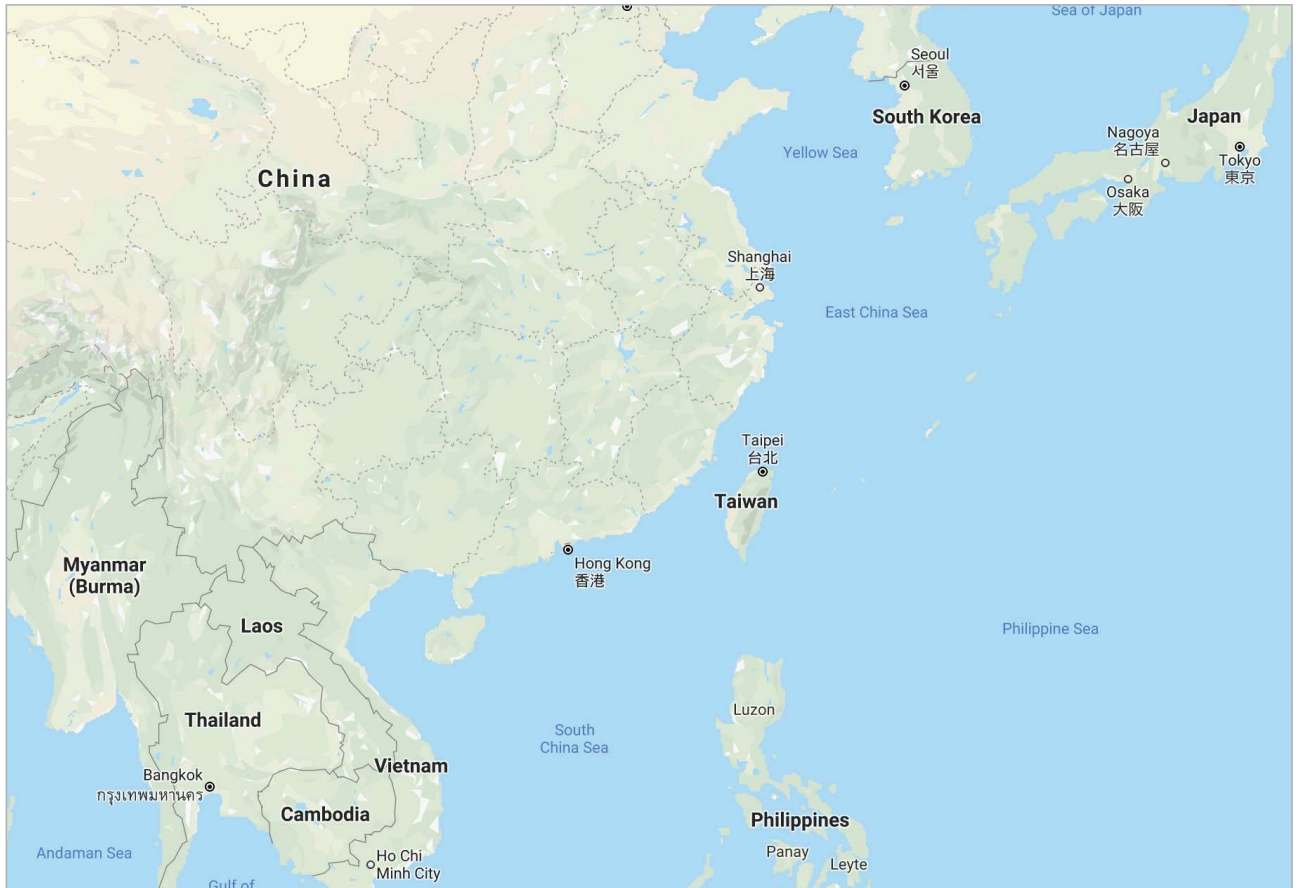


What does it mean when it says goji berries are native to Asia?



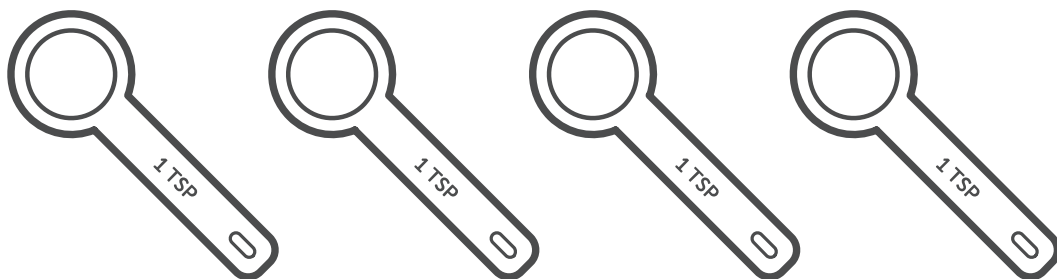
Hint: It's something to do with growing them.


15. How many other countries use goji berries for a type of medicine? _____
16. Can you locate 2 of those countries on the map below?



Source: Google Maps

17. How much balsamic glaze does Natalie use in the recipe? Circle the correct number of teaspoons:



18.  In the video, Natalie calls the salad a side salad. What does she mean by this?

19. What other foods could you add to the salad to turn it into a main meal?
List 3 other foods:

a.

b.

c.

20. Can you store this salad in the fridge? Yes or No.

21. How long would this salad last for in the fridge? Circle the number of days:

1 day

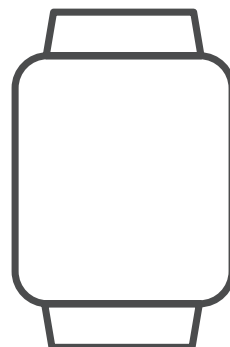
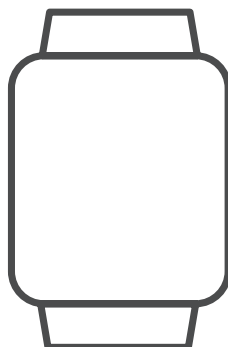
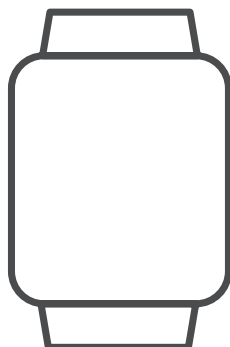
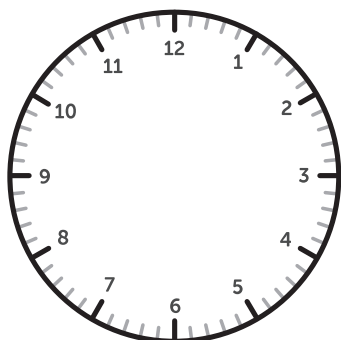
2 days

3 days

4 days

5 days

22. Mark on the clock (or write times into the digital clock) what times you think you would eat salad:



23. Did you know... kale is grown for its edible leaves, which simply means you can eat its leaves. Can you think of 4 other types of vegetables that you can eat the leaves of? Write them down or draw pictures:

a. _____

b. _____

c. _____

d. _____

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.
Foreign cuisine	Food that originates (comes) from another country. A caprese salad is from Italy.
Food presentation	How you present (make) food look on the plate.
Bitter	Bitter foods are those that are not sweet and have a sharp taste or smell.
Superfood	Nutrient rich foods that are very good for your health.
Kale	Is a popular vegetable in the cabbage family. It is often used in salads.

Coming up next module

In Module 8, we will be making pulled pork tacos.



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.

Shopping list

- **Coleslaw mix** (1 handful)
You can use any shredded vegetable mix.
- **Cooked pork or chicken** (200 grams) Often you can find this already cooked in the supermarket.
- **Salsa** (1/3 cup).
You can use mild, medium or hot.
- **Dried goji berries** (1/2 teaspoon)
- **Paprika** (1 teaspoon)
- **Tortillas** (taco size - 3 tortillas)
- **Aoli** (1/2 tablespoon per taco)

Optional

- Coriander
- Squeeze of lime
- Tabasco or sriracha sauce

Equipment list

- Measuring cups
- Measuring spoons
- 2 forks
- Large board or plate to assemble
- Bowl

