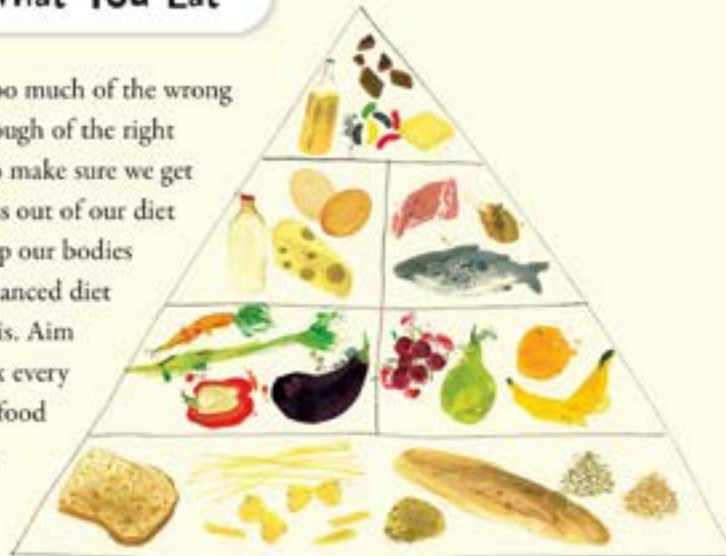


You Are What You Eat

Many of us eat too much of the wrong food and not enough of the right food. We need to make sure we get as much goodness out of our diet as possible to help our bodies to develop. A balanced diet is essential for this. Aim to get a good mix every day from the six food groups shown in this pyramid.



Store Cupboard Ingredients

We can make our cooking much easier by having a well stocked kitchen store cupboard. From these basic ingredients we can create many delicious, healthy and simple dishes.

Fresh ingredients

Eggs
Onions
Garlic
Chillies
Root ginger
Herbs (coriander, parsley, mint)



Sweet ingredients

Sugar
Honey
Vanilla extract (a natural, liquid version of vanilla)



Spice rack

Cinnamon sticks and ground cinnamon
Vanilla pods
Black pepper, whole and ground
Chilli powder
Ground coriander
Ground cumin
Turmeric powder
Ground ginger
Paprika



Using spices

Drop whole spices into dishes while they cook and then take them out before serving. Or you can turn whole spices into powder by grinding them in a coffee or spice grinder.



Dry ingredients

Rice
Pasta
Couscous
Plain flour
Breadcrumbs
Dried noodles
Dried fruits (apricots, sultanas, raisins)



Pulses

Chickpeas
Kidney beans
Lentils



Other

Stock cubes (chicken and vegetable)
Vegetable oil
Soy sauce
Cling film
Foil
Baking parchment
Freezer bags



Dhruv says ...

Get into the habit of regularly checking the 'use by' date on your ingredients before you use them.

