

Look Cook Book

A guide to healthy eating

Produced in partnership with
Groundwork Oldham & Rochdale,
Springhead Community Centre,
Oldham Primary Care Trust
and
Social Services Oldham

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Hygiene:

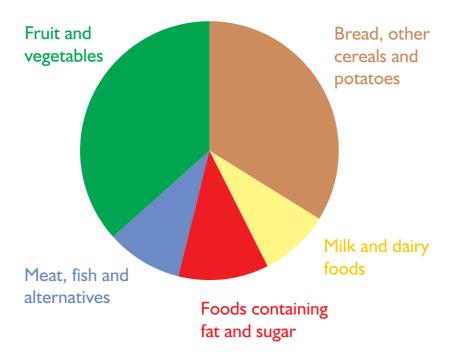
- Always wash your hands before preparing food.
- Handle all knives and sharp objects with care.



Trevor washing his hands before cooking.



A balance of good health



The balance of good health shows the kinds of foods we should eat in our diet. You should choose to balance the foods you eat on a daily basis, and eat moderate amounts of food which contain fat.

5 A Day

The Government's 5 A Day Programme aims to increase fruit and vegetable consumption by raising awareness of the health benefits and improving access to fruit and vegetables.

Examples of 5 A Day portions are:



2 kiwi fruit.

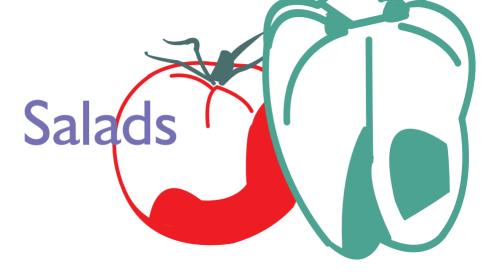


I banana



I pepper

A variety of fruit and vegetables is essential for a healthy diet.



A salad is a mixture of chopped vegetables, meat, fish and eggs, and can be eaten as part of a main meal or on its own.









Cucumber

Lettuce

Mackerel

Pasta

Pepperoni

Peppers

Red Onion

Tomatoes



Shirley's 3 Ps









Shirley chose cucumber, pasta, pepperoni and green pepper for her salad.



Chopping a green pepper.



Shirley's 3 Ps.

Paul's Mackerel Surprise









Paul chose pasta, mackerel, red onion and lettuce for his salad.



Chopping a red onion.



Paul's Mackerel Surprise.

Craig's Meat Feast









Craig chose chicken, pepperoni, cucumber and lettuce for his salad.









Craig's Meat Feast.

Duncan's Italian Stallion



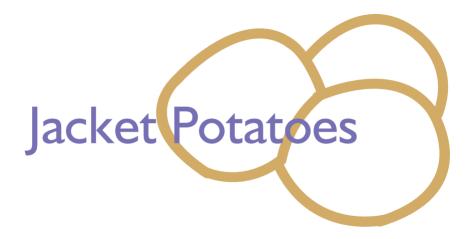






Duncan chose mozzarella, lettuce, basil and tomato.





The jacket potatoes that the group made consisted of baking potatoes and a variety of interesting fillings. Each potato is a good source of a balanced diet as it contains a mixture of carbohydrates and proteins.





Potato

Tuna

Sweetcorn

Mayonnaise

Baked Beans

Cheese

Chilli

Trev's Hot Shot Tuna









Trevor used baking potatoes, tuna, sweetcorn and mayonnaise for his jacket potato.



Trevor had to bake his potatoes in the oven...





The tuna, sweet corn and mayonnaise together.

John's Bean Bomber







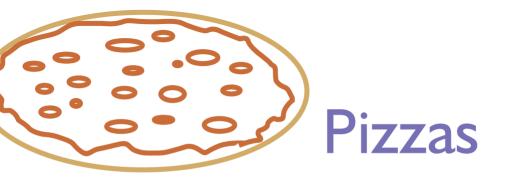
John used baked beans and cheddar cheese for his jacket potato.







John's Bean Bomber.



A pizza is an oven based bread covered with tomato paste and cheese. The Pizzas were grilled once the toppings were in place.





Bread

Pepperoni

Peppers

Red Onion

Mozzarella

Tomato Paste

Mushrooms

Ham

Pizza Base



The group began their pizzas by adding tomato paste to the bread bases...



...and then placed mozzarella cheese on top.

Pizza toppings

The group then chose their own toppings. Some good ideas were...





Pepper and mushroom.



Pepperoni.





Red onion and ham.



From left to right: pepper and mushrooms, pepperoni, red onion and ham.



Smoothies are a healthy drink and each fruit counts towards one portion of the recommended 5 A Day fruit and vegetable healthy eating plan.





Raspberry

Mango

Kiwi fruit

Banana

Strawberry

Ice Cubes

Milk

Yoghurt

Smoothie Base

To make their Smoothies, the group added the fruit they liked to a blender with some milk or yoghurt.



Strawberries and banana being added to a blender...



Blending the fruit together.

The different fruit combinations







Sarah used a banana, mango and raspberries for her Super Smoothie.







Shirley used strawberries, a banana and ice cubes for her Shirley Surprise.







Trevor used a mango, kiwi fruit and ice cubes for his Trevor's Treat.

Healthy Lives

As well as healthy eating, you need to exercise regularly. Walking is a fun and easy way of keeping active, and is an excellent way of meeting other people. These organisations have more information about health walks:

Walking the Way to Health Initiative www.whi.org.uk

MENCAP www.mencap.org.uk

Foundation for People with Learning Disabilities www.learningdisabilities.org.uk



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