

# Year 7 Food

Topic: Healthy Snacks for “guys and girls on the go”  
Production: East meets West – Thai noodle stir-fry and Avocado pizza

The aim of this lesson is to help you understand:

- how to create simple and quick delicious snack food that can be eaten after school or served at parties
- how you can use the Australian Guide to Healthy Eating
- the concept of “fusion food” – *Mediterasian* (a culinary mix of Mediterranean and Asian food)
- how to safely use a wok (cook top) and the oven



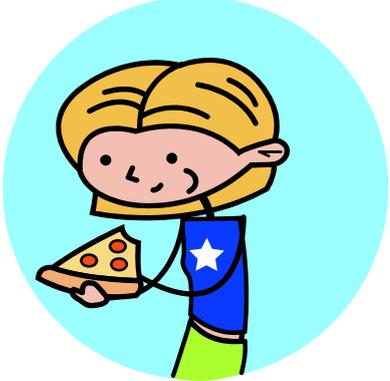
## Production

Students work in 4 – 2 recipes to be completed by the group (1 recipe per pair)

**Recipe 1** – 1 quantity x Thai noodle stir-fry

**Recipe 2** – 1 quantity x Avocado pizza

Recipes from Food Challenges (2005)

<p><b>Thai Noodle Stir-fry</b></p> <p><b>This recipe serves 4</b></p> <p><b>Ingredients</b> 400g Hokkien noodles 2 teaspoons sesame oil 1 red capsicum, <i>sliced</i> 3 spring onions, <i>sliced</i> finely 8 snow peas, strings removed 1 clove garlic, crushed 2 Tablespoons sweet chilli sauce 2 teaspoons soy sauce 1 bunch bok choy, each bok choy halved</p> <p><b>Method</b> 1. <i>Place</i> noodles in a large bowl and <i>cover</i> with boiling water. <i>Separate</i> noodles with a fork. Drain. 2. <i>Heat</i> oil in a wok or frypan and <i>sauté</i> capsicums, snow peas, spring onions and garlic until soft. 3. <i>Stir</i> though the noodles and sauces. <i>Sauté</i> until ingredients are heated through. 4. <i>Add</i> bok choy and <i>stir-fry</i> for about a minute, so that it is just wilted.</p> 	<p><b>Avocado Pizza</b></p> <p><b>Makes 8 slices</b></p> <p><b>Ingredients</b> 1 prepared pizza base 3 Tablespoons tomato paste 1 clove garlic, <i>chopped finely</i> 1/4 cup chopped spring onions, <i>chopped</i> 1/3 cup mushrooms, <i>sliced</i> 100g cherry tomatoes, <i>halved</i> 1/2 cup shredded mozzarella 1/2 cup fresh basil leaves, <i>torn by fingers</i> 1 avocado, <i>sliced</i></p> <p><b>Method</b> 1. <i>Spread</i> pizza base with tomato paste, <i>sprinkle</i> with garlic and spring onions. 2. <i>Arrange</i> mushrooms, olives and cherry tomatoes on pizza base. 3. <i>Top</i> with cheese and <i>bake</i> in a moderate oven, 180° C, for 20 minutes or until crust is golden. 4. <i>Remove</i> from oven, <i>serve</i> topped with basil and sliced avocado.</p> 
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