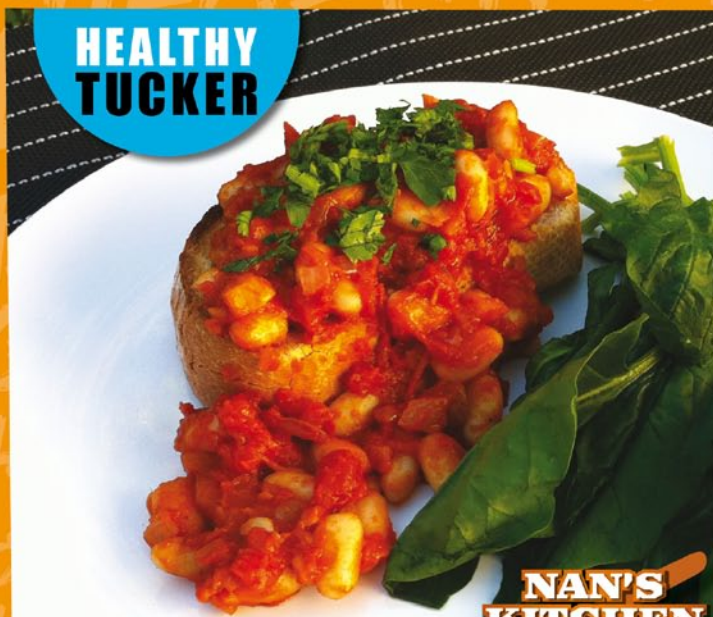


MY NAME

Healthy Tucker – ‘Baked Beans’ page 25



**HEALTHY
TUCKER**

Where you "bean"?

**NAN'S
KITCHEN**
with Nancía Guivarra

Just about all of us have been brought up on tinned baked beans. They are so convenient, but did you know they are also easy to make? Beans are so good for you because they're full of fibre and nutrition. In fact, cannellini beans have twice as much iron in them as red meat. Baked beans make a great filling breakfast that's also low in fat. To save time, make a huge pot (just multiply the recipe's ingredients by four) and freeze the beans in smaller portions, then you can just reheat them for breakfast. You can add any favourite ingredients you like... I'm keen on a bit of chilli but you can leave it out if you wish. I sometimes use a tin of 'four bean mix' instead of cannellini, or I add a tin of cherry tomatoes (or better yet fresh ones) for variety.

Baked Beans (serves 4)

INGREDIENTS

- * 1 large onion, finely diced
- * 4 cloves of garlic, finely diced
- * 2 tablespoons of olive oil
- * 1 x 400 gram can of cannellini beans
- * 1 x 400 gram can of diced tomatoes
- * 1 teaspoon of dried chilli powder (or paprika)
- * 2 teaspoons of chopped parsley, to garnish

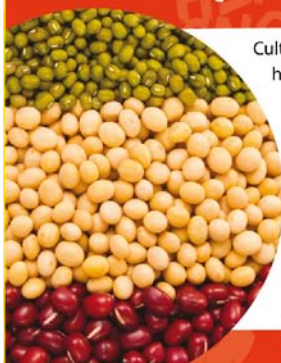


METHOD

- 1 Fry onion and garlic in olive oil for 2 minutes on medium heat.
- 2 Add beans and fry for another 5 minutes.
- 3 Throw in the tomatoes and chilli powder and simmer for 2 minutes.
- 4 Season with pepper and serve on wholemeal toast.

FULL OF BEANS

**FOOD
FOCUS**



Cultures all over the world have been staying healthy by eating beans for thousands of years. In fact, green beans, which are the most common variety in Australian shops, grew wild in South America more than 5000 years ago.

The broad bean, which is flat and round like a thumbnail, were the only bean originating in Europe and were considered so valuable they were buried in pyramids with the Egyptian kings.

Most beans grow on bushes or on creeping vines (they're often seen covering a backyard fence). They're harvested young, before they ripen, when they are sweet and soft.

Beans are great for kids because they're full of folate for growing strong bodies, Vitamin C for boosting immunity and high in fibre for healthy digestion.

You can eat green beans raw in salads or steam them for a few minutes if you like them hot. Other bean varieties, such as red kidney beans and butter beans, often come in tins – these taste better if you rinse them in water before you use them in salads and cooking.

This is a healthy recipe for you to make.

READ Baked Beans recipe on page 25

Building reading skills

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

Literal The answer is located in one sentence in the text.

Inferred You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied The answer is in your background knowledge, what you already know or feel.

ACTIVITY 1

1. Match these ingredients with their labels. (applied)

parsley

garlic

onion

cannellini beans



Shade one bubble.

2. The text says that this recipe needs

- 1 large onion
- 2 large onions
- 3 small onions
- 4 onions

(literal)

3. The recipe says that these baked beans can be served on

- salt and pepper
- wholemeal toast
- tomatoes
- rice

(literal)

4. Write the numbers 1 to 4 in the boxes to show the order to do these steps.

- Fry the onion and garlic in oil
- Serve on wholemeal toast
- Add beans
- Add tomatoes and chilli

(inferred)

ACTIVITY 2 LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Fry the onion for too minutes.

2. Add the beens.

3. Through in the tomatoes.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. Most of us have eaten tined baked beans.

2. Thay are very easy to make.

3. Beans have twice as much iron in them as red meet.

ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Shade one bubble.

Which word correctly completes these sentences?

1. Add the onions and cook until they _____ .

- soft
- soften
- softly
- softening

2. Mem had more beans because _____ tasted so good.

- it
- them
- they
- he

3. Which word correctly completes this sentence?

This recipe was enjoyed by _____ .

- everyone
- every-one
- every one
- Everyone

ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

1. Which sentence has the apostrophe (') in the correct place?

- These are great recipe's.
- You can use other beans' instead of cannelloni beans.
- You'll need 1 teaspoon of chilli powder.
- Everyone love'd this recipe.

2. A full stop (.) is missing from the first sentence. Put the full stop where it should go to end the first sentence.

This recipe is healthy and delicious It will really warm you up.

3. Which sentence is punctuated correctly?

- If you like, you can leave out the chilli.
- If you like, you can leave out the chilli?
- If you like, you can leave out the chilli,
- If you like, you can leave out the chilli...

4. Put the missing apostrophe (') where it should go in this sentence.

Im keen on chilli, but not everyone is.

5. Which sentence is punctuated correctly?

- I love this recipe! said Jasyn.
- "I love this recipe! said Jasyn."
- "I love this recipe!" said Jasyn.
- I love this soup? "said Jasyn."

6. Which punctuation is correct in this sentence?

- Could I have some more beans!
- Could I have some more beans?
- could I have some more beans?
- Could I Have Some More Beans?

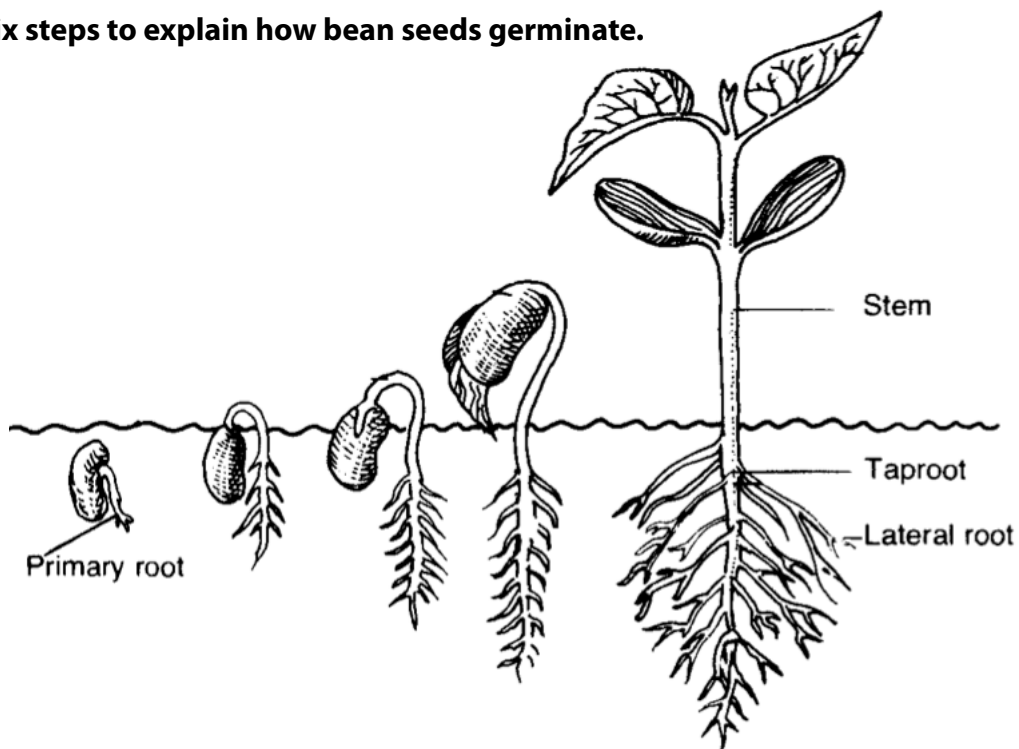
ACTIVITY 5 WRITING A PROCEDURE.

A PROCEDURE gives you step by step instructions about how to make something.

A recipe is a PROCEDURE text which gives you the steps for making food.

The picture below shows how bean seeds germinate.

Write six steps to explain how bean seeds germinate.



1	2	3
4	5	6