



'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

UNCORRECTED SAMPLE



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GETTING TO THE SOURCE

We'll talk more later about where food comes from, but first we wanted to give you some ideas to learn to love food right from the source. We see a lot of ready-made packaged food in supermarkets. Chicken comes in the form of nuggets and schnitzels, beef comes in a pie and milk comes in a bottle, so it can be hard to imagine the animals these products came from. A frozen pizza comes with veggies on the top, but have you ever stopped to think about where those onions were grown, what the tree looks like that grew the olives or how a capsicum grows on a farm? If you like pineapple on your pizza, you'll find out later how that grows!



TIP

Next time you're eating a meal, investigate the different ingredients that went into making it and find out where and how they're grown.

It's great to explore first-hand how food is grown, so when you're eating it, you know where it's come from. Here are some ideas to get you started:

- 😊 Go fruit picking on a sunny day with friends.
- 😊 Join a community garden.

- 😊 Start your own veggie patch or herb garden.
- 😊 Go to a farmers' market and ask questions about where the produce was grown.
- 😊 Visit different types of farms, ones that produce dairy, eggs, cattle, different fruit and veg, berries and honey.
- 😊 Encourage your family to book a weekend away at a farm stay.
- 😊 Think of your favourite fruit and vegetables, then do some research to find out how they're grown.

Understanding how much planning, manual labour and care goes into farming and growing food is a great place to start your journey of food appreciation.

DID YOU KNOW?





From 2016 to 2017, over 1.3 million tonnes of potatoes were grown in Australia. That's the equivalent of 130 Eiffel Towers, 12,500 blue whales, or 216,000 African bush elephants!




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.

NUTRITION

Another reason to love food is because we need it! Below are the main food groups – it's important to enjoy food from all the different food groups to help you grow healthy and strong.

😊 **Wholegrain bread, cereals, rice, pasta, grains, potatoes = carbohydrates**

Carbohydrates give you energy. Complex carbs such as wholegrains and brown rice also help keep you feeling full for longer.

😊 **Vegetables, legumes and fruit = vitamins, minerals and fibre**

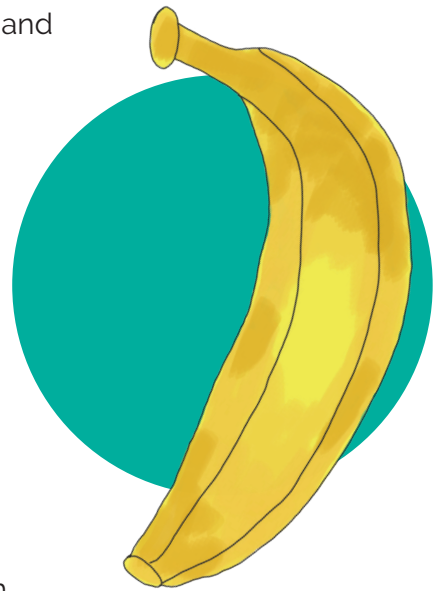
Fibre makes sure your digestive system stays healthy. Veggies, legumes and fruits contain nutrients and vitamins that may help reduce heart disease, obesity and certain types of cancer.

😊 **Dairy, such as milk, yoghurt and cheese = calcium. (You can also get your calcium from non-dairy alternatives such as sardines and canned salmon, as well as oat, coconut, soy, rice and nut milks that have been fortified with calcium.)**

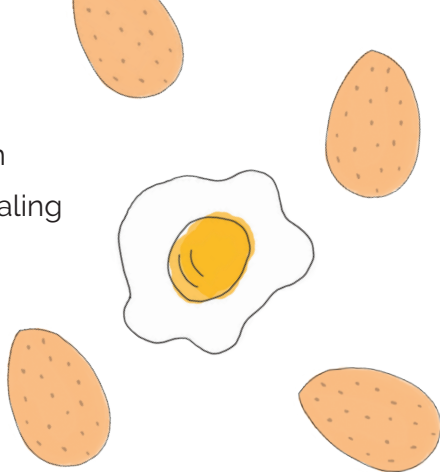
Calcium is essential for strong bones and teeth. To properly absorb calcium your body also needs vitamin D, which you can get from putting on sun protection and getting a little sunlight – before 10 am and after 4 pm is best!

😊 **Lean meat, fish, eggs, nuts and legumes = protein, iron and zinc**

Protein is essential for growth, and for building and repairing muscle tissue, skin, organs, blood, hair and nails. Iron is an important mineral



that is found in the blood and moves oxygen around the body. Zinc helps with growth, healing wounds and a healthy immune system.



HOW WE TASTE FOOD

Have you ever wondered what makes one type of food taste so different to another, and why your favourite meals taste the way they do? You probably associate some flavours with dinner and other flavours with dessert, the big difference here being salty and sweet. But did you know that there are actually five taste receptors in our mouths? These are salty, sweet, bitter, sour and umami. Here are some examples of foods where you might easily recognise these tastes:

- 😊 **Salty:** sea salt, potato chips, pretzels, pizza, soup, sausages, celery.
- 😊 **Sweet:** sugar, honey, maple syrup, jam, doughnuts, ice cream, sweet potato, carrots, fruit juice, dried fruit, mangos, bananas.
- 😊 **Bitter:** olives, very dark chocolate, brussels sprouts, orange peel, grapefruit, leafy greens such as rocket and kale.
- 😊 **Sour:** lemons, limes, plain yoghurt, green apples, vinegar.
- 😊 **Umami:** broth, soy sauce, miso, Vegemite, seaweed, parmesan cheese, fish sauce, kimchi, tomatoes, mushrooms, seaweed, seafood and meats such as bacon, ham, pork, beef and chicken.

See if you can find one food from each of these groups in your kitchen or garden, then try to identify the different tastes. Can you tell them apart?

HERB AND SPICE GUIDE

Here are some of the most common herbs and spices. This is just a small selection of some of the huge variety of herbs and spices in the world, so keep exploring to find out about other amazing herbs and spices!

HERBS			
	FLAVOUR	HEALTH BENEFITS	COMMON USES
Basil	Strong, sweet, slightly minty and peppery	Contains antioxidants that help protect the body's tissues	Pesto, pizza, pasta sauces, caprese salad, Thai basil chicken
Chives	Mild and bright green onion with a hint of garlic	1 tablespoon of chives as a garnish provides 5% of your daily intake of vitamin K	Soups, dips, potato salad, seafood dishes, omelettes
Coriander	Fresh, aromatic, lemony and clean	May help lower blood pressure and help with digestion	Thai, Vietnamese, Indian Mexican, Chinese and Middle Eastern cuisine, ceviche
Dill	Sweet, grassy, fresh, with notes of anise	Rich in antioxidants, a good source of vitamin C, magnesium and vitamin A	Salmon gravlax, potato salad, tzatziki, marinades, fish dishes and a garnish for soups
Fennel	Very mild licorice, delicate and sweet	Promotes heart health, may reduce inflammation, aids digestion	Salads, seafood dishes, terrines, steamed fish

HERBS

	FLAVOUR	HEALTH BENEFITS	COMMON USES
Mint	Cooling, refreshing, sweet with a hint of bitterness	Can relieve indigestion and digestive disorders, used to help with bad breath	Lamb dishes, mint sauce, Middle Eastern, Moroccan, Asian, Indian and Greek cuisines, mint raita, herbal teas, chocolates and peppermint desserts
Oregano	Sweet and spicy, earthy, bold, slightly bitter	Contains magnesium, zinc, potassium, iron and vitamins A, C and E, helps with colds	Pizza, tomato-based pasta sauces
Parsley	Strong, fragrant, peppery and zingy	Good for the kidneys	Scrambled eggs, omelettes, potato salad, soups, garlic bread, Middle Eastern and Moroccan cuisine
Rosemary	Woody, lemon-pine, bitter, aromatic	Can improve mood and has antibacterial properties	Roast lamb, focaccia, stews, garlic and olive oil dishes, roast potatoes
Sage	Soft, savoury, earthy, slightly bitter	An anti-inflammatory and antioxidant, aids digestion	Burnt butter and sage sauce, stuffing, sausages, rich meats, chicken dishes
Thyme	Grassy, woody and floral, sharp and a little peppery	Antibacterial properties, a possible natural cough remedy, a good source of vitamins C and A	Chicken dishes, roast vegetables, soups, stews, casseroles, lemon thyme cake

TIP

To keep herbs fresh for longer, put them in a jar of water and use them to decorate your windowsill, kitchen bench or dining table.



DID YOU KNOW?

The word 'umami' is Japanese, meaning a pleasant or delicious savoury taste. It was first identified over a century ago by Japanese scientists and actually refers to the taste of glutamate, an amino acid found in animal and vegetable proteins. It is commonly described as having a savoury or meaty taste, like what you would get in a delicious broth.

Through her mum, Lucy Leonardi – one of the authors of this book – Mira discovered a world of wonderful spices that make food taste even yummier! Mira is slowly braving herself to try the hot spices, but her current favourites are cinnamon on sweets and turmeric on savouries.

MIRA



Age 8

What is your first memory of delicious food?

Fresh avocado with a squeeze of lemon juice and sprinkle of sea salt.

What sparked your interest in cooking?

I watch my mum cook every day, so I wanted to give it a try. I made my first pancakes with Mum.

What do you enjoy the most about cooking?

You get to mix all the different ingredients and they smell and taste good. I also like frying, because I like to hear the crackles in the fry pan.

What are your favourite ingredients and why?

Salt, garlic, butter and olive oil, because they make everything taste so yummy.

Who do you like to cook for?

My family and friends.

What are your specialty dishes?

Spaghetti bolognese, pizza, and silverbeet and cheese snail pie! There are no actual snails in the pie, I just like to roll them into snail shapes.

Who cleans up after cooking?

Sometimes I help my parents unload the dishwasher so there's space for the dirty dishes to go in.





CORN FISH PARCELS

Fish parcels celebrate the fact that simple food is often the most delicious.

This recipe makes sure that both your fish and herbs shine!

Serves 2

1 corn cob with husk

2 portions white fish fillet of your choice

4 tablespoons herb butter (see recipe on page 51)

Preheat oven to 180°C.

Peel husk and corn silk from the corn cob. Use half the husk to create two 'plates' on a baking tray.

Trim corn kernels from the cob and place half on each of the husk plates with as much of the corn silk as you like (this may not look like food but it's totally edible and delicious). Place 1 tablespoon of herb butter on top followed by the fish then another tablespoon of herb butter on top of the fish.

Cover the fish with the remaining corn husk then bake in the oven for about 30 minutes or until cooked. Cooking time varies depending on how thick or thin the fish fillet is. Fully cooked fish will be white in colour and the flesh will flake if you gently twist a fork in it.

Season with salt and pepper.



ZUCCHINI APPLE CHOCOLATE LOAF

Everyone loves dessert! When it comes to using up vegetables, you can fight food waste and eat cake at the same time! This is our favourite sweet treat to use up zucchinis.

Serves 12

2 eggs

1 ½ cups vegetable oil

1 cup grated zucchini

1 cup grated apple

2 cups self-raising flour

1 cup raw sugar

½ cup cocoa powder

1 teaspoon salt

1 cup chopped walnuts

Preheat oven to 175°C. Prepare a loaf tin by greasing it with a bit of cooking oil and dusting some plain flour on the oiled surface.

Place eggs, oil, zucchini and apple in a mixing bowl, then slowly add the remaining ingredients, mixing well.

Pour batter into the loaf tin and bake for 1 hour or until cooked. To test if cooked, remove tin from oven and insert a chopstick all the way through the middle. If the chopstick comes out clean it's cooked; if it's still wet, bake for a further 10 minutes.



CHERRY TOMATO, PEA AND RICOTTA TART

This easy pea-sy veggie tart is quick to make and looks impressive at any picnic party!

Serves 2

1 sheet frozen puff pastry

½ cup ricotta cheese

1 teaspoon dried oregano

1 punnet cherry tomatoes,
halved

3 baby carrots or 1 regular
carrot, cut into thin strips

½ cup frozen peas

Extra virgin olive oil

Sprig fresh thyme

Preheat oven to 200°C. Defrost puff pastry according to packet instructions then place on a lined baking tray. Poke pastry with fork to create holes for steam to escape.

Spread ricotta cheese evenly over the pastry to about half a centimetre thick, leaving a 1-centimetre border around the edge.

Sprinkle dried oregano over the ricotta.

Arrange the tomatoes, carrots and frozen peas on top of the ricotta however you like – randomly or in a nice pattern – then drizzle some olive oil all over it.

Place in the oven for about 25 minutes until the puff pastry is golden and the tomatoes look juicy. Sprinkle some fresh thyme leaves on top, cut into slices and enjoy.

DID YOU KNOW ALMOST HALF OF ALL FRUIT AND VEGETABLES PRODUCED END UP AS WASTE?

Each year in Australia, households throw away 3.1 million tonnes of food. **That would fill almost 17,000 jumbo jets!** But there are so many simple – and delicious – ways we can stop our food from ending up in landfill.

Packed with **awesome activities, fun facts and 50 delicious recipes** with beautiful photos to match, *Foodwise* will show you how to:

- Use up fruit and veggie scraps
- Turn leftovers into meals fit for a feast
- Make your own compost
- Start a garden journal

TRY THESE YUMMY RECIPES:

- Spicy peanut butter noodles
- Carrot top pesto
- Spinach pasta cups
- Calamari pancakes
- Banana and strawberry popsicles
- Zucchini apple chocolate loaf



'An essential ingredient for any budding cook or eco warrior' TORI HASCHKA

MARKETING & PR CAMPAIGN

- Digital and social media advertising
- Partnerships with sustainability organisations
 - Better Reading kids campaign
- Wide review, extract and interview coverage with parent and children's blogs, major print, digital and radio outlets

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