

MY NAME

## Healthy Body : My Sop Sop page 23

HEALTHY  
BODY

NAN'S  
KITCHEN  
with Nancia Quivarra



### My sop sop

HERE'S A VEGETARIAN WINTER WARMER AND A TRADITIONAL TORRES STRAIT ISLANDER DISH THAT IS SERVED ALMOST DAILY.

Every family in the Torres Strait probably has their own recipe for this dish. This recipe is my take on it because I prefer to add strong flavours. Sop is a word used widely throughout Indonesia for hearty soups, and it stems from the interactions between the peoples of Malaya and the Straits. It's very simple and fuss free. It's good for vegetarians, of course, but it's also delicious served with a freshly caught pan-fried whole fish (try barramundi). It never fails to remind me of home.

### Sop Sop Serves 6

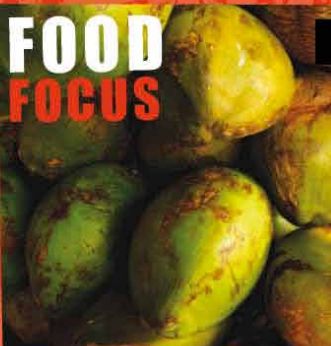
#### INGREDIENTS

- 1 large sweet potato, peeled and diced into 1cm cubes
- 1 large taro (purple) peeled and diced into 1cm cubes
- ½ kg Queensland Blue pumpkin, peeled and diced into 2cm cubes
- 1 x 375ml tin light (low-fat) coconut-flavoured evaporated milk
- 2 kaffir lime leaves
- 2 garlic cloves
- 2 tsp grated ginger
- steamed rice for 6 people

#### METHOD

- 1 Put everything in a pot and bring to the boil.
- 2 Turn heat down and simmer until the vegetables soften, about 30-45 minutes.
- 3 Serve over steamed rice and garnish with coriander or parsley and slivers of red chilli (optional).

FOOD  
FOCUS



### Coconut – the wonder juice

Young coconut water is the talk of the health industry now that it's currently being packaged and drunk by Madonna and other famous celebrities, but Torres Strait Islanders have known about the benefits of this wonder juice for years.

The coconut water inside young, green coconuts is

highly nutritious, containing sugar, fibre, proteins, antioxidants, vitamins and minerals. Throughout hot tropical countries, coconut water is popular as a healthy refreshing drink that's also safe from contamination.

Mature coconuts are prized for the white meat that lines the hard shell. This meat is

high in energy and in iron and potassium, however, it also has a high fat content.

The shredded meat is used to make coconut milk. The milk can be high in trans fats and cholesterol, so it's best to only eat it as part of a balanced diet of fruits, meats and vegetables and a lifestyle that involves lots of exercise. Coconut-flavoured evaporated milk (as used in the sop sop recipe, above) is a good, low-fat substitute.

# VIBE SCHOOL

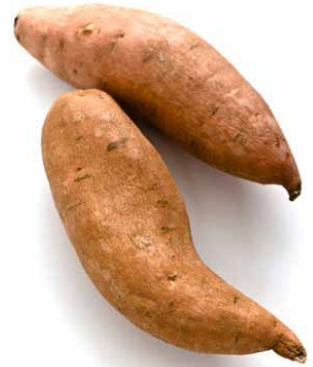
Issue 160  
Years K-1

Did you know?

Sweet potatoes are only distantly related to potatoes.

Sweet potatoes are high in vitamin C.

Sop Sop is a traditional vegetarian soup eaten in the Torres Strait Islands.







## ACTIVITY 1

**Draw a picture of your favourite vegetables.**

A large, empty rectangular box with a thin black border, intended for students to draw their favorite vegetables. The box is centered on the page below the activity instructions.

## ACTIVITY 2: MATCHING WORDS

Match the names of the vegetables in the recipe with their pictures.

pumpkin	
ginger	
garlic	
sweet potato	

**ACTIVITY 3: READING A SENTENCE.**

Sweet potatoes are high in vitamin C.

**Cut the sentence into its words.**

Sweet	potatoes	are	high	in
-------	----------	-----	------	----

vitamin	C.
---------	----

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

## ACTIVITY 4: SPELLING

Cut the word **sweet** into its letter patterns.

Mix them up and put them back together.

sw	eet
----	-----

Practise writing 'sweet' three times.

.....

.....

.....

## ACTIVITY 5: WRITING A SENTENCE

Sweet potatoes are high in vitamin C.

Do you know other fruits and vegetables that are high in vitamin C?

**Write a list.**

.....

.....

.....

**Draw the fruits and vegetables.**

