

Food for Thought, page 18

HEALTHY BODY



Let's get ready to crumble

TRY A DELICIOUS FRUIT DESSERT WITH ZEST.

This blueberry and orange crumble is a twist on an old family favourite dessert. Make it in summer while fresh blueberries are cheap or buy frozen blueberries from the freezer section of your local supermarket. It's healthy, easy to cook and low in calories. This recipe is adaptable too: instead of blueberries, blackcurrants, apples, peaches or apricots.

Blueberry and orange crumble Makes 6

INGREDIENTS

- 300g fresh or frozen blueberries (thaw, if frozen)
- juice and finely grated rind of one medium orange
- 1 teaspoon of ground cinnamon
- 2 tablespoons of brown sugar
- 100g plain white flour
- ¼ cup of rolled oats
- 50g of polyunsaturated margarine



METHOD

- 1 Preheat oven to 180°C.
- 2 Toss blueberries with orange juice, orange rind and cinnamon and set aside.
- 3 In a bowl, rub together the remaining ingredients to form a crumble mixture.
- 4 Divide the blueberry-orange mixture between six small oven-proof bowls (to about 3/4 full), then top each evenly with the crumble mixture.
- 5 Place bowls on a tray in the oven and bake for 25–30 minutes until golden brown. Check after 15–20 minutes, as ovens may vary.
- 6 Serve warm with a separate bowl of light custard for a delicious, low-fat dinner-party dessert.

FOOD FOCUS



Berries – bursting with health and flavour

The summer months bring a cornucopia of fruit to the table, from stone fruit and citrus, to tropical delights and berries. Strawberries, blackcurrants, redcurrants and blueberries are not only bursting with colour and flavour, but they also pack in many benefits when it comes to nutrition. Berries contain phytochemicals and flavonoids, which can help the body ward off many effects of ageing that can cause cancers, dementia and heart disease. These berries are also high in vitamins A, C, B and E. Blackcurrants and

elderberries are known to have four times as much vitamin C as citrus fruit, making them effective in repairing your body's cells and fighting colds and flu. Berries can also reduce the danger of heart disease by inhibiting the digestion of fats that clog arterial walls. Of course, berries are also easy to eat because they are delicious and versatile. Make a refreshing fruit salad with a mix of berries, eat them cold with ricotta or yoghurt, or blend them with milk to make smoothies or freeze into fruit iceblocks.

VIBE SCHOOL

Issue 156
Years K-1

MY NAME

Breakfast is the most important meal of the day.

ACTIVITY 1

What do you like to eat for breakfast?

Draw a picture of your favourite breakfast foods.



ACTIVITY 2 READING A SENTENCE.

Breakfast is the most important meal of the day.

Cut the sentence into its words.

Breakfast	is	the	most	important	meal	of	the	day.
-----------	----	-----	------	-----------	------	----	-----	------

Mix them up and match them with the words in the sentence.

ACTIVITY 3 SPELLING

Cut the word day into its letter patterns.

Mix them up and put them back together.

d	ay
---	----

Cut the word meal into its letter patterns.

Mix them up and put them back together.

m	ea	l
---	----	---

breakfast is a compound word - it is made up of two words put together

break + fast

Cut the word breakfast into its letter patterns.

br	eak	f	ast
----	-----	---	-----

Mix them up and put them back together.

Practise writing breakfast three times.

.....

.....

.....

ACTIVITY 4 WRITING A SENTENCE.

Fill in the words in the sentences below.

..... is the most important meal of the day.

Breakfast is the most important of the day.

Breakfast is the most important meal of the