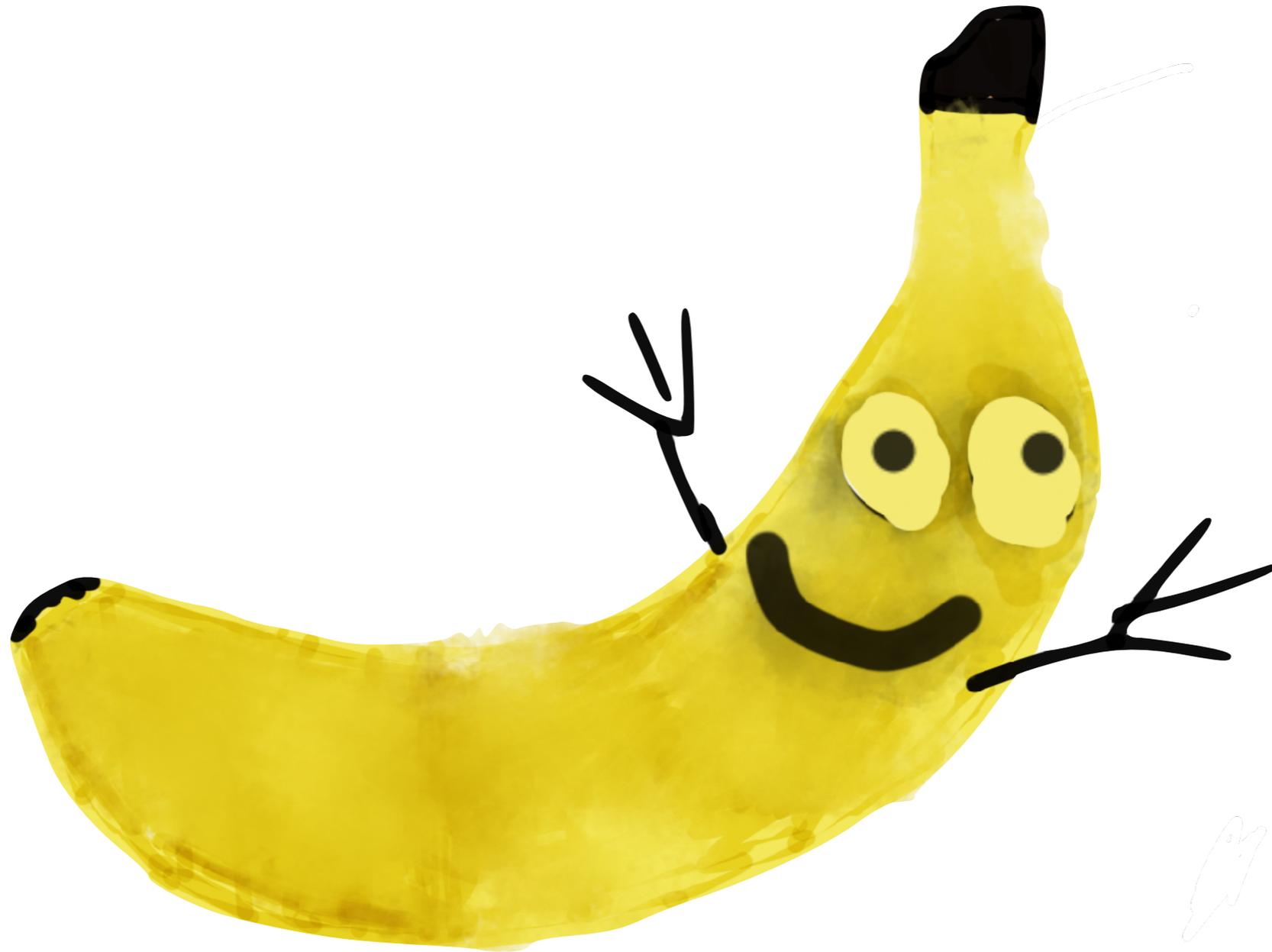


# Our FEAST Journey



**By Piara Waters Primary School**

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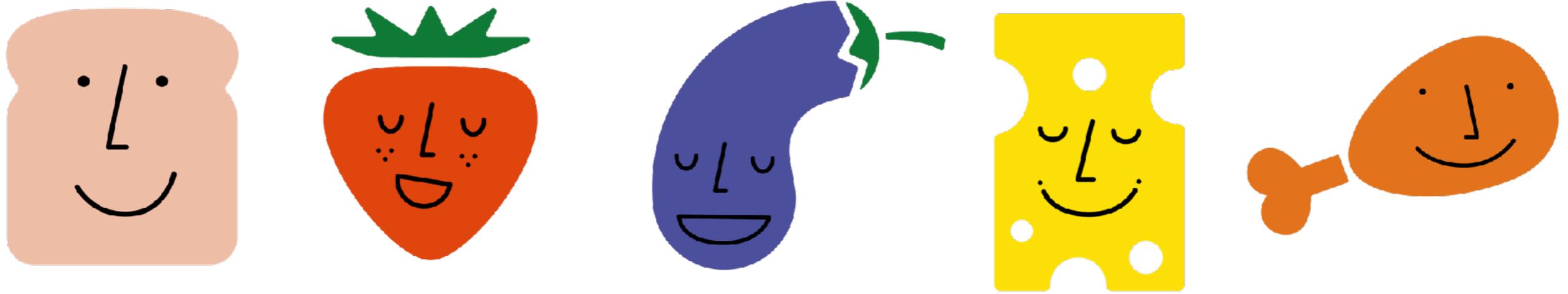
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# Thanks

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Our sincere thanks goes to the FEAST team at Ozharvest for the development of this outstanding program and for providing us with the materials and support required to embark on this journey.

We would also like to thank Marnie Giles, who has dedicated so much time to this program in her role as an Ozharvest Ambassador.

Additionally, we would like to thank the parent volunteers for setting aside time to support this program as well as our classroom teachers for leading us on this learning journey.



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# Challenge

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The FEAST program challenges students to be change-makers. It asks the question: *What does it take to produce and prepare healthy food and how can we avoid food waste?*

Students were challenged to answer this question by using STEM thinking to explore how food is produced, prepared for healthy eating and why food waste is an issue in Australia and other parts of the world. In order to do this students were encouraged to explore, cook, learn and ultimately design new healthy recipes that use food that might have otherwise been wasted.

This cookbook is the final product of the FEAST challenge.

# Funky Fruit Pikelets

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Serves: 5

Cost: \$15

Time: 45 mins



## Waste Tip

This recipe is great for saving waste because the resources included in it are commonly wasted food like

- Milk
- Frozen or Fresh Berries,
- Fruits, most fruits go off fast and with this recipe most fruits can be used to serve on top like banana, kiwi, strawberry, grapes

## Healthy Eating

Ideas to make this recipe healthier you could

- Limiting the amount of honey inside and outside of the pikelets
- Instead of using frozen berries you could use fresh fruit
- When adding pinch of salt, try limit the amount
- Try using reduced fat milk in the recipe instead of milk with lots of fat

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**By Bianca, Melissa, Shannon, Anton and Kai**

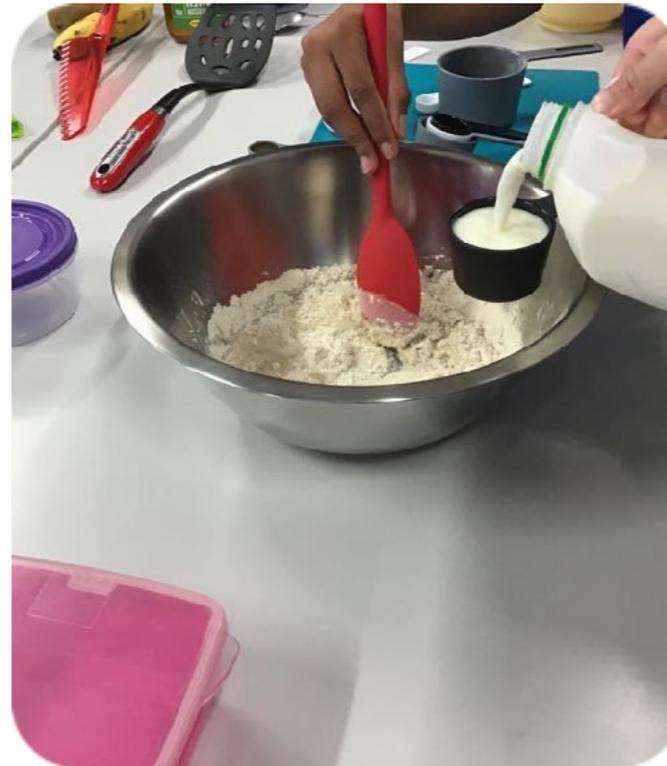
# Funky Fruit Pikelets

## Ingredients

- 1 cup of wholemeal self raising flour
- 2 eggs beaten
- 1 teaspoon of vanilla essence
- 1 tablespoon of honey
- Pinch of salt
- 1 tsp of oil
- 1 pack mixed berries
- 1 kiwi

## Method

1. Pour in flour, honey, salt, eggs, milk and vanilla essence into a bowl. Mix it properly until a smooth like texture.
2. Mash in 1/4 packet frozen mixed berries and mix it into batter.
3. Heat the frying pan to medium and pour the batter into the pan.
4. When the pikelets looks like they're golden brown on one side, flip it over and cook it until it's golden again.
5. Place pikelets on on plate.
6. Chop up kiwi and banana and place in a bowl. Add in the rest of the mixed berries add a little bit of honey.
7. Serve pikelets warm with the fruit salad.



# Brilliant Burgers

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Serves: 8

Cost: \$13.82

Time: 24 mins



## Waste Tip

- If you have any vegetables that otherwise would be wasted, you can use them to add flavour to your Brilliant Burger
- Instead of using bread rolls you can also use a sliced bread

## Healthy Eating

- Recipe includes, lettuce, tomato, cucumber
- Bread rolls from the wheat family.
- If you are gluten free use gluten-free bread

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**By Rica, Sharon , Jessica , Aryan and Cooper**

# Brilliant Burgers

## Ingredients

- 1 Cucumber
- 150g Cheese
- 1 Carrots
- 2 Tomatoes
- 1 bottle of Tomato sauce
- 1 Lettuce
- 6 Bread rolls
- 6 Veggie patties

## Method

1. Wash all the vegetables.
2. Grab the bread rolls and cut them in half.
3. Cut the lettuce into small pieces and add to the bread rolls.
4. Dice the tomatoes and put it on top of the lettuce.
5. Turn the frying pan on and put it on medium heat, put oil on the frying pan and place the veggie patty on. After you think the veggie patty is cooked, flip them so the other side is cooked.
6. Assemble the burger, and enjoy!



# Wacky Wraps

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Serves: 8 people

Cost: \$10.94

Time: 32 mins



## Waste Tip

This recipe is a good way to use vegetables that might otherwise be wasted such as beetroot, pineapple, cucumber, spinach or onion. These can be added to your wrap.

## Healthy Eating

This wrap is healthy because it contribute to your daily serves for grains. There is also some lettuce and tomato which contributes to your daily serves of vegetables. There is also some cheese which contributes to your daily serves of dairy.

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**By Kaylee, Ava, Ryley, Sahbaz, Angad and Jacob**

# Wacky Wraps

## Ingredients

- Half a lettuce
- Tomato x 3
- Wraps x 8
- Cheese 350 g
- Mayonnaise

## Method

1. Cut the lettuce into small thin strips.
2. Cut the tomato into thin round slices.
3. Get the grater and grate the cheese.
4. Put the wraps in the frypan and cook on medium heat on each side for one minute.
5. Assemble each wrap by topping with lettuce then tomato, and grated cheese and then top with mayonnaise.
6. Fold in half.
7. Serve and enjoy.



# CLASA Salad

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Serves: 5

Cost: \$11

Time: 20 minutes



## Waste Tip

If you have extra vegetables in the fridge you can add them to this salad for more flavour.

## Healthy Eating

To get more protein add some delicious chicken to the salad.

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**By Amber, Celina, Logan, Skye and Amelia**

# CLASA Salad

## Ingredients

- Half a cucumber
- Half a lettuce
- One carrot
- A tablespoon of balsamic vinegar
- A pinch of salt
- 100g pack of crunchy noodles

## Method

1. Wash the vegetables.
2. Cut the cucumber and lettuce and grate carrot then place in bowl.
3. Mix the salad well.
4. Drizzle a tablespoon of balsamic vinegar and a pinch of salt on the salad.
5. Mix salad again.
6. Add crunchy noodles on top (optional).



# Yummy In Your Tummy Pizzas

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Serves: 6 (2 pizzas per. person)

Cost: \$1 per. person

Time: Total - 45 mins; Prep - 30 mins; Cook - 15 mins



## Waste Tip

Put any canned or frozen vegetables that would usually go to waste on the pizza... just do not put corn with pineapple!

## Healthy Eating

One serve of our pizza (2 mini pizzas) is  $\frac{1}{7}$  of your fruit and vegetable daily recommended serves,  $\frac{2}{5}$  of your carbohydrates and  $\frac{2}{3}$  of dairy.

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**By Mehela, Rhys, Arabella, Ijaz, Cayla and Krizel**

# Yummy In Your Tummy Pizzas

## Ingredients

- 3/4 cup Greek Yoghurt
- 2 cups wholemeal flour
- 3/4 cup pineapple slices in juice
- 350g cheese
- pizza sauce

## Method

1. Mix the Greek yoghurt and wholemeal flour.
2. Knead dough and let it rest for 5mins.
3. Grate the cheese.
4. Cut the pineapple into small cubes.
5. Roll the dough into equal 5.5cm rounds.
6. Cook one side.
7. Spread the pizza sauce on the cooked side.
8. Put the cheese on top.
9. Cook until both sides are cooked and the cheese has melted.
10. Put the pineapple on the pizza.
11. Enjoy!



# Berrytastic Pikelets

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## Waste Tip

If you have left over berries seal the packet and put in the freezer for later usage.

## Healthy Eating

In this recipe we use self raising flour, which is in the grain section of the Australian guidelines of healthy eating. You need lots of grains each day to achieve a healthy diet, among other things. We are also putting fruit in the recipe.

**By Abbie, Ella , Lucy , Mitch and Andi**

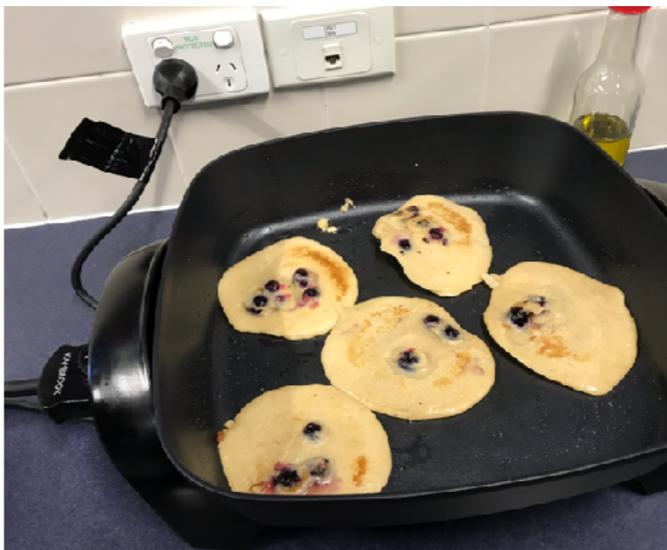
# Berrytastic Pikelets

## Ingredients

- 1 and 1/4 of self raising flour
- 3/4cup reduced fat milk
- 1 egg (beaten)
- 1 pinch of salt
- 2 TBSP of honey
- 1 TSP of vanilla essence
- 1 pack of frozen berries (half a cup of blueberries, half a cup of other berries)

## Method

1. Before you start leave the frozen berries on your bench for half an hour to defrost.
2. Mix flour, honey, salt, egg, and milk with a fork until there are no lumps.
3. Add blueberries to the batter, make sure you mash them.
4. Heat the frypan and add 2 TBSP of oil onto the frypan.
5. Add 2 TBSP of batter to form small circles onto the frypan
6. When there are bubbles flip the pikelets over and cook until golden
7. Serve your Berrytastic Pikelets with berries on top or to the side



# Fried Rice

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Serves: 6 people    Cost:\$12.70    Time: 30 mins to cook and



## Waste Tip

How our recipe reduces food waste is that you can reuse leftover rice in fried rice so it will not get wasted . (Valid For 2 Days)

## Healthy Eating

You can be healthy by eating healthy food such as vegetables like carrots, peas, corn, cucumbers and many other vegetables. Our fried rice recipe includes corn, peas and carrots which have healthy vitamins. Our recipe also includes rice which is a type of grain. Grains make up a large part of a standard healthy diet.

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**By Shagan, Yugman, Khulekani, Daksh, Tyler and Luka**

# Fried Rice

## Ingredients

- 3 cups white long grain cooked rice
- 1 bunch herbs parsley
- 1 cup carrots, peas and corn frozen
- 1 bunch Spring onion
- 2 tbs Kan Tong stir fry sauce
- 1 tbs Garlic paste
- 1 tsp Salt

## Method

1. Get some left over rice if you have any.
2. Add 1 table spoon of oil to the frying pan.
3. Add 2 table spoons of Kan Tong Stir Fry rice and 1 table spoon of garlic paste to the frying pan.
4. Wash the fresh vegetables and herbs.
5. Add all the vegetables and herbs (including the frozen vegetables) to frying pan.
6. Add a quarter of a cup of water and put the lid on the pan for 5-6 mins.
7. Add the rice and close the lid on the pan.
8. Cook for 5-6 minutes and give it a nice stir.
9. Then add a tsp spoon of water and close the lid.
10. Finally add 1 teaspoon of salt and let it simmer for 2-3 mins.
11. Give it a nice stir.
12. Serve on a plate/bowl and enjoy your lovely fried rice.



# Guacalicious

Serves: 5 people

Prep time: 15 mins

Cost: \$13.71

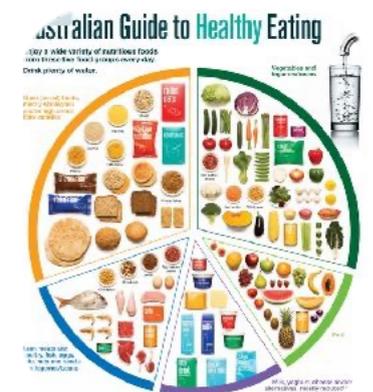


## Waste Tip

We have chosen guacamole because avocado can get nasty relatively quickly. So if you find yourself in a position where an avocado is nasty, then look at this or another recipe that includes avocado, otherwise throw it in the compost.

## Healthy Eating

Our guacamole recipe, is mostly fruits and vegetables with seasoning herbs are optional. This aligns with the healthy eating guidelines for all Australians



**By Peter, Alona, Latifah, Kat and Avinash**

# Guacalicious

## Ingredients

- 2 - 3 big ripe avocados
- 1 chilli
- A pinch of Salt and pepper
- Half a lemon
- Half a tomato
- 1/4 Red onion (feel free to add more)
- 500g carrots
- 1 whole capsicum
- 1 whole bag of corn chips

## Method

1. Wash the fresh the ingredients.
  2. Cut the avocados in half and remove the seed.
  3. Scrape out the avocado flesh with a spoon.
  4. Dice the onion and tomatoes into small cubes.
  5. Mash the avocado flesh really well.
  6. Add the salt, pepper and lemon to the mashed avocado (about a pinch of salt and pepper will do).
  7. Add the tomatoes and onion to the mixture.
  8. Mix Avocado one more time to get everything well stirred .
- Tip: Do not keep guacalicious for a long time as it can turn brown. To avoid browning, add a bit of sour cream.
9. Serve in a taco or with veggie sticks and chips.



# Kaleidoscope Rolls

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Serves: 6 people

Cost:\$15.40

Time: 15 min



## Waste Tip

- Only buy what you need or use what you already have.
- Don't waste food if you don't know what to use it for.
- If you have any leftover salad or veg you could definitely use it in this recipe.

## Healthy Eating

When you eat kaleidoscope rolls it provides a great amount of healthy calories and a great diet to keep you healthy. When you eat kaleidoscope rolls you can eat it any time of the day!

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**By Mia, Eva, Aadit, Ardin and Lance**

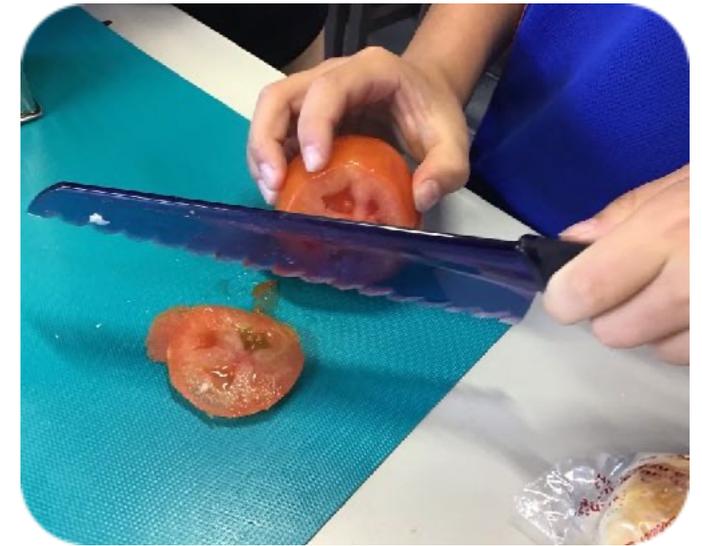
# Kaleidoscope Rolls

## Ingredients

- 5 Bread rolls
- 100g Cheese
- 5 tablespoons of Mayonnaise
- 1 Tomato
- 1 Iceberg lettuce
- 1 tin Beetroot

## Method

1. Slice bread roll in half (horizontal)
2. Heat electric frying pan to medium heat then put the face of the bread on the frying pan
3. When the bread is warm, place it on the chopping board.
4. Slice tomato and lettuce leaves. Then squirt mayonnaise on the bread
5. Grate carrot and cheese
6. Open can of beetroot and place beetroot on the bread
7. Place carrot, cheese, lettuce, and tomato on the bread
8. Get the other piece of bread and place it on the bread with ingredients
9. Take a big bite and enjoy



# Berry Coulée Toast

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Serves: 10

Time: 20mins prep

7 mins cook



## Waste Tip

Instead of wasting precious bread why not freeze it and it will last longer. Lemons can go bad in the fridge, but that's where our berry coulée toast comes in. You can save one lemon from the dreaded bin. Did you know, that one third of the food we buy is wasted? That's one point three billion tonnes! Eggs don't really get wasted, but the egg shells do. You might be thinking how can you waste egg shells? Well you can put them in the compost, as plants LOVE THEM. It's high time we stop wasting food!

## Healthy Eating

Our recipe is healthy because it has citrus, fruit and dairy which are essentials in our lives. Citrus has natural Vitamin C in it. Fruit provides lots of vitamins, minerals and water in it. Dairy improves your bone health and provides you with calcium, potassium, Vitamin D and protein! Eat smart for a healthy heart!

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**By Jayani, Tanusha , Naisha, Aidan and Cooper**

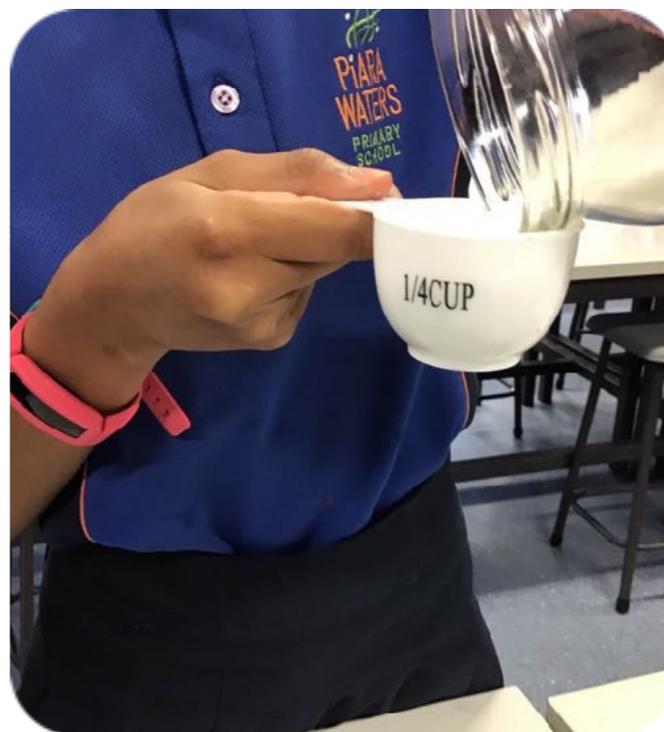
# Berry Coulee Toast- The Berry Coulee

## Ingredients

- 3/4 cup of mixed frozen berries
- 1/4 cup of sugar
- 1 tablespoon of lemon juice
- 1 tablespoon of lemon zest
- 4 cups of boiling water

## Method

1. First in a large metal bowl pour in 4 cups of boiling water.
2. In another bowl measure out 3/4 cup of mixed frozen berries and place the bowl on top of the boiling water. This is to create a bain-marie.
3. Next with a metal fork squish the berries until they have been half smushed.
4. Now add in your sugar, lemon zest and lemon juice into the bowl with the berries, and continue smashing until you have a lumpy purée.
5. Finally to create a coulée sift your lumpy purée through a sifter, into a medium sized bowl, using a spoon to press the coulee through.
6. There may be lumpy berries in the sifters, but don't throw it in the bin save the for when we decorate our french toast.



# Berry Coulee Toast- The French Toast

## Ingredients

- 10 pieces of wholemeal bread
- 1 1/2 cups of HI-LO milk
- 1 teaspoon of vanilla essence
- 2 free range eggs
- 5 tablespoons of olive oil

## Method

1. In a large mixing bowl whisk together the milk, eggs and vanilla essence with a fork.
2. Dip the bread with tongs into your wet mixture on both sides and place the soaked bread into a non-stick fry pan that has 1 tablespoon of olive oil in it. For each 2 pieces of bread add 1 tablespoon of olive oil.
3. Cook both sides of the bread for roughly 45 seconds each on medium heat.
4. Once the bread is cooked, stack the bread on a plate.
5. To assemble the Berry Coulee toast, simply take 1 piece of French toast, (the toast that you just cooked,) and using a butter knife spread a good measure of your berry coulee. Repeat until all of the bread slices have been used.
6. After the toast and coulee have cooled squeeze 1 dollop of blueberry yoghurt onto each slice, and top of with some of your lumpy berry mixture from when we sifted the berry coulee.



## Reasoning and Tips

This is so that your yoghurt doesn't melt and make a puddle. When you rest your french toast and berry coulee make sure that they do not become completely cold otherwise it will taste horrible, the perfect temperature of your toast and coulee should be room temperature.