

CH
& CO



OUTDOOR HOLIDAY SPECIAL

THE BENEFITS OF EATING OUTDOORS

SPOT THE DIFFERENCE PICNIC

CREATE YOUR OWN BBQ

COUS COUS SALAD

FROM THE *Kitchen*

JULY 2022

First things first...

HYGIENE

Always wash your hands before you start to make any recipe.

Wash all fruit and vegetables before using them.

Use hot, soapy water to clean chopping boards after each use.

Keep raw and cooked foods separately when getting your ingredients organised.

Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.

Wash your hands again after cracking eggs and using raw meat or fish.



SAFETY

Always ask an adult to help you in the kitchen.

This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.

Always use oven gloves when helping to put things in and taking them out of the oven.

If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.

Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.

Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.

If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

I LET'S GET COOKING



Welcome to our outdoor Summer special. When the sun is shining there's nothing better than being able to enjoy our meals outdoors from picnics to BBQ's we've included some lovely recipes for you to enjoy.

We also included a picnic spot the difference and a BBQ grill so you can draw on the types of foods you like to eat.

Have a lovely summer break and we're looking forward to seeing you in September.

Kitchen Team

Your Kitchen Team





Why Outdoor Eating Has More Benefits Than Meets the Eye

If you love nothing more than a picnic in your local park, a barbecue in a garden or simply eating some lunchtime sandwiches while looking out of an open window at some trees, then you are not alone.

Ever since the ancient Greek doctor called Hippocrates, who lived on the island of Kos over 2,000 years ago told people how important “airs, waters, and places”, are for physical and mental well-being, experts have discovered more and more about the health benefits of being outside in nature.

They now know that while simply looking at plants and grass, trees and water can help because their blue and green colours help to lower stress, that in fact, all our senses benefit. Sounds like hearing birds sing or

water tinkling in a river for example helps to reduce anxiety. The smells emitted from flowers and grasses, trees, shrubs, and even damp earth help to calm us and make us feel happy. Touching grass, meanwhile, and feeling it under our feet, sensing the wind on our cheeks, and even tasting natural foods like vegetables and fruits, help feed into the general mood-boosting effects of being out of doors.

If all these reasons make you want to pack up a picnic to eat outdoors, then before you reach for the door, hold on. There are still more fascinating benefits to outdoor eating to come.

Scientists have discovered, that beyond stimulating all our five senses, being outdoors helps us to feel good in at least three more ways.

Firstly, and fascinatingly, plants emit compounds called ‘phytoncides’, which help to protect them from animals wanting to eat them. These compounds are whizzing around in the air in nature, and although we cannot see, smell, taste, hear or touch them, we breathe them in. Once absorbed into our bodies, these amazing compounds help our nervous systems to relax.

Next, we need to think about ‘air ions’. Air ions are everywhere in the air and can have a negative or positive charge. Bright sunlight, thunderstorms, tumbling water in a waterfall, and even the sheer presence of plants and trees create energy, which in turn, create more positive air ions. These positive air ions help us to feel more alert, able to concentrate, and feel happy.

And finally, even the microscopic microbes present in the soil, water, and air in gardens, parks, at the beach, or by the river, which we naturally cannot help but pick up when eating outdoors, can be good for us. Once we swallow them, these microbes travel to our gut, where they multiply and go on to stimulate ‘feel-good’ hormones, that help lift our mood. So, what are you waiting for? Start planning some outdoor eating and let us know all about it. Send us photos, and drawings, or simply write and tell us how eating outside made you feel. We’d love to know!



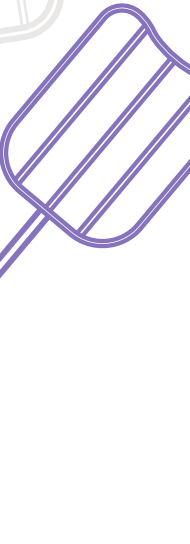
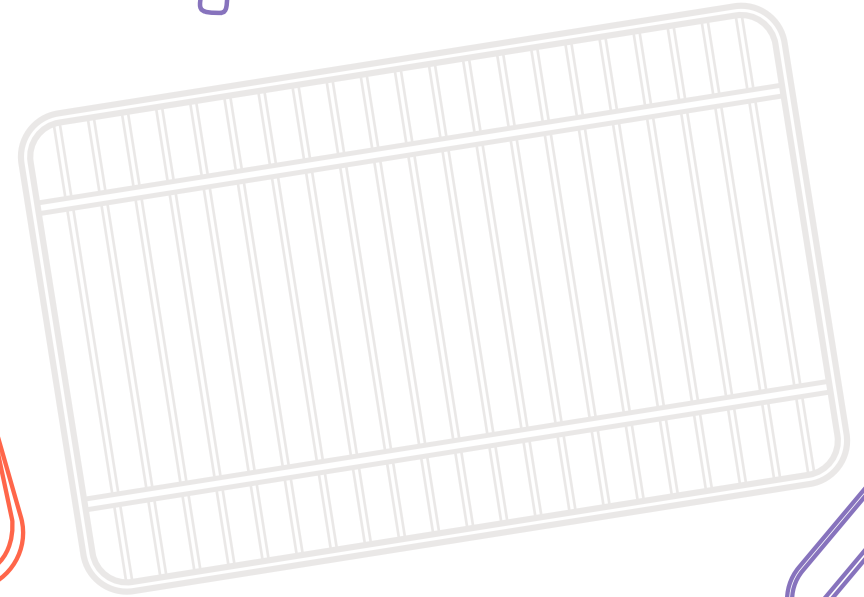
SPOT THE DIFFERENCE

Our friends are having lot of fun at their picnic but can you spot the SEVEN differences between the two pictures?



HINT : they're all food based.

Can you add your favourite foods to the BBQ?



RUBY & KENZIE'S COUS COUS SALAD

Recipe

INGREDIENTS

1 red and 1 yellow pepper, halved, deseeded & diced

1 courgettes, thickly sliced

4 garlic cloves, leave skin on

3 tbsp extra-virgin olive oil

1 red onion, thickly sliced

1 tsp cumin seeds

1 tbsp harissa paste

250g couscous

300ml hot vegetable stock

1 lemon zest and juice

20g pack mint, roughly chopped

Half cucumbers, diced

METHOD

1. Heat oven to 200C/180C fan/gas 6.
2. In a bowl mix the cumin seeds, harissa, olive oil together & add to the peppers, courgette & red onions, tip the coated vegetable into a baking tray, add garlic, 2 tbsp oil & seasoning, then roast for 20 mins & allow to cool.
3. Put couscous into a large bowl, pour over the stock, cover, then set aside for 10 mins. Fluff up with a fork.
4. In a bowl, mix zest, juice & remaining oil. Squeeze garlic pulp from skins into the bowl, mash well & fold in the mint, cucumber & the roasted vegetables then toss with the couscous.

