

# ACTIVITY BOOK

'Not just great recipes, but a great message too'  
CRAIG REUCASSEL, ABC'S War on Waste



# FOOD WISE

A KID'S GUIDE TO  
FIGHTING FOOD WASTE  
AND SAVING  
THE PLANET

+50  
yummy  
recipes



LUCY BELL & LUCY LEONARDI

'A bright and optimistic reference book for foodie kids' ALICE ZASLAVSKY



PANTERA  
PRESS





SPARKING  
IMAGINATION,  
CONVERSATION  
& CHANGE




## ACTIVITY: A GARDEN JOURNAL

We love gardening and being around plants, whether they are in our backyards, on balconies or in windowsill pots.

There's nothing like the smell of soil and sunshine on a beautiful spring day. We even love the dirt under our nails, the wriggly worms and the bugs! Gardening helps you care about the way things are grown and teaches you to treasure every part of the fruits and vegetables you harvest. If you're new to gardening, a good way to start is to create a garden journal or notebook. Here are some things you could include in your garden journal:

- ☺ a list of all the plants you can find in your garden
  - ☺ the Latin or botanical name for the species – for example, parsley is called *Petroselinum crispum* and lettuce is called *Lactuca sativa*
  - ☺ a description of the plants, including what they look and smell like
  - ☺ a description of edible vegetables, fruit or herbs, including research on any health or nutritional benefits they have, and describe what they taste like
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- ☺ photos or drawings of the plant, or just its leaves, flowers or fruit – you could also label the different parts to show roots, leaves, seeds, stem or flowers
  - ☺ leaves, flowers and herbs pressed in a book
  - ☺ if you plant seeds, write down the date and time they were planted so you can monitor their progress and make notes about how much water and sun they require
  - ☺ a section for any birds, bugs and other wildlife that visit your garden.

If you get stuck identifying your plants,  
ask an adult for help or try an app such as PlantNet.







# TOMATO AND FENNEL SALAD WITH GRAPES AND RICOTTA

Lovely and fresh, this salad will put a spring in your step! Present it on a fancy plate.

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## **Serves 2**

1 punnet cherry tomatoes

1 handful grapes

½ small fennel bulb

3 red radishes

Extra virgin olive oil

Squeeze of lemon juice

2 tablespoons soft cheese,  
like goat, ricotta or buffalo  
mozzarella

Sprigs of flat-leaf parsley

1 handful pistachios,  
crushed

Wash cherry tomatoes, grapes, fennel and radishes thoroughly then slice them into bite-sized pieces. We like to halve our tomatoes and grapes to reveal the texture inside! For the fennel and radishes, slice them thinly, as they have a bolder flavour.

Place all the sliced ingredients on a serving plate and toss with a drizzle of extra virgin olive oil and lemon juice.

Season with salt and pepper and top with your favourite soft cheese, parsley leaves and pistachios.





# BEETROOT PANCAKE WITH CINNAMON SUGAR

The beautiful colour of these pancakes is perfect for autumn. Beetroot adds an earthy sweetness that plays a trick on your tastebuds! It's deliciously interesting and we hope you'll give it a try.

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## *Serves 2*

1 medium beetroot  
1 egg  
½ cup milk  
1 cup Greek yoghurt  
3 tablespoons maple syrup  
1 cup self-raising flour  
1 teaspoon baking powder  
Vegetable oil, for cooking  
Icing sugar and ground cinnamon, to serve

Start by making a beetroot puree. Wash beetroot well, scrubbing any dirt from the skin, then cut into big, even chunks. Place chunks into a steamer for 40 minutes or until tender the whole way through – it's ready if a fork slides through the flesh easily. Allow to cool, then put steamed beetroot in a food processor and blend until you have a puree.

In a mixing bowl, whisk egg, then add milk, Greek yoghurt and maple syrup. Whisk again until combined. Now whisk in 1 cup of beetroot puree. Lastly, add the self-raising flour and baking powder. Gently mix everything together then let the batter rest in the fridge for half an hour. Resting allows it to rise so your pancakes will be fluffier!

To cook the pancakes, heat a small amount of vegetable oil in a non-stick frying pan on medium-low heat. Place a spoonful of pancake batter onto the pan. Let it cook for 2 to 3 minutes until bubbles form on the surface and the edges are browning, then flip over and cook for a further 2 to 3 minutes. You can cook several pancakes at a time depending on the size of your frying pan. Serve pancakes warm, dusted with some icing sugar and ground cinnamon.







# SPICY PEANUT BUTTER NOODLES

This dish was inspired by Lucy L.'s childhood favourite, an Indonesian vegetable salad called gado gado, which literally means 'mix mix'. The sauce is delicious with anything!

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## Serves 2

100 grams dried ramen noodles

½ cucumber

1 small spring onion

Handful of salted peanuts

Handful of chopped coriander leaves

Fried eschalots (available from most supermarkets or Asian grocery stores)

Lime wedge

Chilli oil (optional)

Boil ramen noodles according to packet instructions, then drain and rinse with cold water to avoid clumping. Set aside.

In a small bowl, mix together all the sauce ingredients until you have a thick consistency.

Thinly slice the cucumber and spring onion.

On a serving plate, using a tongs or chopsticks, mix together the noodles, cucumber and spring onion with peanut sauce until combined.

Scatter with salted peanuts, coriander, fried eschalots and a squeeze of lime juice. A drizzle of chilli oil is good but optional.

## For the sauce:

2 tablespoons peanut butter

1 teaspoon light soy sauce

2 teaspoons maple syrup or honey

2 teaspoons sriracha chilli sauce

2 teaspoons sesame oil

1 ½ cups hot water







# BANANA AND STRAWBERRY POPSICLES

These are fun and easy to whip up as a treat on a summer's day – or any day! Feel free to add in any other chopped fruit or berries you have in the fridge. Have a popsicle mould ready.

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## *Makes 4*

1 cup fresh strawberries

2 ripe bananas

2 tablespoons honey or  
maple syrup

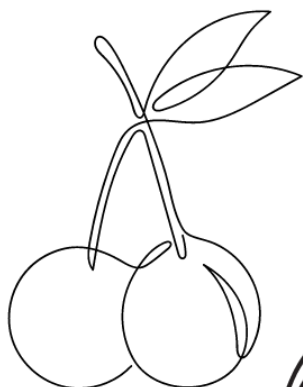
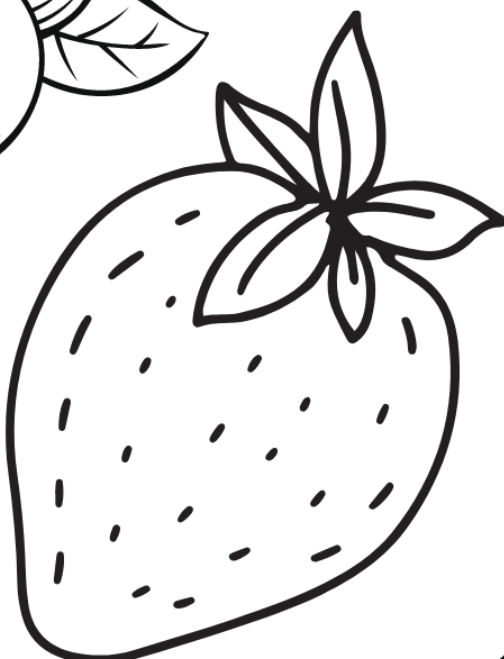
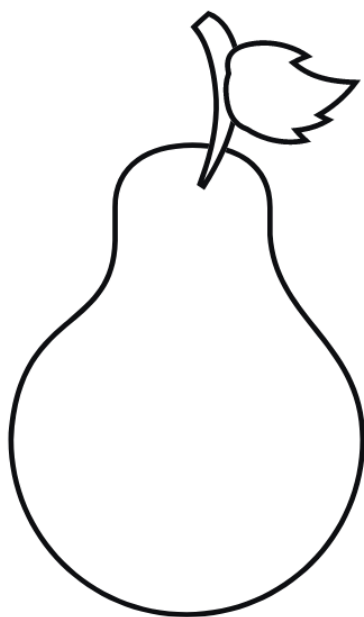
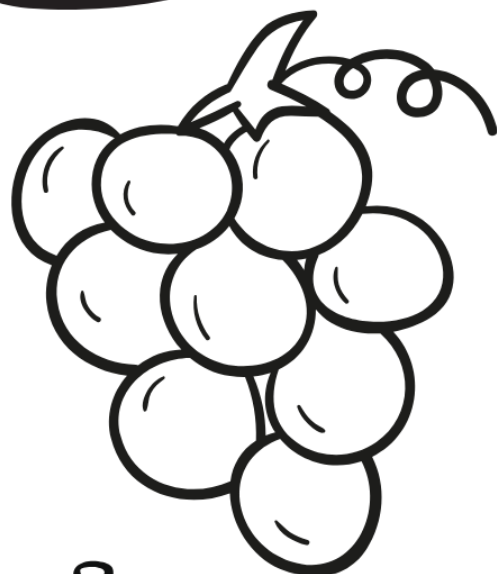
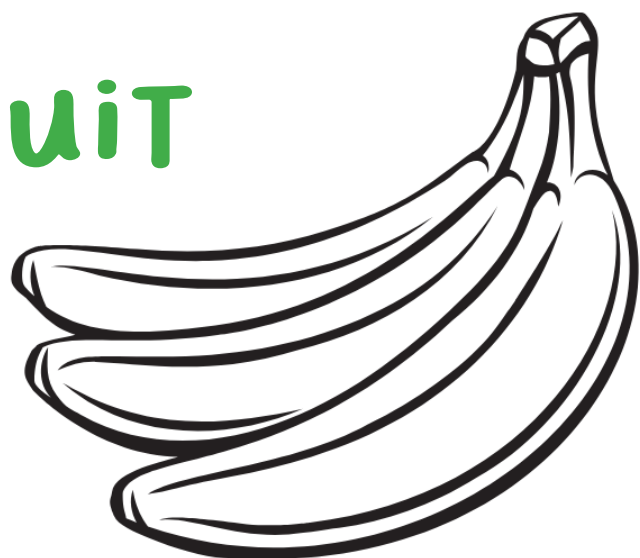
½ cup vanilla yoghurt

Wash strawberries well, remove stems and set aside two to be sliced up thinly.

Place the rest of the strawberries, bananas, honey and yoghurt into a blender and whiz until smooth.

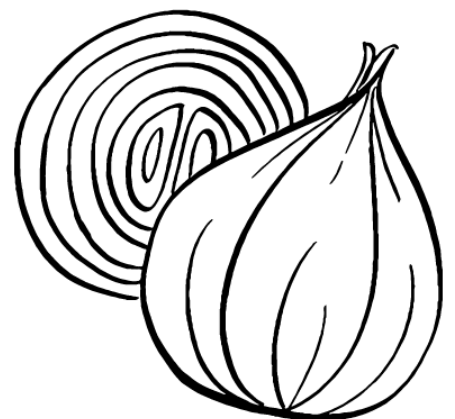
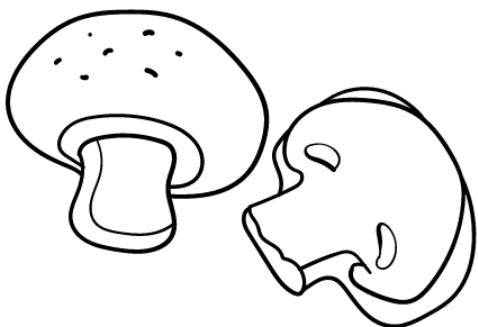
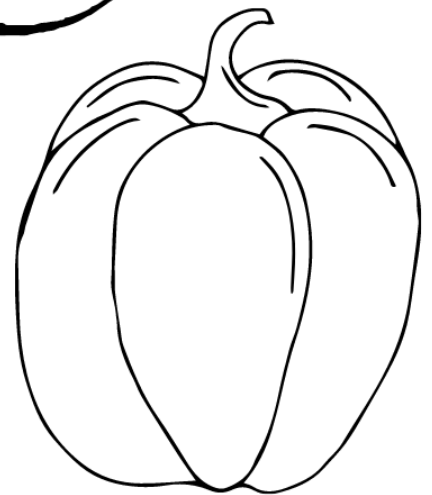
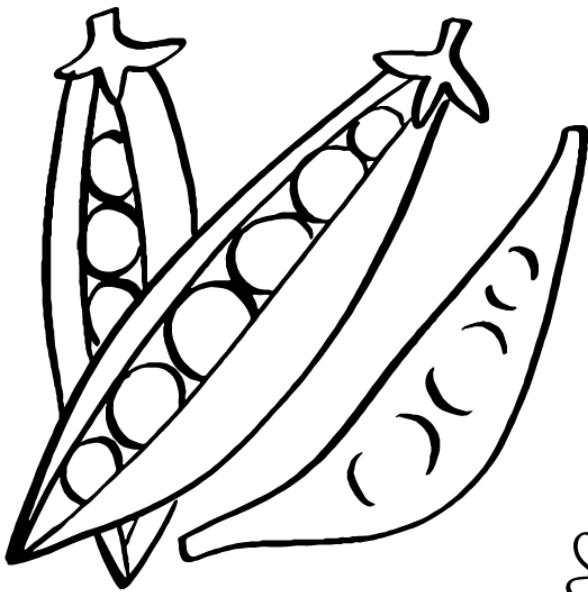
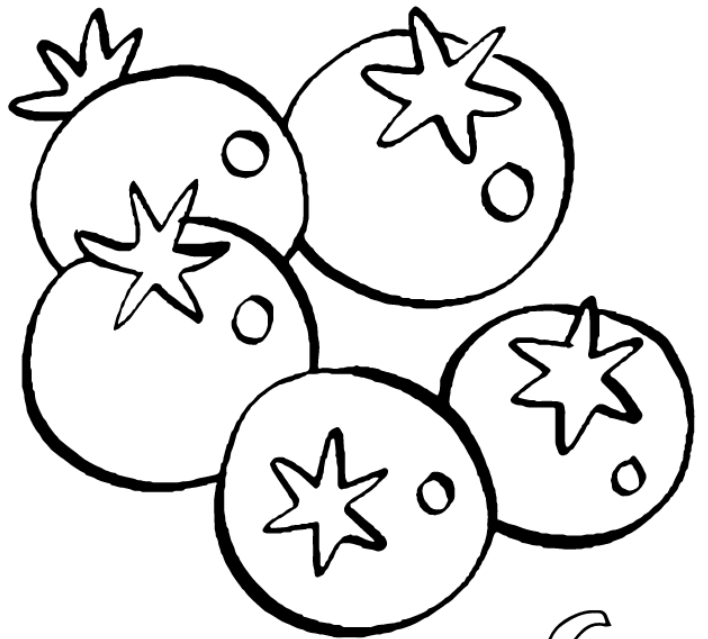
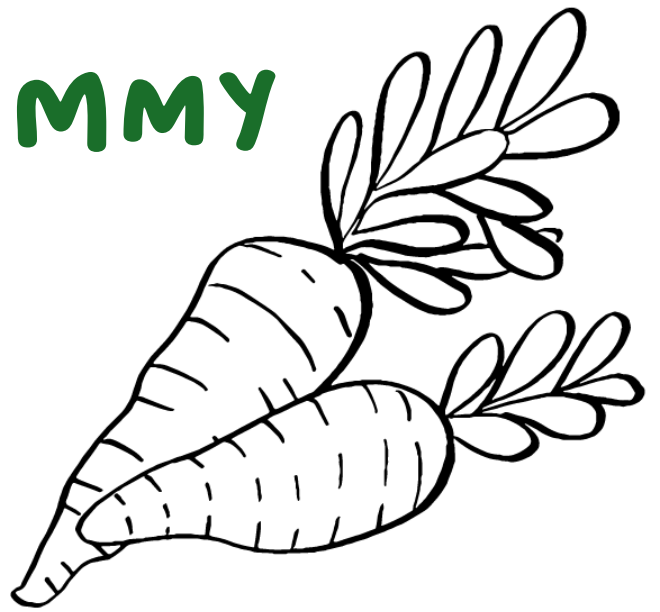
Pour the mixture into popsicle moulds, filling up halfway. Place the thinly sliced strawberries into each of the moulds, then fill up the moulds the rest of the way with the mixture. Place the popsicle sticks on top then freeze overnight. A little trick to remove the popsicle from the mould is to run the outside under warm water for a few seconds and it'll slip out easily.

# COLOUR IN DELICIOUS FRUIT





# COLOUR IN YUMMY VEGETABLES



# DRAW YOUR OWN FOOD WASTE WARRIOR





# FIND-A-WORD

Z P P W A R R I O R W P H Z Z N D J A T E L  
S A O G F S S G M M V E G E T A B L E S M I  
P S O S C H O C O L A T E N G E P N I J O R  
R T X O A N F W Z F X X P C L A N D F I L L  
I A N J T G C U I M S Z Y R X X M H R M B N  
N H E R B S J K F N T C O M P O S T U S E I  
G A R D E N A M S Y T O T R L J P H I I E L  
B R O C C O L I R M T E J D W W E D T G T O  
I N H N L W Z E A J S T R A W B E R R Y R N  
T S L C F P B C U U L H K N Y O B D V Z O B  
Z E P B N M R B A Z G O U N T I Y V C W O D  
O T E I U A B C S R T O M A T O V E A N T F  
F Q I C C L J E R H R U T A S W B G F U F T  
A Q U X U E E T M D T O C F A Y A G Z T L I  
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D Z F A N S U H M N P O C E J A P P L E S K  
O S B B L P F Z K B D Z R X B Z W A V X R B

**foodwise**

**waste**

**landfill**

**garden**

**nutrition**

**herbs**

**spices**

**apple**

**fruit**

**vegetables**

**warrior**

**compost**

**pasta**

**tomato**

**potato**

**banana**

**cucumber**

**pumpkin**

**spring**

**summer**

**autumn**

**winter**

**organic**

**beetroot**

**carrot**

**beans**

**chocolate**

**broccoli**

**eggs**

**leftovers**

**strawberry**

**nuts**

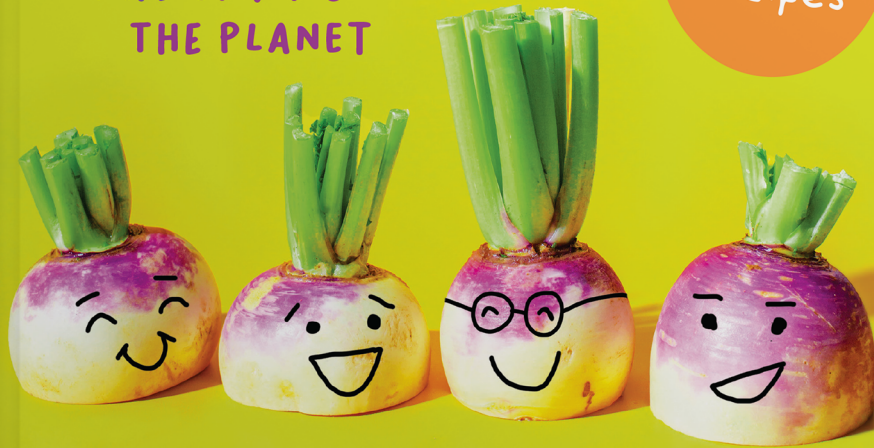
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