

Fairfield Refugee Nutrition Project

Group cooking

LESSON PLAN GROUP COOKING

Background

The foods people choose to eat are critical in defining them and are an integral part of shaping ethnic diversity¹. The importance of maintaining dietary practices from the country of origin for many refugees is balanced with a need to include new foods, particularly in the diets of refugee children. Of equal importance is the challenge posed by the abundance of food in Australia and the influence this has on traditional cooking methods and ingredients. Group cooking offers an opportunity to address all types of social and dietary needs.

Bringing people together around food preparation and meal sharing is an effective way of helping people to address their social, nutritional and lifestyle needs². Group cooking offers multiple levels of support including kitchen facilities, a social support network, and an opportunity for nutrition education, all of which work towards reducing food insecurity.

Messages Wash hands with soap and dry well
 Eat most fruit and vegetables
 Eat less fatty foods
 Eat a varied diet

Topic Group cooking

Focus Questions

How can I include new foods and cooking methods at home?

What would make introducing new foods and ways of cooking a challenge at home?

Why is it important to prepare healthy meals and have variety in my diet?

Learning Experiences

Competency	Activity	Resources
Food groups and dietary guidelines	- Group leader reviews the food pyramid and importance of eating a balanced and varied diet.	- White board or butchers paper and marker. - Food item cut-outs www.refugeehealth.org.au , or food cards www.rph.wa.gov.au/hpnetwork/GFNA/Goodfood.htm .
New foods	- Group leader introduces the recipes and briefly highlights the associated food groups, health benefits and cost of the recipes.	- A3 Australian Guide to Healthy Eating www.health.gov.au - Recipe ideas www.refugeehealth.org.au .
Hygiene	- Briefly review the importance of washing hands.	- Poster on hand washing

	- If necessary demonstrate the correct method and ask participants to repeat.	techniques.
New methods of food preparation	- Group leader to begin cooking demonstration with an emphasis on group participation. If the group are comfortable with the group leader allow the group to prepare the food and assist them in doing so.	- Cooking equipment and ingredients as per recipe requirements.
Including new foods into the diet	- Group to sample food. - Discuss likes/ dislikes, and how they could include the recipe in their family's meals. - Group critiques the recipes and gives them a score.	- Recipe score cards www.refugeehealth.org.au .

Review Questions

Discuss if the recipes cooked are things participants could cook at home. Discuss limitations (like not knowing where to find food items in the supermarket) and possible solutions.

Discuss the new flavours and cooking methods, likes and dislikes, and ways to modify the recipes.

Evaluation

- Group discussion on likes, dislikes, limitations and barriers to including new foods and ways of cooking.
- Group critiques the recipes and gives them a score.

Other resources and lessons

1. Community Kitchens Australia
www.communitykitchens.org.au/
2. Community Kitchens Canada
www.communitykitchens.ca/
3. Good Food for New Arrivals, 'Cultural Food Information' and 'Sudanese Recipes'
www.rph.wa.gov.au/hpnetwork/GFNA/Goodfood.htm

1. Sellen DW, Tedstone AE, Frize A, 2002. Food insecurity among refugee families in East London: results of a pilot assessment. *Pub Health Nut*, 5:637-644.
2. Collis D. Community Kitchens; more than just cooking together. *SPARC BC News*, summer 2005.

Keep Hands Clean and Food Safe

Hand hygiene Washing your hands



1. Hands are only washed in the basin provided.



2. Use soap to work up a lather.



3. Wash palms, fingers, thumbs, nails and wrists (use a nail brush if necessary).



4. Rinse off soap by washing hands under running hot water.



5. Dry with paper towel.

Staff must wash their hands **before**:



- Starting or re-commencing food handling (for example, starting a shift, returning from a break)



- Handling food



- Wearing disposable gloves



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 Stanley Street, Collingwood, Victoria 3068

Staff must wash their hands **after**:



- Attending the toilet
- Handling raw ingredients
- Eating or drinking



- Habits that may cause contamination, such as licking fingers, biting nails, smoking, touching pimples or sores
- Coughing, sneezing, using a handkerchief or disposable tissue



- Disposing of or handling waste
- Handling animals
- Handling anything else other than the food (for example, money, cleaning cloths, cleaning equipment)
- Handling any food that may potentially contaminate other food products.

Department of Human Services

For more information call 1300 364 352
www.health.vic.gov.au/foodsafety

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Food Safety Rules



Cold storage

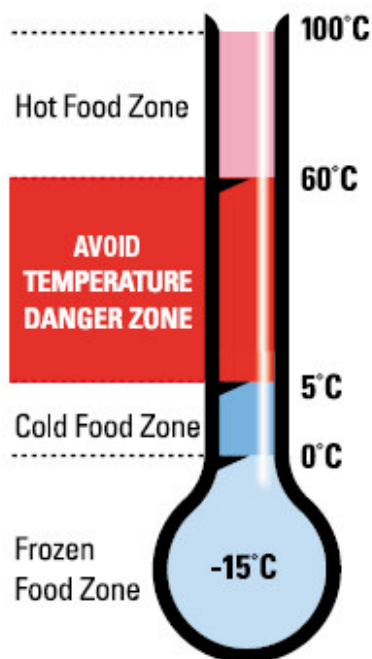
- Cold food must be 5 °C or colder.
- Frozen food must be frozen hard.
- Check the temperature of fridges and cold storage areas regularly.
- Thaw food in your fridge, away from, and below, cooked or ready to eat food.

Preparation

- Limit the time that high-risk food is in the temperature danger zone and return to the refrigerator during delays.
- If food is kept within the temperature danger zone for a total time of 4 hours or more, throw it out.

Cross-contamination

- Cross-contamination occurs when harmful bacteria or allergens spread to food from other food, surfaces, hands or equipment. This can lead to food-poisoning, to ensure cross-contamination does not occur, make sure you;
- Keep raw food separate from cooked or ready-to-eat food.
- Use separate utensils and cutting boards when preparing raw and cooked or ready-to-eat food.



Cooking food

- Use a thermometer to make sure foods are thoroughly cooked and the centre reaches 75 °C.
- Hot food must be kept at 60 °C or hotter.
- Check that only clear juices run from thoroughly cooked minced meat, poultry, chicken or rolled roasts.

Cooling food

- High-risk food must cool from 60 °C to 21°C in the first 2 hours, and then to 5°C or lower in the next 4 hours.
- Once food has cooled to 21°C put it in the refrigerator or freezer.
- Large portions of food take longer to cool. Divide large portions into smaller batches before cooling.

Cleaning

- Use clean, sanitised and dry cutting boards, equipment and utensils.
- Clean and rinse wiping cloths after each use, and change frequently.
- Wash hands thoroughly and regularly.

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Temperature



Hygiene



Cross-contamination

Department of Human Services

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FAIRFIELD REFUGEE NUTRITION

Group Cooking



Female

or



Male

Number of children aged 0 to 1 years _____

Number of children aged 2 to 5 years _____

Q1 Please select which statement best describes how you feel (*Please tick*):

- This was a new food for me.
- This was a new way of cooking for me.
- I enjoyed cooking in a group today.
- I am able to cook this recipe at home.
- I will try to cook this recipe at home, but don't know where to buy the food.
- I will try to cook this recipe at home, but don't have the equipment in my kitchen.
- I would like to learn more about cooking.

Q2 please indicate the foods or meals you would like to learn to cook.

Q3 How would you the talk today? (*Circle your answer*)

Overall



Communication



Information



Sample Recipe



Tuna & Rice Paper Rolls

Ingredients

100g thin rice noodles

8 sheets rice paper

½ carrot, finely cut into strips

¼ cucumber, finely cut into strips

50g snow pea sprouts

½ cup chopped fresh coriander

½ cup chopped fresh mint

¼ red capsicum, thinly sliced

125g can tuna (optional)

Sweet chilli sauce for dipping

Method

- Soak noodles in boiling water for five minutes, drain and set aside.
- Dip one sheet of rice paper into warm water to soften, remove and lay onto a piece of absorbent kitchen paper. Place a little prepared noodle along one end of rice paper.
- Top with carrot, cucumber, coriander, mint a slice of John West Tuna and pea sprouts.
- Fold in one side (leave side with sprout tops partly exposed) and roll up to encase filling, cover with damp cloth and repeat to make 8 rolls.
- Serve immediately with sweet chili sauce for dipping.

Sample Recipe



Split Pea Soup

Ingredients

2 carrots	1 tsp cumin
Vegetable oil	½ tsp cayenne pepper
1 medium potato	3 stalks celery
1 tsp garlic powder	2 cups split peas
2 litres soup stock	½ cup parsley

Method

1. Chop all vegetables into small pieces.
2. Sauté onion and spices in a small amount of oil till soft.
3. Add split peas, vegetables, and soup stock.
4. Bring to boil, turn heat down and simmer for 1- 2 hours till the peas are soft and creamy.
5. Stir regularly to prevent sticking.

Sample Recipe



Beef & Ricotta Lasagne

Ingredients (serves 8)

800g lean beef mince	1/2 cup water
2 zucchini	5 fresh lasagne sheets
2 carrots	250g pkt frozen spinach
250g mushrooms, chopped	600g low-fat ricotta
2 garlic cloves, crushed,	1/2 cup shredded parmesan
700ml tomato pasta sauce	

Method

1. Preheat oven to 180°C. Brown 800g lean beef mince in a frying pan over high heat. Add 2 zucchini, 2 carrots, 250g mushrooms, chopped, and 2 garlic cloves, crushed, and cook until soft.
2. Add 700ml tomato pasta sauce and 1/2 cup water and cook for 5 minutes. Spread a little in a 30cm x 22cm ovenproof dish.
3. Using 5 fresh lasagne sheets, top sauce with a sheet, cut to fit, then half the mince, 250g pkt frozen spinach, more lasagne and half of 600g low-fat ricotta. Repeat. Sprinkle over 1/2 cup shredded parmesan. Bake for 40 minutes.

Sample Recipe



Vegetable Pie

Ingredients

1 packet of filo pastry	2-3 white potatoes
Vegetable oil	1 – 2 Tbsp mustard
1 medium sweet potato	2 cups mixed vegetables
2 cloves garlic, crushed	1 chilli, chopped finely

Method

6. Preheat oven to 375 degrees F (190 degrees C).
7. Place potatoes in a steamer and cover. Cook until tender but still firm.
8. When cooked, roughly mash and mix through the mustard. Set aside
9. Meanwhile, sauté remaining onion, garlic and chilli, then add vegetables and continue to cook till soft.
10. Lay 4 sheets filo pastry in the prepared dish and brush with olive oil. Lay 4 more sheets of dough in the dish, so that the edges overlap in the pan but most of the dough extends beyond the sides of the dish.
11. Spoon a layer of potato over the pastry base.
12. Next spoon vegetable mixture into dish and fold dough across the top. Brush with olive oil.
13. Bake in preheated oven for 30 to 35 minutes.

Sample Recipe



Fish Cakes

Ingredients (serves 4)

400g sweet potato, peeled, chopped	1 garlic clove, crushed
415g can red salmon, drained, flaked	freshly ground pepper
2 shallots, sliced	2 tbsp olive oil

Ingredients for salad (serves 4)

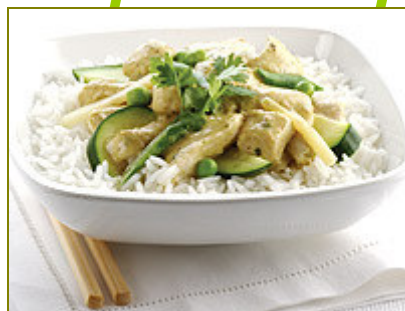
1/4 cup (70g) natural yoghurt	1 tbsp chopped fresh dill
1 tbsp fresh lemon juice	4 Lebanese cucumbers, peeled into ribbons

Method

1. Place the sweet potato in a saucepan and cover with cold water. Bring to the boil and cook until tender. Drain and mash well. Allow to cool slightly.
2. Combine the sweet potato, salmon, shallots and garlic in a bowl. Season with salt and pepper. Refrigerate.
3. To make the salad, combine the yoghurt, lemon juice and dill. Season with salt and pepper. Add the cucumber ribbons and toss gently to combine.
4. Divide the salmon mixture into eight portions, shaping each into a patty.
5. Beat together the eggs and milk in a bowl. Place flour and breadcrumbs in separate bowls. Dip each patty in the flour, then in the egg mixture and lastly in the breadcrumbs.
6. Place on baking paper and bake in oven (200°C) for 30 minutes or until golden. Serve with the yoghurt and cucumber salad.

Source: Fresh Living - February 2005 , Page 49 Recipe by *Gemma Purcell*

Sample Recipe



Green Chicken Curry

Ingredients

1 Tbsp oil	2 teaspoon cornflour
300g chicken breast, cut into cubes	2 teaspoon water
¼ cup green curry paste	1 Tbsp fish sauce
2 zucchini, quartered and sliced	1 Tbsp brown sugar
1 cup green beans	1 Tbsp coriander leaves
200g bamboo shoots	2 red chilli's
1 can Carnation Creamy Coconut Flavoured Light Evaporated Milk	

Method

1. Heat oil in a large frypan or wok, add chicken, cook over a high heat until browned. Remove from pan.
2. Add curry paste, stir for 1 minute. Add chicken, zucchini, beans, bamboo shoots and CARNATION Creamy Coconut Flavoured Light Evaporated Milk, cover, cook 10 minutes or until chicken is tender.
3. Mix cornflour with water, stir into curry, cook, stirring, until curry boils and thickens slightly.
4. Add fish sauce and sugar. Stir through the coriander leaves.
5. Serve with rice and salad.