

The cover is decorated with various hand-drawn illustrations of fruits and leaves. At the top left, there are green leaves and a slice of watermelon. To the right of the watermelon is a strawberry. Further right is a whole pineapple. Below the watermelon is a sliced apple. To the right of the apple is a whole red apple. Below the whole apple is a banana. To the right of the banana are two cherries. At the bottom right, there is a single cherry and a green leaf. On the right side, there is a whole orange and a slice of orange. The text is centered in the middle of the page.

Walkerville Primary School

Room 12 Cookbook

Created by: Poli

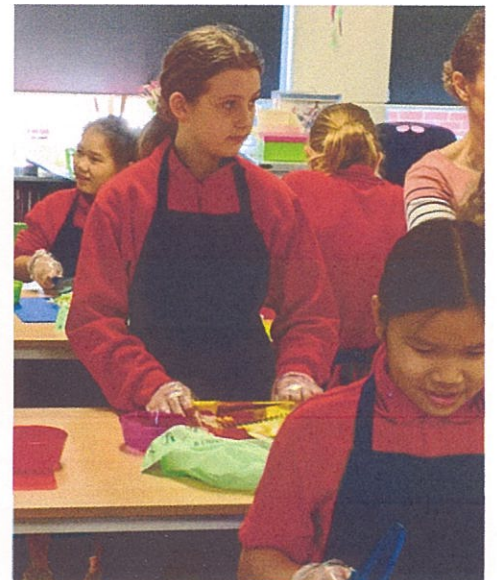
We enjoyed cooking healthy recipes that helped reduce food waste ...



and we loved eating the food that we cooked!



**Crunchy Noodle Salad,
YUM!**





Special Thanks To...

Oz Harvest

Special thanks to Oz Harvest for giving us great recipe ideas, the cooking kits and giving us lots of food waste information. We love your recipe as they sound very yummy and healthy.

Year 5 Teachers

Special thanks to the Year 5 teachers for organising and helping us to make our recipe and putting effort for us to cook a scrumptious and healthy meal.

Year 5 Students

Special thanks to the Year 5 student for showing the school values (care, co-operation and commitment) with everyone and experimenting with new healthy foods that you may have not tried before.

Helpers

Special thanks to are helpers (Mariah and Sam) for helping us prep and helping us wash dishes and cleaning for us, we also thank you for taking your time to spend with us.

Shops

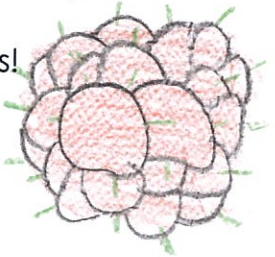
Special thanks to shops and food supplies for giving us fresh resources to use in our nutritious and exquisite meals.



Food Waste Facts



- Throwing away a burger, wastes the same amount of water as a 90 minute shower.
- 1.3 billion tonnes of food are wasted every year.
- There is enough food produced to feed everyone in the world.
- 1 in 9 people don't have enough food to eat.
- Food waste is the second biggest source of methane.
- In Australia 35% of the average household bin is food waste.
- Food waste is responsible for 8% of global greenhouse gas emissions.
- 1/3 of the world's food becomes food waste.
- Almost 1/2 of our fruit and veggies are wasted. That's 3.7 trillion apples!
- 7.3 million tonnes of food is wasted every year in Australia.



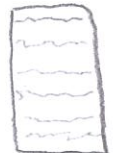
Top 5 wasted foods:

- Bread
- Fruit
- Leftovers e.g. Meat
- Bagged salad
- Vegetables



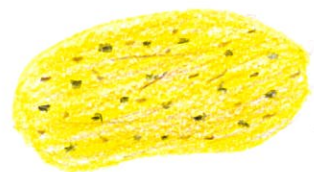
Shop carefully:

- Only buy as much food as you need. If you buy too much, some of the food might go off and become food waste.
- If you write a list at home of what you need then you can stick to that list while shopping.



Reuse leftovers:

- Reusing leftovers can be one of the best ways to reduce food waste as so many people simply forget about them and they end up going to waste.
- There are so many meals from different food groups that can be made from leftovers that have been sitting in your fridge.

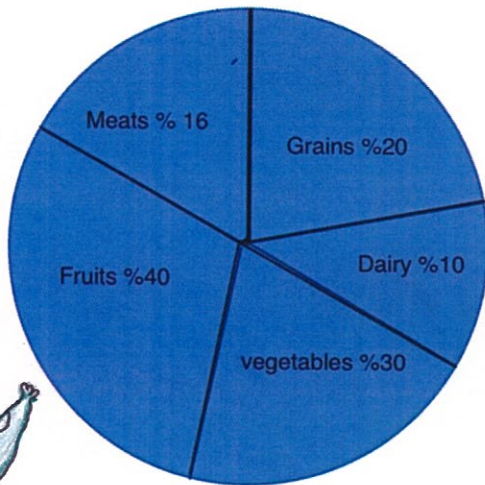




5 Food Groups



Fruits are the most wasted food in the five food groups. The five most wasted food groups are fruits, vegetables, grains, meats and dairy.



Fruits are the most wasted food in the food groups because shops throw them out if they look funny or odd even if they are fine to eat. Fruits also have seeds which means parts are not eaten.

Vegetables also have the same problem but they don't have seeds. They are also wasted by overproduction.

Grains are wasted because bread goes off or out of date very quickly. Cereals, pasta and rice go stale very easily as well.

Meats have lots of parts that don't look nice to eat and maybe don't taste as good. People buy meat they do not need and it ends up in the bins.

Dairy gets wasted because when milk gets left in the fridge for too long it gets clumpy and it starts to smell bad. For some people, milk is not used as much and it goes off. This is the same for all dairy.

By Giselle, Gemma, Remi, Molly, Olivia P and Poli.



Hygiene

Created by : Abigail , Evelyn , Imogen and Olivia. C

How to efficiently wash your hands ☺

1. Wet your hands.
2. Liquid soap.
3. Lather and scrub (20 seconds).
4. Rinse (10 seconds).
5. Dry your hands.
6. Turn of tap.

Remember to wash ...

Your fingernails
Between your fingers
The tops of your hands

5 things to make sure you're clean while cooking

1. Clean up after yourself.
2. Clean surfaces before and after cooking.
3. Always chop on a chopping board.
4. Always wear an apron.
5. Have your hair tied back.

Follow all of these steps and you'll have a blast cooking all of these wasty, tasty foods!





Food Waste Still Tastes Good

Food waste is a big problem in the world but it actually taste quite good.

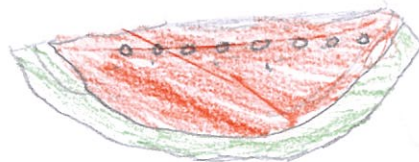
How you can make food waste taste good

- You can cook the food to make it taste good.
- You can preserve the food to make it taste good.
- Don't throw it in the bin, you can cook it into something else yummy.
- You can add something else to it to make it taste yummy.
- You can make stale bread into bread crumbs.
- You can add spices or seasonings to make it taste better.
- Most vegetables can be boiled/roasted to make it taste better.
- You can also use oil to make wasted food taste better.

Why does food waste still taste good

- Food waste still tastes good because it's still perfectly normal good food.
- It still taste good because you can make food waste into something else delicious.
- Food waste still taste good because if you like the food and waste it your technically wasting perfectly good food you like. Instead of throwing it into the bin you can eat it.

By William, Jeriah, Myden, Toby and Leo



How to be Safe when Cooking

Tips for cooking with an Electric Fry Pan

- Make sure the Electric Fry Pan is never left unattended.
- Set the temperature to what is sensible for what you're cooking.
- Do not touch a Fry Pan while it is on.
- To avoid scratching the Frying Pan do not use metal utensils.
- Turn off and unplug when you're not using the Fry Pan.



How to chop safely

- Use a sharp knife, a blunt knife will make chopping much harder.
- Make a claw shape with your hand holding the food -keep your finger off the knife.
- Keep a firm grip on the hand holding the knife.
- Watch as you chop the food.



Guide to hand washing your hands

- Wet hands with warm running water.
- Add soap and rub all over your hands, including fingers, thumbs and back of hands.
- Wash for at least 15 seconds.
- Dry thoroughly using a single-use paper towel.



Safe food handling

- To keep food safe and avoid cross contamination, which happens when harmful bacteria spreads via surfaces, hands or equipment, it is always best to clean equipment before you use them.
- Make sure when you start cooking there is nothing distracting you, especially while you are cooking around knives and hot things.
- Cook to proper temperatures, checking with a food thermometer.
- Make sure the knives are out of reach of children to avoid injuries.
- You don't want anything accidentally catching fire
- Never cook with dangling jewellery because it could get tangled
- Children can't grab pot handles and adults can't bump into them if they are out of the way.



Made by: Jack, Romco and Lachlan. D Sam



- Raw meat, fish and certain dairy products can spoil quickly, so refrigerate or freeze them right away
- This precaution avoids cross-contamination of harmful bacteria from one food to another
- Keep the floor dry so that no one slips and falls.
- Hands can be a virtual freight train of Bacteria so wash them often
- Make sure you have a fire extinguisher incase a fire



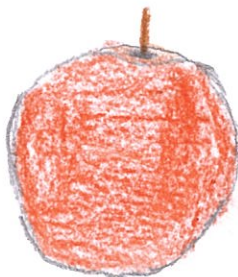
How to put out a kitchen fire



When a fire starts in the kitchen, you will need to act fast to keep the fire from getting out of control. But how you act depends on what kind of fire you have and where it is.

Follow these instructions for putting out kitchen fires.

- If you have a fire in the oven or microwave, close the door or keep it closed, and turn of the oven. Don't open the door! The lack of oxygen will suffocate the flames.
- If your oven continues to smoke like a fire is still going on in there, call the fire department.
- If you have a fire in a cooking pan, use an oven mitt to clap on the lid, then move the pan off the burner, and turn off the stove. The lack of oxygen will stop the flames in a pot.
- If you can't safely put the lid on a flaming pan or you don't have a lid for the pan, use your fire extinguisher. Aim at the base of the fire - not the flames.
- Never use water to put out grease fires! Water repels grease and can spread the fire by splattering the grease. Instead try one of these methods:.
- If the fire is small, cover the pan with a lid and turn off the burner.
- Throw lots of baking sofa or salt on it. Never use flour which can explode or make the fire worse.
- Smother the fire with a wet towel or other large wet cloths.
- Use a fire extinguisher.
- Don't swat at a fire with a towel, apron, or other clothing. You're likely to fan the flames and spread the fire.



Recipes

Vegetables

8 Vegetable Pasta Sauce – Molly
Bacon and Potatoes – Giselle
Rescued Lettuce Soup – Abigail
Lettuce Soup - Lachlan M
Roasted Carrot – Myden
Roast Potatoes – Romeo
Salad Mini Wraps - Gemma
Veggie Patties Rainbow Fritters – Olivia P

Fruits

Apple Pie – Theodore
Baked Bananas with Cinnamon and Honey – Imogen
Banana and Mango Smoothie - Cohen
Banana Cake – Toby
Banana Ice Blocks – Olivia C
Banana Ice Cream with No Added Sugar – Lily
Banana Muffins - Sugar Free – Declan
Banana Tarte Tatin – William
Choc Fruit Skewers - Lachlan D
Fruitcicles – Cai
Fruit Platter – Jack
Spotty Banana Ketchup – Evelyn
Strawberry Milk Shake – Jeriah
Yoghurt and Fruit – Sam

Meat

Cottage Pie - James
Left-over Roast Chicken Ravioli – Maddy
Lettuce Mince Cups - Archie
Spiced Bao Buns – Leo

Grains

Anything Arancini – Poli
Bread and Butter Pudding - Remi
Day Old Dumplings – Lana

8 Vegetable Pasta Sauce

Created By: Molly

Serves: 3 Preparation Time: 5mins Cooking Time: 30minutes - 1 hour

Ingredients

- 2 carrots, peeled and chopped
- 2 celery sticks, chopped
- 1 large red capsicum, deseeded and chopped
- 1 brown onion, chopped
- 3 garlic cloves, chopped
- 80ml (1/3 cup) extra virgin oil
- 2 large zucchini, chopped
- 200g cup mushrooms, chopped
- 2 tablespoons tomato paste
- 2 x 400g cans finely chopped or diced tomatoes
- 700g bottle passata
- 2 large, fresh rosemary sprigs

Equipment

- Food processor
- Large saucepan
- Spoon
- Knife

Procedure

1. Process the carrot, celery, capsicum, onion and garlic in a food processor until a coarse paste forms.
2. Heat the oil in a large saucepan over high heat. Add the onion mixture. Reduce heat to low and cook, stirring often, for 20 minutes or until the vegetables are very soft.
3. Meanwhile, process the zucchini and mushroom in the food processor until finely chopped.
4. Add the zucchini mixture to the pan and cook, stirring, for 5 minutes or until the zucchini softens slightly. Add the tomato paste and cook, stirring, for 2 minutes or until well combined.
5. Add the tomato, passata, 3 cups water and rosemary sprigs to the saucepan, season. Simmer, stirring occasionally, for 1 ½ hours or until thickened. Remove rosemary sprigs. Enjoy!

How does the recipe stop food waste and help you eat healthily?

It is very healthy because it has heaps of veggies in it and you can use lots of leftover veggies from the fridge.

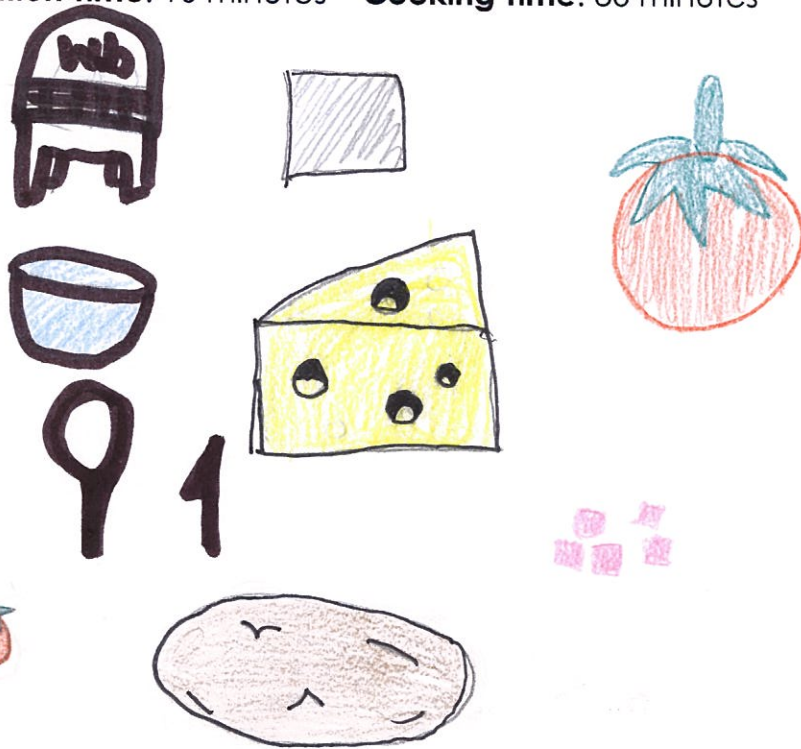
Bacon and Potato

Created By: Giselle

Serves: 5 **Preparation Time:** 10 minutes **Cooking Time:** 30 minutes

Equipment

- Barbecue
- Tinfoil
- Bowls
- Spoons
- knife



Ingredients

- 5 Old Potatoes
- Bacon
- Cheese
- Tomato

Procedure

1. Get your old potatoes and wrap them in tin foil.
2. Put them onto the barbecue .
3. Cook them for 30 mins then, if not, done leave it in longer.
4. When finished, take tin foil off and cut a x and fill it with left over bacon, cheese and tomato.

How does the recipe stop food waste and help you eat healthily?

This recipe stops food waste because you're eating left overs that would probably be wasted.

Potato is a vegetable so it is healthy and bacon is a meat which gives you strength.

Rescued Lettuce Soup

Created By: Abigail

Serves: 4 Preparation Time: 15 mins Cooking Time: 10 mins

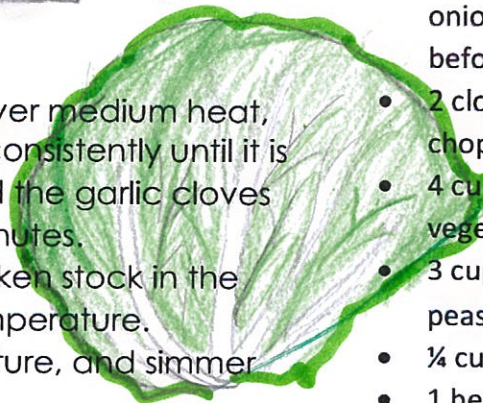
Equipment

- Wooden stirring spoon
- Metal cooking pot
- Sharp knife



Procedure

1. Heat the olive oil in the metal pot over medium heat, and tip spring onion and cook. Stir consistently until it is softened, but not yet browned. Add the garlic cloves and cook for approximately two minutes.
2. Place 2 cups of the vegetable/chicken stock in the pot and start boiling at a higher temperature.
3. Add the peas, reduce the temperature, and simmer lightly until the soup is tender.
4. Thoroughly purée the soup until it has a smooth consistency, and sprinkle salt and pepper on it as seasoning (optional).
5. Serve with greek yoghurt when it is cooler.
6. Enjoy!



Ingredients

- 3 tablespoons of olive oil
- ½ of a bunch of spring onions, chopped beforehand
- 2 cloves garlic, pre-chopped
- 4 cups of chicken or vegetable stock
- 3 cups of shelled fresh peas or frozen peas
- ¼ cup of flat leaf parsley
- 1 head of old lettuce
- Salt and pepper (optional)
- Yoghurt (for serving)

How does the recipe stop food waste and help you eat healthily?

This recipe helps prevent food waste by utilising fairly old lettuce, a commonly wasted food. It can easily be saved though, by putting it in an airtight container. Peas are wasted, spring onions too, but it is not as high a frequency as it is for lettuce. Rescued Lettuce Soup is also extremely healthy for growing children and adults alike. It gives you approximately half of your vegetables that you need, about 2.5 serves. It is high in fibre, vitamins, and minerals, which makes it beneficial to your health, since fibre helps with removing bacteria and reducing risk of cancer, and minerals and vitamins help your body grow and strengthen bones.

Lettuce Soup

Created By:Lachlan.M

Serves:2 cups Preparation Time:10min Cooking Time:10min

Equipment

- Pot
- Knife
- 1 cup measuring cup

Ingredients

- 3 tbsp olive oil
- ½ bunch spring onion, chopped
- 2 cloves garlic, chopped
- 4 cups chicken or vegetable stock
- 3 cups shelled fresh peas or frozen peas thawed
- ¼ cup fresh flat-leaf parsley leaves
- 1 old lettuce
- Salt, freshly ground pepper
- Yoghurt, to serve



Procedure

1. Start by heating oil in a pot over medium heat. Add onion and cook, stirring often, until softened but not browned, then add garlic and cook for 2 minutes.
2. Add 2 cups of the broth and bring to a boil.
3. Add peas, reduce heat, and simmer gently until tender, about 5 minutes for fresh peas, about 2 minutes for frozen.
4. Remove pot from the heat. Add parsley, lettuce, and remaining 2 cups of broth to the pot.
5. Purée soup until smooth and season with salt and pepper.
6. Serve with olive oil and yoghurt.

How does the recipe stop food waste and help you eat healthily? It helps by stopping old lettuce going to waste.

Roasted Carrot

Created By: Myden

Serves: 3 Preparation Time: 10 minutes Cooking Time: 20 minutes

Equipment

- Pan
- Stove
- Plate
- Spatula
- Knife
- Compost bin
- Thongs

Ingredients

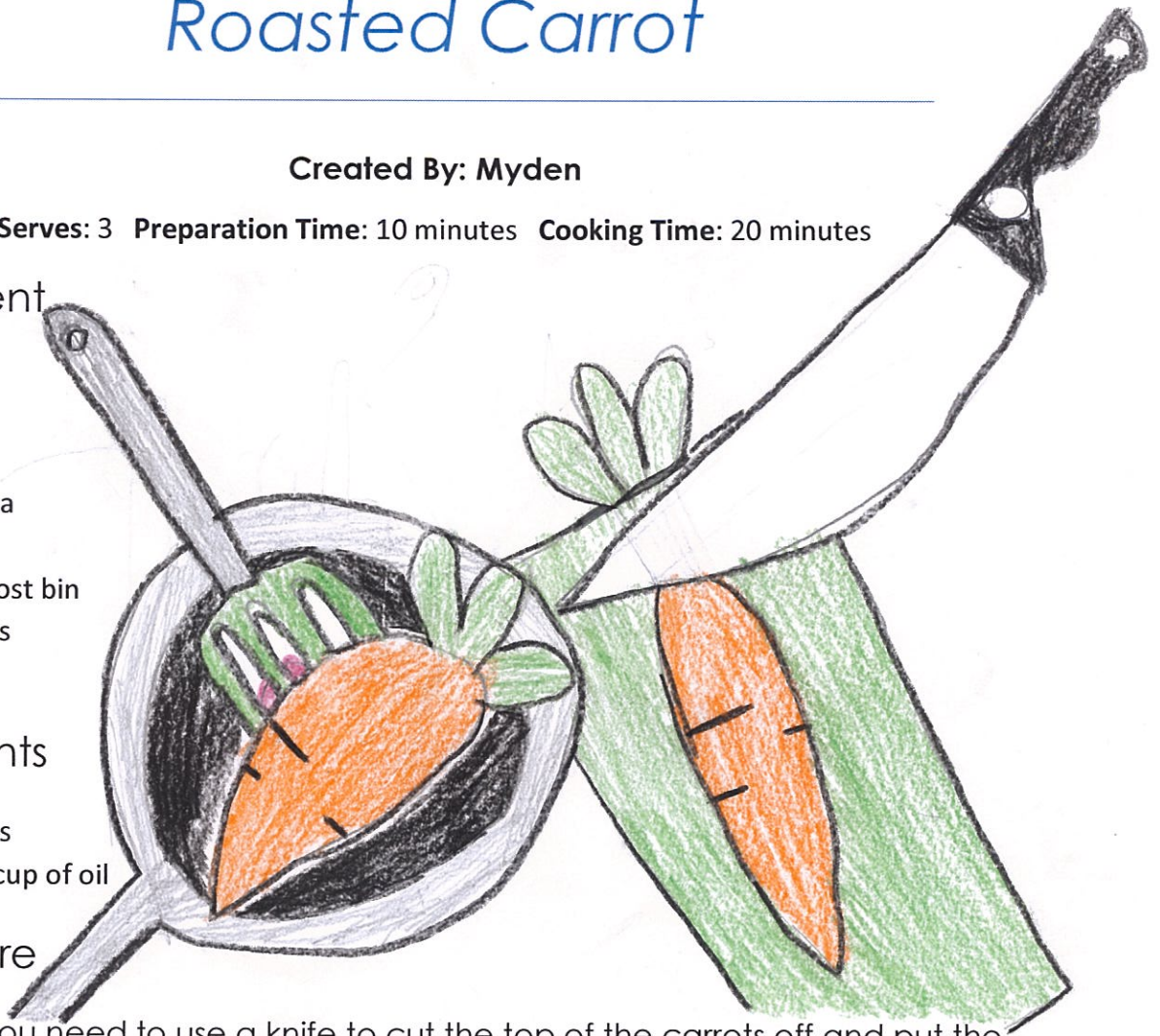
- Carrots
- 1 1/2 cup of oil

Procedure

1. First you need to use a knife to cut the top of the carrots off and put the carrot tops in the compost bin.
2. Then turn on the stove and put the pan on it and put your 1 1/2 cups of oil in.
3. Then place your carrots in and wait until the carrots get cooked on one side, then get your spatula and move the carrots around so the carrots are evenly cooked.
4. Then get your thongs and scoop up your carrots onto a plate.
5. Then serve!

How does the recipe stop food waste and help you eat healthily?

This recipe stops food waste because you can use carrots that don't pass the beauty test or if they have bruises on them. You can eat healthier because carrots are good for you because they are rich in beta-carotene which gets changed into vitamin A which is good for your eyes and it keeps your eyes healthy.



Roast Potatoes

Created By: Romeo

Serves: 16 **Preparation Time:** 30 minutes **Cooking Time:** 20 minutes

Equipment

- Knife
- Grill
- Chopping board



Ingredients

- 16 Old Potatoes
- 3 Lemons



Procedure

1. Get the chopping board.
2. Cut the potato in whatever shape you would like.
3. Squeeze lemon juice over the potato.
4. Put them on the grill until they look ready. When they look ready cut one open and check that they are soft.
5. Take them out and put lemon juice on it again.
6. Sit down and eat.

How does the recipe stop food waste and help you eat healthily?

It shows people you can make an amazing dish with left overs.

It shows you that not all healthy food tastes bad.

It keeps you from throwing away perfectly good potatoes that look bad.



Salad Mini Wraps



Created By: Gemma Hill

Serves: 3 Preparation Time: 15 mins

Equipment

- Sharp Knife
- Cutting board
- Bowl
- Large spoon



Ingredients

- 1 handful of mixed lettuce leaves
- 3 soft tomatoes
- ½ a small celery stalk
- 1 tablespoon of basil
- 1 sheet of lavash bread
- 90g natural yogurt
- ¾ cups of small, chopped cucumber

Procedure

1. Start by getting a bowl and put in the basil leaves, mixed lettuce and celery stalks.
2. Mix in the natural yogurt with a large spoon till it is spread throughout the whole mixture.
3. Next lay out the lavash bread on a cutting board and cut it in thirds, then spread out the yogurt mixture in a straight line on each piece.
4. Chop up 1 of the tomatoes with a sharp knife and evenly spread the pieces on one of your thirds of lavash bread in a line and then repeat with the rest of the tomatoes and the cucumber.
5. Roll up the lavash breads then your wraps are done.

How does the recipe stop food waste and help you eat healthily?

This recipe helps stop food waste because it uses soft tomatoes and celery stalks, which are usually thrown in the bin. This recipe also helps you eat lots of healthy food because it includes natural yogurt, tomatoes, celery, basil, cucumber and lettuce.



Veggie Patties Rainbow Fritters

Created By: Olivia Parrella

Serves:10

Preparation Time:10 minutes

Cooking Time: 8 minutes

Equipment

- Frying pan
- Grater
- Fork
- Table spoon

Ingredients

- ½ Capsicum, finely diced
- 60g (1/2 cup) Chickpea flour
- 2 eggs
- 30g (1/4 cup) Parmesan, grated
- 1 medium Zucchini
- 75g (1/2 cup) Corn kernels
- 1 small carrot
- 1 tbsp parsley, finely chopped
- 1 tbsp oil, for frying

Procedure

1. Firstly you need to grate the zucchini and carrot, then squeeze out the liquid from them.
2. Mix all of the ingredients together with a fork.
3. Heat ½ tbsp of oil in a frying pan over medium heat. Scoop the mixture into an ice-cream scoop then put it into the frying pan. With a fork slightly flatten the patty, fry them for 2-3 minutes on each side.

How does the recipe stop food waste and help you eat healthily?

This recipe has lots of healthy veggies like carrot and corn. This recipe also includes strange shaped and looking veggies like carrot and zucchini.



Apple Pie

Created By: Theodore

Serves: 8 Preparation Time: 10 minutes Cooking Time: 20 to 40 minutes

Equipment

- Mixing Bowls
- Mixing cups
- Baking sheet
- Bowls

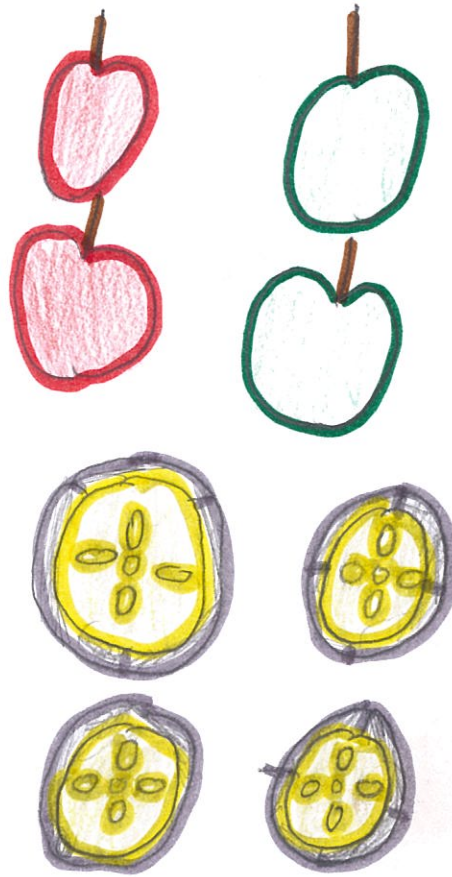
Ingredients

- 18 apples
- 3 teaspoons sugar
- $\frac{1}{2}$ teaspoon salt
- 1 lemon, juiced
- 110 grams butter
- 1 egg
- 1 teaspoon brown sugar
- 2 $\frac{1}{2}$ cups flour
- 2 teaspoons cinnamon
- 100 grams of butter

Procedure

1. Cut up 18 apples into slices.
2. Cook the apples in a pan for 10 minutes.
3. Put the apples in a bowl and cover with glad wrap. This will dry the apples out.
4. Mix 3 teaspoons of sugar, $\frac{1}{4}$ teaspoon of salt and 2 teaspoons of cinnamon together and put $\frac{1}{2}$ of this mixture in with the apples and the rest on top of the pie.

Recipe continues on next page.

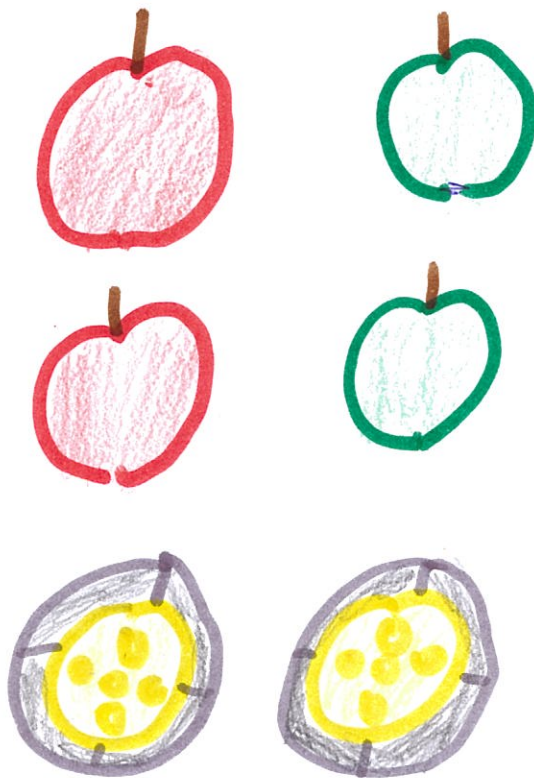




Make the dough

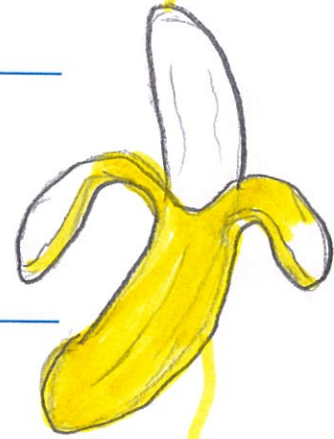
5. Mix the flour, $\frac{1}{4}$ teaspoon of salt, 1 teaspoon of brown sugar, 100 grams of butter together.
6. Push $\frac{1}{2}$ off the dough into a cake pan.
7. Pile the apples onto the dough.
8. Cover with the remaining dough. Cut the ends off and tuck in extra dough.
9. Get your finger and push down on the edges.
10. Cut 5 vents in the middle.
11. Put egg wash over the pie.
12. Sprinkle the extra sugar and cinnamon mixture on top and bake for 20 to 40 minutes at 400 degrees or until the pastry is cooked.
13. Eat the delicious apple pie 🍌 🍌.

How does the recipe stop food waste and help you eat healthily? This recipe stops apples being wasted each year and it is home made which is healthier to eat as a dessert. Apples are a fruit and they have natural sugar, fibre and vitamins which are good for you.





Baked Banana with Cinnamon and Honey



Created By: 

Imogen Brown

Serves: 1

Preparation Time: 20 minutes

Ingredients

- 1 Banana 
- Honey 
- Cinnamon 

Equipment

- Knife 
- Chopping board 
- Oven 

Procedure

1. Preheat your oven to 200 degree Celsius.
2. Next, slice the banana into reasonable sized slices or half way down for a better presentation of the dessert.
3. Place the banana on an extensive sized square of tin foil then sprinkle cinnamon on the banana.
4. You will need to drizzle two teaspoons of honey across the banana, group up the corners of the tin foil and wrap the banana up.
5. Place the wrapped banana in the oven and bake it for about 15 mins.
6. Enjoy!

How does the recipe stop food waste and help you eat healthily? 

Quite a few people absolutely adore bananas but HATE them when they're over ripe , so people usually end up binning them. This recipe has 0% added sugar and puts a stop to food waste by using these wasted but tasty bananas.



Banana And Mango Smoothies

Created By: Cohen Pratt

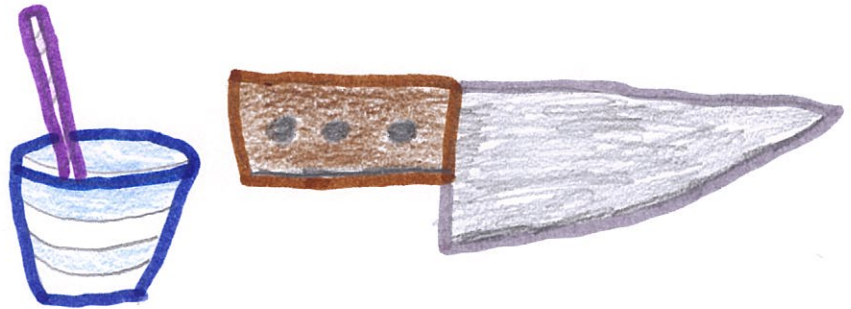
Serves: 3

Preparation Time: 6 minutes

Cooking Time: 3 minutes

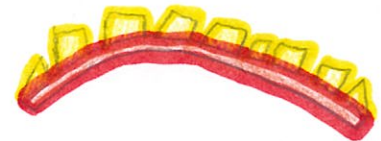
Equipment

- Blender
- Knife
- Cup
- Straw (optional)



Ingredients

- 1 mango
- 2 bananas
- 3 tablespoons honey



Procedure

1. Peel the mango and cut off the fruit.
2. Pour the fruit into the blender.
3. Peel the bananas and add them to the blender.
4. Put the honey into the blender.
5. Blend it all up until there aren't any lumps left.
6. Divide the mixture among the cups and add a straw if you want (not plastic).

How does the recipe stop food waste and help you eat healthily?

This recipe addresses food waste and healthy eating because it is full of fruit and you can use old, bruised and mushy fruits in it.

Banana Cake

Created by: Toby

Serves: 8 **Preparation Time: 15 minutes** **Cooking Time: 30 minutes**

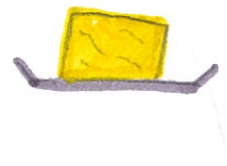
Equipment

- Oven
- Knife
- Spoon
- Fork
- Square Baking pan
- Baking paper
- Blender



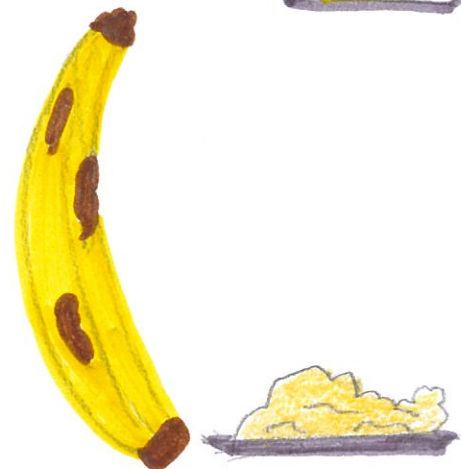
Ingredients

- 2 cups flour
- 1 and a 1/2 cup of milk
- 2 eggs
- 2 mashed up bananas
- 1/2 cup of cream
- 3/4 cup (170g) unsalted butter, softened to room temperature
- 1/2 cup of brown sugar



Procedure

1. Clean your hands 🧼.
2. Turn on the oven to 177°C.
3. Mash up bananas with a spoon.
4. Crack eggs in blender.
5. Put ingredients in blender and blend.
6. Put baking paper on pan.
7. Pour the ingredients on the pan.
8. Put pan in oven for 26 to 30 minutes.
9. Take out pan from oven when the cake is cooked.
10. Cut cake and put onto 8 plates.



How does the recipe stop food waste and help you eat healthily?

Bananas are one of the most wasted food, especially when brown or squishy, you can use brown or squishy bananas in this recipe. This cake uses bananas and they are healthy.





Banana Ice-Blocks

Created By: Olivia Cordes

Serves: 15-20

Preparation Time: 5 minutes
5 hours

Cooking Time: 3-

Ingredients

- Banana, brown
- Milk
- Cinnamon (optional)
- Nutmeg (optional)
- Yoghurt (optional)

Equipment

- Blender
- Freezer
- Ice-block mould
- Knife
- Chopping board or plate

Procedure


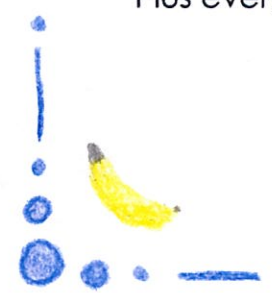
1. First, chop up 1 brown banana and add it to the blender.
2. Put milk in a blender.
3. OPTIONAL : Add 1scoop of yogurt.
4. OPTIONAL : Add a bit of cinnamon or nutmeg.
5. Mix them all thoroughly till you have a smooth mixture. (At this stage you could also drink it as a smoothie).
6. Finally, carefully pour the mixture into your ice-block moulds, and gently place them in the freezer overnight.
7. Enjoy !

How does the recipe stop food waste and help you eat healthily ?

This recipe uses brown, mushy bananas which helps with food waste.

Also it has no sugar, and uses cinnamon and nutmeg which are spices that are extremely good for your body.

Plus every ingredient in this recipe is healthy.



Banana Ice-cream with No Added Sugar

Created By: Lily

Serves: 2 **Preparation Time:** 10 – 20min **Freezing Time:** 50 - 55 min

Equipment

- Ice cube tray
- Bowl
- Spoon
- Blender
- Freezer
- Knife

Ingredients

- Bananas

Procedure

1. Firstly cut the bananas into slices and place into the ice cube tray.
2. Then freeze the banana slices, in the ice cube tray, for 30-45 minutes.
3. Then quickly put the slices in the blender for 2 minutes until smooth.
4. Next freeze it for 5 - 8 minutes.
5. Put it into a bowl and serve.
6. Enjoy!

How does the recipe stop food waste and help you eat healthily?

It helps prevent wasted food because bananas are one of the five most wasted foods and it helps you eat healthy because it has no added sugar or artificial flavours, it is all natural.



Sugar Free Banana Muffins

Created By: Declan Booth

Serves: 12

Preparation Time: 10 Mins

Cooking Time: 25 Mins

Ingredients

- 1 ½ cups Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- ¾ cup sugar substitute or Splenda
- 3 Bananas mashed
- 1 Egg whipped

Equipment

- Fork
- Set of measuring cups
- Set of measuring spoons
- Bowl
- Muffin pan
- 12 Patty pans

Procedure

1. Preheat your oven to 350 degrees and prep your muffin pan for nonstick.
2. In a mixing bowl, whisk together the flour, baking soda, and baking powder. Then stir in the sugar alternative that you have chosen to use.
3. In a small bowl, combine together the mashed bananas, whipped egg, and the oil. Then stir in the vanilla extract.
4. Add the dry ingredients from the first bowl to the mixing bowl and gently mix. Then stir in the egg. This is one of those recipes where we do not want to over mix the ingredients when we combine together the dry ingredients with the wet ingredients. Gently stir in the wet ingredients (bananas and others) with the dry ingredients in the mixing bowl until just mixed.
5. Bake your banana muffins for 20-25 minutes or until a toothpick comes out clean

How does the recipe stop food waste and help you eat healthily?

This recipe stops food waste because it can use squishy bananas as well as ripe ones. Bananas are one of the top wasted foods because a squishy, brown and bruised banana doesn't look appealing to anyone. The recipe also uses no sugar and healthy ingredients too.

Banana Tarte Tatin

Created By: William Rafferty

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Equipment

- 25cm fry pan
- 25 cm plate
- Fork
- Knife

Ingredients

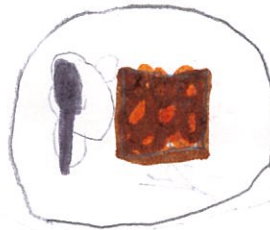
- 70 grams of unsalted butter
- 4 overripe bananas
- 150 grams of caster sugar
- 2 sheets puff pastry

Procedure

1. Heat the butter in the fry pan until it is melted.
2. Mix the sugar into the melted butter and wait till it turns a golden colour.
3. Take it off the heat and let it cool.
4. Preheat oven to 200°C.
5. Peel and slice bananas into rounds 2cm thick.
6. Arrange them on top of the butter and sugar mixture to cover the whole pan.
7. Flour a bench lightly then place two puff pastry sheets on top of each other.
8. Role them out till they are at least 25 cm (wide enough to cover the base of the frypan.)
9. Use a 25 cm plate to trim the puff pastry sheets to a circle using a knife.
10. Use a fork to prick holes into the puff pastry then place the pastry over the top of the bananas.
11. Tuck the edges of the pastry around the banana.
12. Bake at 200°C for 20 minutes then remove and let it cool for 3-4 minutes.
13. Remove and place on a chopping board to cut into pieces of your choice.
14. Serve with vanilla ice cream or crème anglaise.

How does the recipe stop food waste and help you eat healthily?

Banana is one of the most wasted foods in the world and it is also healthy. The bananas are also overripe which are usually thrown out so this recipe helps stop food waste. It also use unsalted butter which is healthier then other salted butters.



Choc Fruit Skewers

Created by Lachlan D:

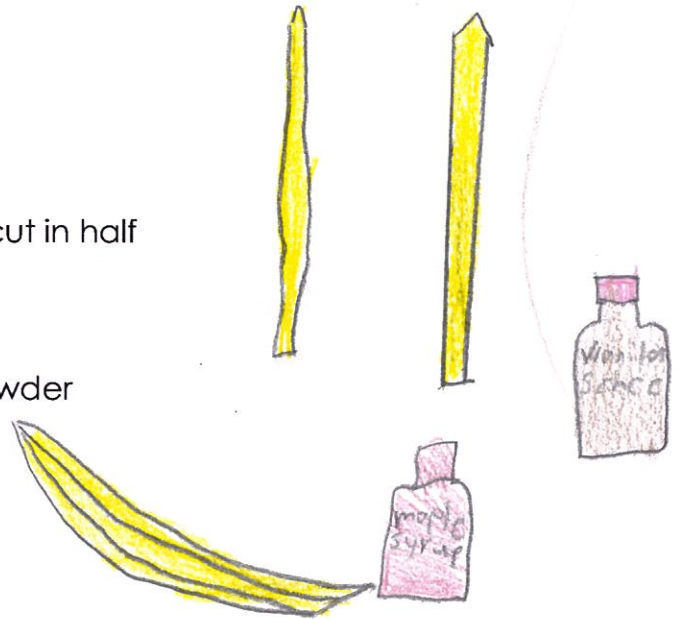
5 Serves

Preparation Time: 30min

Cooking Time: 20 min

Ingredients

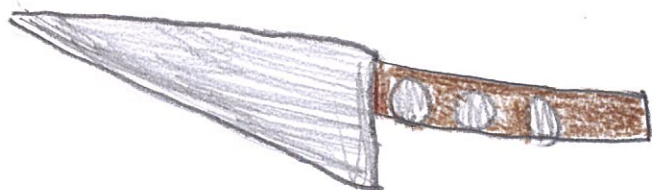
- 10 wooden skewers
- 500g natural strawberry yoghurt
- 1 punnet of strawberries washed and cut in half
- 3 banana cut into 1cm thick slices
- $\frac{1}{2}$ cup organic tahini
- $\frac{1}{2}$ teaspoon vanilla essence
- 1 tablespoon unsweetened cocoa powder
- $\frac{1}{2}$ tablespoon maple syrup

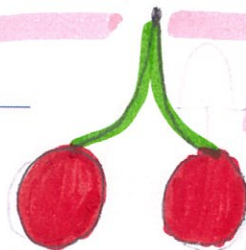
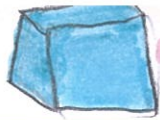


Procedure

1. Firstly, pre-soak your skewers for 5 minutes to avoid splinters.
2. Wash and prepare the strawberries and get ready to cut the fruit.
3. Pour the frozen yoghurt into an ice tray and then freeze for an hour or until it sets.
4. Thread the frozen strawberries and banana onto a skewers.
5. Remove the frozen yoghurt cubes from the tray by sitting the bottom of the tray in hot water for a few seconds. Yoghurt should slide out very easily. Thread onto a skewer.
6. Serve with dripping sauce on the side.

How does the recipe stop food waste and help you eat healthily? This recipe uses leftover fruits from fruit platters or fruit that was in the fridge and you did not know what to do with them. Don't throw them away, make fruit skewers instead. Fruits are healthy because they have natural sugars and vitamins.





Fruitcicles

Created By: Cai Gerke-Crabb

Serves: 4 Preparation Time: 10 minutes Cooking Time: 2-6 hours

Equipment

- Ice block moulds
- Knife
- Fridge

Ingredients

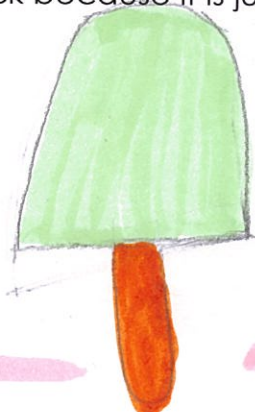
- 3 types of fruit - mushy fruit is ok
- Water

Procedure

1. Dice up all the fruit so they become bite sized pieces.
2. Put water in your moulds but don't fill it up to the top, leave half empty.
3. Put your fruit in the mould.
4. Top the mould up with water.
5. Put it in the freezer until frozen.
6. Gently take out the ice blocks and enjoy.

How does the recipe stop food waste and help you eat healthily?

The recipe uses fruit that is mushy or that is not being eaten and it makes a healthy, yummy ice block because it is just fruit and water.



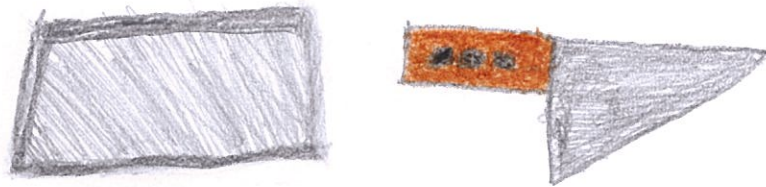
Fruit Platter

Created By: Jack

Serves:1 Preparation Time: 10-25 minutes

Equipment

- Knife
- Tray



Ingredients

- At least three different fruits like banana, strawberries, blueberries and apples

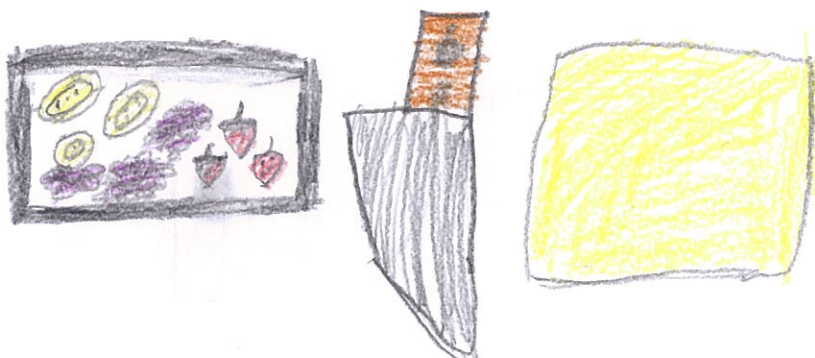


Procedure

1. Cut the fruits into manageable sizes that are able to be eaten.
2. Arrange it on a pretty platter.
3. Group the fruit together.
4. Add some garnish for colour and interest.
5. Include a fun dip or toppings, if you like.

How does the recipe stop food waste and help you eat healthily?

The recipe stops food waste by using some of the top wasted fruits like bananas and blueberries. It helps you eat healthy by using a lot of healthy fruits.



Spotty Banana Ketchup

Created By: Evelyn Le

Makes: 2 Cups

Preparation Time: 10mins

Cooking Time: 15mins

Ingredients

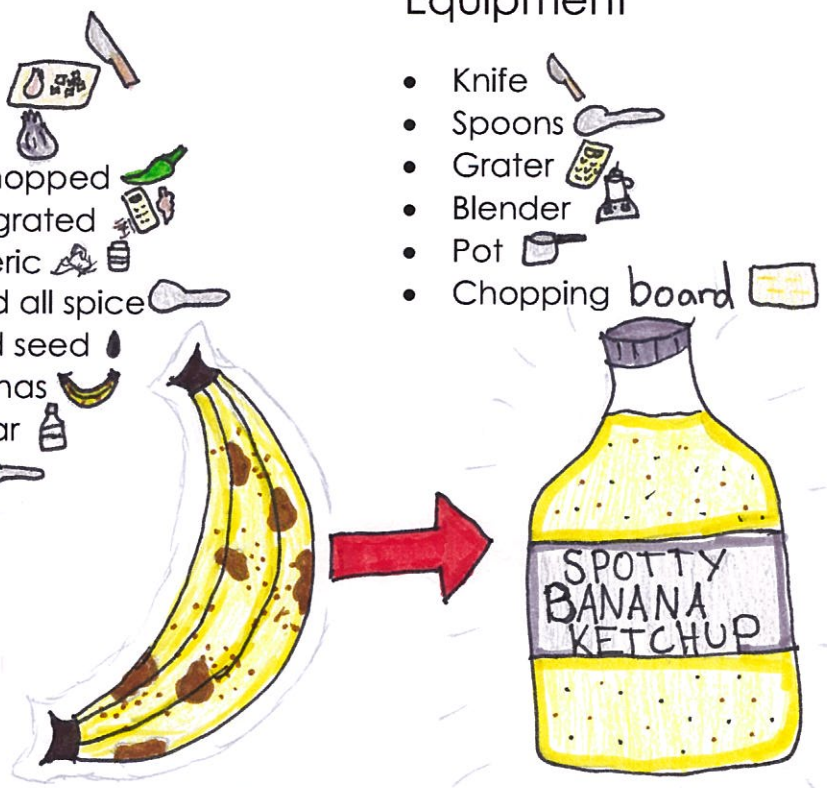
- 2 tbsp oil 
- 1 cup diced onion 
- 2 tsp minced garlic 
- 1 tbsp jalapeño, chopped 
- 2 tsp ginger, finely grated 
- ½ tsp ground turmeric 
- ¼ tsp freshly ground all spice 
- 1 tsp black mustard seed 
- 2 spotty, ripe bananas 
- ½ cup white vinegar 
- 1 tbsp soy sauce 
- 2 tbsp honey 
- Salt to taste 

Equipment

- Knife 
- Spoons 
- Grater 
- Blender 
- Pot 
- Chopping board 

Procedure

1. Heat Oil.
2. Soften onion in pan.
3. Add tomato paste and cook for 1-2 minutes.
4. Add chilli, garlic, ginger turmeric, all spice and mustard seeds and cook until fragrant.
5. Add bananas, vinegar, soy sauce and honey and cook for 15 minutes.
6. Blend until smooth.
7. Add water and salt for consistency and seasoning to taste.



How does the recipe stop food waste and help you eat healthily?

This recipe is healthy because bananas produce lots of vitamins and it reduces food waste because, bananas are the most is the most wasted food in the world.

Strawberry Milk Shake



Made by: Jeriah

Serves: 2 Preparation Time: 3 minutes Cooking Time: 3 minutes

Equipment

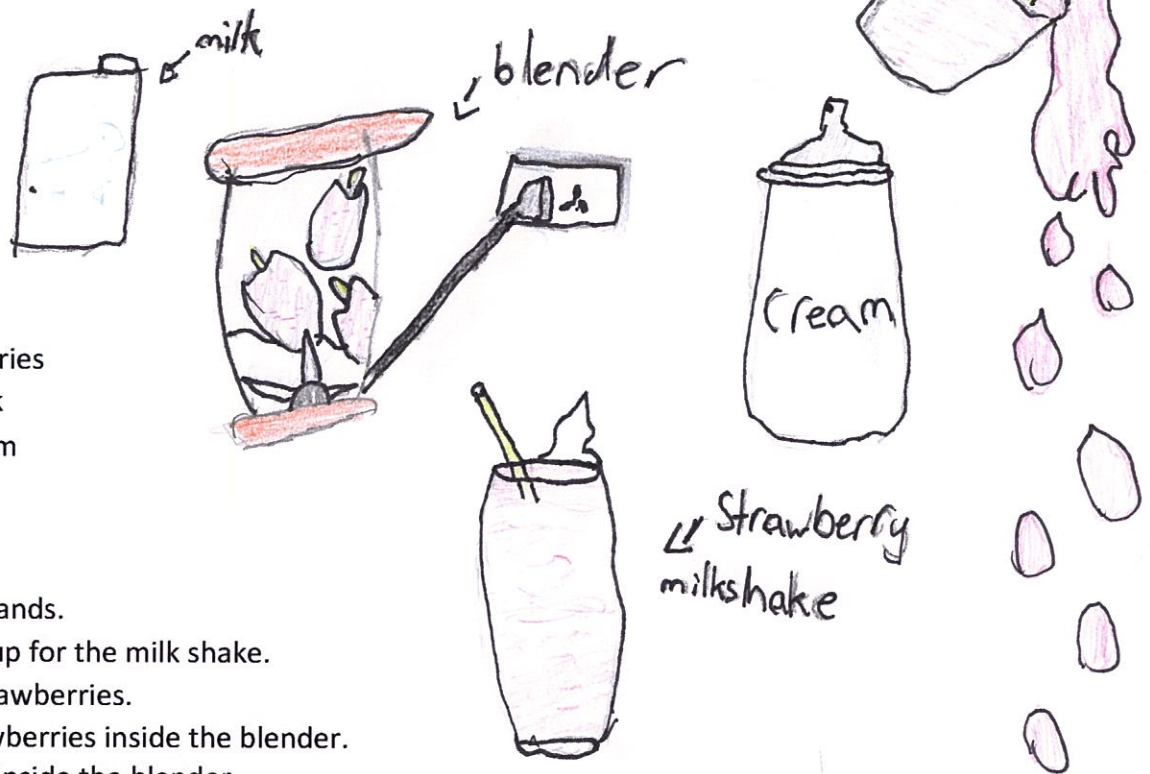
- Blender
- Cup

Ingredients

- 2-3 strawberries
- $\frac{3}{4}$ cup of milk
- 3 tbs of cream

Procedure

1. Wash your hands.
2. Clean up a cup for the milk shake.
3. Wash 2-3 strawberries.
4. Put the strawberries inside the blender.
5. Put the milk inside the blender.
6. Put the cream in the blender.
7. Blend until smooth.
8. Pour into the cup and enjoy.



How does the recipe stop food waste and help you eat healthily?

It's healthy because it has strawberries inside of the milk shake and strawberries are fruits and fruits are healthy. If you leave some strawberries out it will be bad and people wouldn't want to eat them any more.

Yogurt and Fruit

Created By: Samneek Singh

Serves: 1

Preparation Time: 4 minutes

Cooking Time: 10-15 minutes

Equipment

- Knife
- Bowl
- Spoon/fork
- Cutting board

Ingredients

- 1 Apple
- 1 Banana
- 4 Strawberries
- 6 Blueberries
- 1 Mango
- 200 mL Yoghurt

Procedure

1. Place the chopping board and bowl in front of you and grab your knife.
2. Dice the banana and cut the other fruits, don't cut the core or the hull.
3. Pour yoghurt in the bowl.
4. Put the fruits into the bowl.
5. Eat your delicious recipe.

How does the recipe stop food waste and help you eat healthily?

The recipe stops food waste because strawberries and bananas are the top wasted foods. This recipe uses these fruits instead of throwing them out.

It addresses healthy eating because fruit is nutritious because they have vitamins and yoghurt is a dairy food and has calcium which is good for your bones.



Cottage Pie

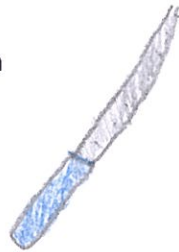
Created By: James A



Serves: 6 to 8 **Preparation Time:** 40 to 50 mins **Cooking Time:** 15 to 30 mins

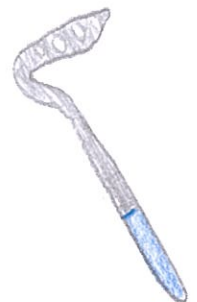
Equipment

- Casserole dish
- Oven
- Sharp Knife
- Wooden spoon
- Bowl
- pan



Ingredients

- 1 carrot
- 1 pack mince meat
- 4/5 potatoes
- 1 onion



Procedure

1. Start by pre heating the oven to 200 degrees
2. Next mash up your potatoes in a bowl until it looks like ice cream
3. Now cook your mince meat in a pan until tastes good
4. Then dice your onion into small bits
5. After that peel your carrot then dice those peels into small slices
6. next add the onion and the carrot into the pan
7. Next add the meat to the bottom of the casserole dish
8. Then add some of the mashed potatoes on top of the meat in the casserole dish
9. Now repeat step 7. And step 8. In order
10. Finally bake the casserole dish in the oven for 15 to 30 mins

How does the recipe stop food waste and help you eat healthily? I think it stop food waste because it uses lots of potatoes and potatoes are one of the most wasted foods in the world.

Leftover Roast Chicken Ravioli

Created By: Maddy Roderick

Serves: 4.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

- 1 packet wontons
- 200g leftover roast chicken
- 150g fresh ricotta
- 30g grated parmesan
- Pinch of nutmeg
- 1/2 bunch basil, finely chopped
- 30mL olive oil
- Freshly cracked black pepper
- 1 egg, whisked
- Serve with Extra grated Parmesan and olive oil

Equipment

- . Knife
- . Rolling pin
- . Cooking brush
- . Large pot
- . Drainer

Procedure

1. Chop the chicken until very finely and place in a bowl with ricotta, parmesan, nutmeg, basil, pepper and olive oil.
2. Mix well and check seasoning - add salt if necessary.
3. Roll out 20 even sized balls of around 20 grams and let sit in the fridge to firm.
4. Meanwhile lay out 20 wonton wrappers and brush lightly with whisked egg.
5. Place a ball on top of each wrapper and cover with another wrapper. Seal the edges well ensuring no air is trapped within.
6. Bring a large pan of salted water to the boil then reduce to a light simmer.
7. Drop in the ravioli and cook until tender, around 3 minutes.
8. Drain and serve dressed with olive oil, and cracked pepper (or a nice pesto if you have one).

How does the recipe stop food waste and help you eat healthily?

This stops food waste because it uses leftover chicken from another meal instead of just throwing it away, like many families will do. This addresses healthy eating because the has meat and dairy and you can add some vegetables in it.

Lettuce Mince Cups

Created By: Archie

Serves: one big lettuce leaf with mince per person

Preparation Time: 5 minutes

Cooking Time: cook for 15-20 minutes

Equipment

- Cook top
- Plate
- Pan



Ingredients

- Mince
- Lettuce
- Kidney beans
- Cucumber
- Tomato



Procedure

1. Get a lettuce leaf shaped like a cup and place on a plate.
2. Cook up some mince till brown.
3. Put the mince in the lettuce leaf.
4. Add kidney beans, tomato and some cucumber on top and enjoy.

How does the recipe stop food waste and help you eat healthily?

This recipe helps stop food waste and helps you with healthy eating because if you have any left over lettuce, cucumber, tomato, beans or mince you can make a delicious, nutritious, very healthy, easy meal in about twenty minutes. You should definitely try this and I promise you won't regret it.

Spiced Beef Bao Bun

Created By: Leo

Serves:

9

Preparation Time: 10 minutes

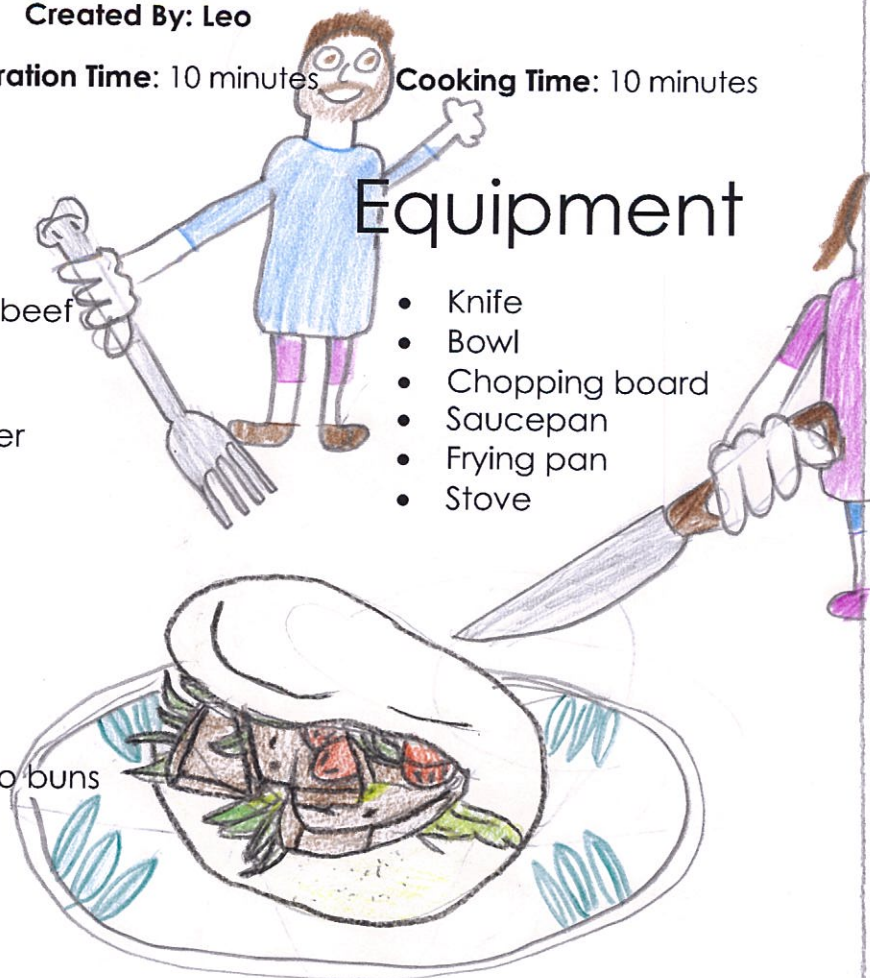
Cooking Time: 10 minutes

Ingredients

- 200g leftover roast beef
- 3 tbsp cornflour
- 1 tsp salt
- 1 tsp 5 spice powder
- Oil to fry
- 2 tsp soy
- 1 tsp ginger
- 1 tsp water
- 1 tsp palm sugar
- 2 tbsp hoisin
- 1 tbsp sriracha
- 1 packet frozen bao buns
- Pickled dill
- Spring onion
- Coriander

Equipment

- Knife
- Bowl
- Chopping board
- Saucepan
- Frying pan
- Stove



Procedure

1. Slice the beef into 8 evenly sized pieces, no more than 1 cm thick.
2. Mix the flour, salt and spice and coat well.
3. Combine soy sauce, ginger, water, sugar, hoisin and sriracha to make sauce.
4. Fry the beef in oil at 180°C until crispy, around 2 minutes. Drain onto paper towel.
5. Steam 8 bao buns for 5 minutes.
6. Stuff the crispy beef into the buns and dress with the sauce.
7. Add the herb salad and serve immediately.



How does the recipe stop food waste and help you eat healthily?

This recipe helps stop food waste because it uses leftover roast beef and it has a salad

Anything Arancini

Created By: Poli

Serves: 12 **Preparation Time:** 10 mins **Cooking Time:** 10 mins

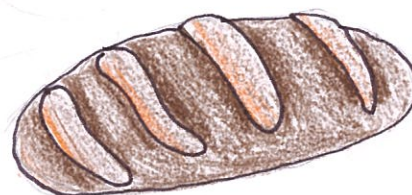
Equipment

- Whisker
- Food processor
- Small bowl
- Cheese grater
- Fryer
- Knife
- Chopping board
- Tea towels



Ingredients

- 2 stale bread rolls
- 2 cup leftover risotto (must be sticky!)
- 2 balls bocconcini - 1 cm dice
- 2 eggs, whisked
- Flour seasoned with salt n' pepper
- Oil to fry
- Aioli, grated parmesan to serve



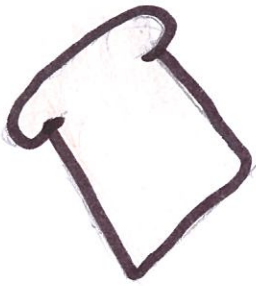
Procedure

1. Break bread rolls and put in a food processor. Blend till in fine pieces and broken up evenly.
2. Wet your hands in a small bowl and pick a small amount of risotto (2 teaspoons), flatten it out and place the piece of cheese in the middle. Fold the rice over to encase the cheese and make a ball. Repeat until finished.
3. Coat the balls in flour, then eggs, then into the bread crumbs.
4. Fry at 170 C until golden brown and drain with a paper towel.
5. Serve immediately with aioli and grated Parmesan.

How does the recipe stop food waste and help you eat healthily?

This recipe is stopping food waste because you use left over bread rolls that are not enjoyable to eat on there own. You also use left over risotto and old bocconcini.

This recipe also introduces healthy eating because your getting your carbs from the bread rolls. And your protein form the eggs. You also get calcium for the milk, and all of these are good for your body and make your bones stronger.



Bread and Butter Pudding

Created By:Remi

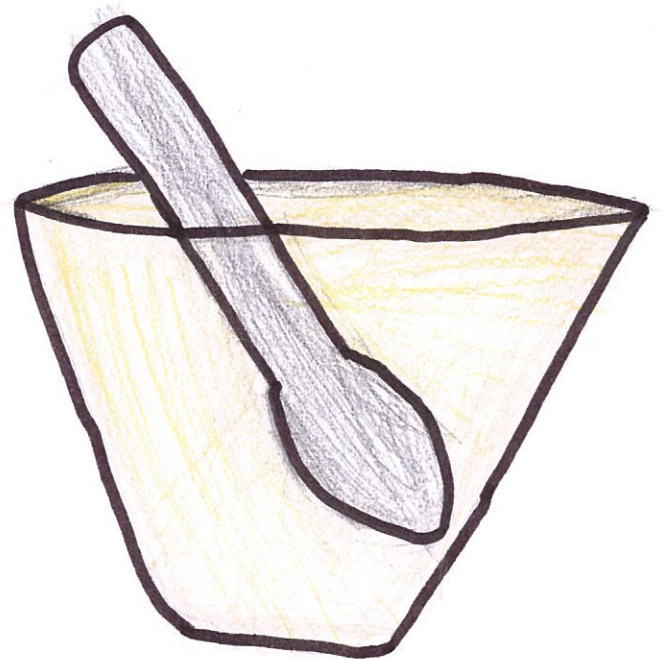
Serves: 8

Preparation Time: 30 minutes

Cooking Time: 20 mins

Equipment

- 4 eggs
- 70g castor sugar
- 150mL milk
- 155mL cream
- 1 vanilla pod
- 12 slices white bread – no crust
- 50g salted butter – soft
- 20g raisins or sultanas



Ingredients

- 8 plastic or glass cups
- A teaspoon
- 1 large bowl
- 1 heavy based pot
- Strainer
- Oven proof dish 14cm x7cm
- Tray large enough for the dish to sit on

Procedure

1. Place eggs and sugar in a large bowl and whisk until pale and frothy.
2. Place cream, milk and vanilla into a heavy based pot and bring to a simmer.
3. Pour simmered milk mixture onto the sabayon (egg and sugar mixture) whisking continuously.
4. Pass this mixture through a fine strainer, your custard is now ready to use.
5. Use a Ovenproof dish 14cm x7cm to make your pudding in.
6. Butter the slices of bread, place 6 slices in the bottom of the dish, sprinkle with half the raisins or sultanas, then place 6 more slices of bread and the rest of the fruit on top.
7. Pour over the custard and allow it to sit for 20 minutes.
8. Place ovenproof dish on a tray and cook in the oven at 170 C for 20 minutes.

How does the recipe stop food waste and help you eat healthily?

Bread is the most wasted food in Australia. Fresh breadcrumbs freeze well and are a great way to use up leftover bread. Using bread in this recipe helps stop food being thrown out. This recipe is also very healthy for you because it has lots of dairy which is great for your bones and it does not contain any added sugar.

Day Old Dumpling

Created By: Lana Nguyen

Serves: 6 **Preparation Time:** 2 hours **Cooking Time:** 15 minutes

Ingredients

- 300g stale bread, diced
- 225mL of milk
- 3 eggs
- 60g plain flour
- 3 tbs chopped flat-leaf parsley
- 150g tasty cheese
- 50g parmesan cheese
- 45g unsalted butter
- 1 onion, finely chopped
- 2 tsp salt
- ¼ tsp pepper
- ½ tsp nutmeg



Equipment

- Knife
- Mixing bowl
- Chopping board
- Spoons
- Bowl
- Tea towel



Procedure

1. Start by placing the stale bread in a mixing bowl and adding milk, eggs, salt, pepper and nutmeg. Mix well and stand it in the fridge for two hours, covered with glad wrap or a reusable wrap. Stir occasionally.
2. Remove your batter from the fridge and add flour, parsley, cheese. Mix lightly and gently.
3. Cook diced onion in oil and butter until translucent, let it cool then add to the mix. Rest for 30 minutes, covered with a tea towel.
4. Use hands to form the dumplings and roll the dumpling into flour.
5. Place the dumplings on a baking tray lined with paper, spray with oil and bake for 15 minutes at 180 degrees or until golden brown.
6. Serve with grated cheese and fresh herbs.

How does the recipe stop food waste and help you eat healthily?

Bread is one of the top wasted food in the world so buy only what you are going to eat. This recipe uses stale bread so it stops you throwing it out. The recipe has cheese and milk which is part of a healthy diet.

