

MY NAME



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HEALTHY TUCKER



Sweet Potato and Chickpea Curry (serves 4)

INGREDIENTS

- 1 tablespoon of peanut oil
- 2 garlic cloves
- 1 Spanish onion
- 1 red capsicum cut into long strips
- 2 tablespoons of tomato paste
- 2 tablespoons of curry powder (or curry paste)
- 2 tins chick peas (2x400g)
- ½ kilo of sweet potato chopped into cubes
- 1 cup frozen peas
- 1 can low fat condensed milk coconut flavoured
- slivered almonds
- fresh finely chopped coriander

METHOD

- 1 Heat oil and fry up onions, garlic and capsicum until soft.
- 2 Add tomato paste and curry powder and cook on low heat for five minutes.
- 3 Add sweet potato, frozen peas and condensed milk, bring to boil then turn down heat, simmering for 10 minutes with lid on.
- 4 Take lid off and simmer for 10 minutes.
- 5 Serve over a bed of couscous (see packet instructions) and top with slivered almonds and coriander.

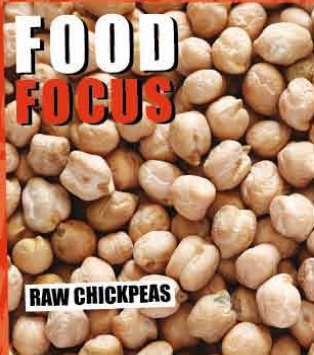
Curry in a hurry



A HEARTY MEAL WITHOUT MEAT

This sweet potato and chick pea curry is nutritious and delicious. You don't always have to eat meat with your meals every time. Eating vegetarian foods can give you the nutrients you need, pump up your fibre intake and provide a hearty and healthy meal without bloating and heaviness. Mixing up your weekly meals with vegetarian dishes can also help your budget, as fresh vegetables are much cheaper than meats.

FOOD FOCUS



RAW CHICKPEAS



CHICKPEA HUMMUS DIP

Chickpeas

Chickpeas, or Garbanzo beans as they are also known, belong to the legume family and are one of the oldest cultivated foods in the world. They grow in all areas of the planet, but yield the best results in tropical climates. You will find them in tasty, healthy hummους from Lebanon and flavourful, sustaining Chana Dahl from India. They have as great a percentage of protein as chicken or tuna and, packed with calcium and other minerals, they are a great food for vegetarians. Chickpeas are also a healthy carbohydrate option, lowering cholesterol and blood sugar levels, making them ideal for diabetics.

VIBE SCHOOL

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Chickpeas are a legume. They are also known as garbanzo beans. Other legumes include all types of beans and peas, such as broad beans, green beans, lima beans, mungbeans, red kidney beans, soy beans and green and yellow peas.

Chickpeas are grown mainly in Asia, India, Pakistan and the Mediterranean.

All legumes are high in protein and fibre but low in fat. They are full of vitamins and minerals.

Falafels and hummus are made from chickpeas.



dried chickpeas



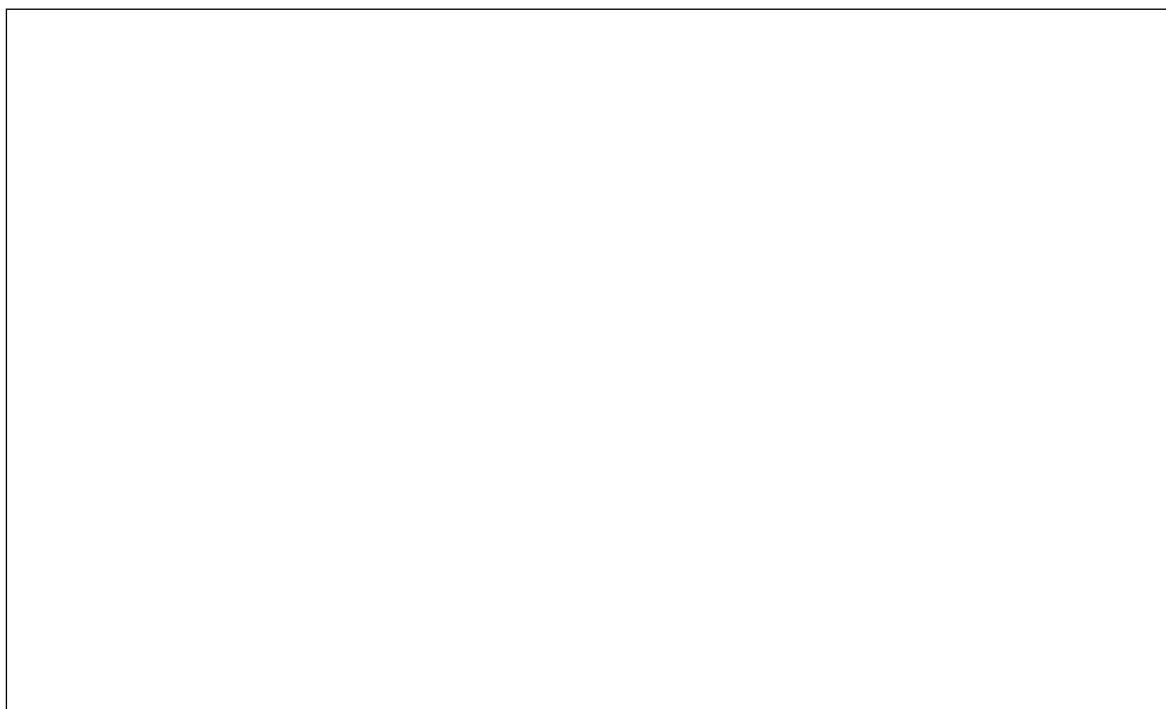
cooked chickpeas

Did you know?

Chickpeas give you as much calcium as milk or yoghurt!

ACTIVITY 1

Draw a picture of the legumes you like to eat.










ACTIVITY 2

MATCHING WORDS AND PICTURES

Draw a line to match the names of these legumes with their pictures.

chickpeas	
green peas	
broad beans	
green beans	
red kidney beans	

ACTIVITY 3

READING A DESCRIPTIVE REPORT

The purpose of a Descriptive Report is to classify and describe one kind of thing.

Classification	Chickpeas
Descriptions	Chickpeas belong to the legume family and are also known as garbanzo beans.
Where they are grown	They grow in tropical climates like Asia, India, Pakistan and the Mediterranean.
Nutrition	Chickpeas have as much protein as chicken or tuna. They are packed with calcium and other minerals, so they are a great food for vegetarians.
Cooking	Falafels and hummus are made from chickpeas.

Chickpeas belong to the family.

What is another name for chickpeas? beans

What sort of climate do chickpeas need to grow well?

Which parts of Australia would chickpeas would grow well in?



ACTIVITY 4

SPELLING

Cut the word chickpeas into its letter patterns.

Mix them up and put them back together.

ch	ick	p	ea	s
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Practise writing chickpeas three times.

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Cut the word legume into its letter patterns.

Mix them up and put them back together.

l	eg	ume
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Practise writing legume three times.

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Cut the word family into its letter patterns.

Mix them up and put them back together.

f	am	ily
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Practise writing family three times.

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Cut the word beans into its letter patterns.

Mix them up and put them back together.

b	ean	s
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Practise writing beans three times.

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VIBE SCHOOL

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Practise writing the sentence by putting the spelling words back in.

_____ belong to the _____

_____ and are also known as garbanzo

_____.