

Healthy Living Focus

The Power of Cooking



Hello and welcome to Healthy Living Focus. This edition we are taking a look at 'The Power of Cooking. We will focus on the many benefits of homemade food, tips to feel confident in the kitchen, talk about portion control, and share a tasty homemade recipe suitable for beginners and experienced cooks alike!

Benefits of homemade food

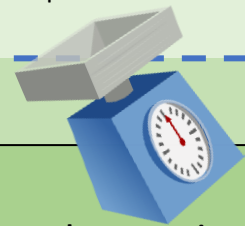
- It is cheaper than takeaways and eating out, saving you money!
- You will be enjoying fresh, tasty, and healthy ingredients. This can help to lose weight or reach and maintain a healthy BMI.
- You are in control of added salt and sugar, helping to manage conditions such as diabetes and high blood pressure.
- You can feel a sense of achievement and accomplishment.



Learning the basics of cooking is a great skill to have!

Building Confidence in the Kitchen

- Begin with a positive attitude! Go for it!
- Practice makes perfect, the more time spent in the kitchen, the more your confidence will grow and skills improve!
- Start with simple dishes and then, as you become more confident you can cook more complex meals.
- Learn to master one recipe then move onto the next.



The Power of Portion Control

Did you know that a takeaway meal can contain your daily calorie allowance in just one meal?

But with homemade food, YOU are in control of what you are cooking and eating. You can serve up healthy wholesome food in the correct portion sizes to help you live a healthy lifestyle!

Cooking Terms

- ☞ Bake – to cook food in the oven
- ☞ Beat – to mix ingredient together using a fast, circular movement with a whisk or mixer
- ☞ Boil – to heat food so that the liquid gets hot enough for bubbles to rise to the surface
- ☞ Chop – to cut into small pieces
- ☞ Dice – to cut into small cubes
- ☞ Drain – to remove liquid from food using a colander, strainer, or while tilting the container
- ☞ Marinate – to soak food in a liquid to tenderize or add flavor



Ashley @ Forgetful Momms

Expand your options

Trying out new recipes is a great way to try new foods!

As you try new foods and find new items you enjoy, you'll have more options to choose from. This can get you out of a rut if you find yourself cooking the same meals again and again!

The more new foods you try, the more variety you'll get from your diet, helping to get those vitamins and minerals into your diet!

Keep it a germ free zone!

Always wash your hands before preparing food, especially raw meat. Don't be afraid to get messy, but always clean up. A clean kitchen is a healthy kitchen!



Expert Advice

BBC
goodfood

Visit <https://www.bbcgoodfood.com/howto/guide/batch-cooking-beginners> for tips and tricks to learn the skills needed to batch cook meals, giving you instant, fresh meals for the days or weeks ahead!

Visit <https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know> for tutorials on skills such as chopping an onion, poaching an egg, or baking the perfect potato.

Recipe of the Week!

Super Spaghetti Bolognese

Ingredients (serves 4)

- 1 tbsp [olive oil](#)
- 1 [small carrot](#) , chopped
- 1 small onion, chopped
- 2 x 400g can chopped [plum tomatoes](#)
- ½ bunch [basil](#) , or 1tbsp dried basil
- 500g lean beef mince/ quorn mince
- 400g spaghetti



Method

1. Heat the oil in non-stick frying pan. Tip in the carrot and onions, cook for 5 mins to soften.
2. Add the mince or quorn mince, cook for 5 minutes, breaking up any large chunks.
3. Add the chopped tomatoes and basil, stir, then simmer for 20 minutes until cooked through, stirring every few minutes.
4. Cook spaghetti according to pack instructions. Toss together with the bolognese and serve with a side salad.

Tip: If cooking for 1, cook 100g spaghetti for that day's meal, and portion out the bolognese mix into 4 individual portions suitable for freezing.

Tip: Add extra veg into the bolognese; mushrooms, peppers, or celery all work well! (add in at the same time as the onion and carrots)

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

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