

PUP AND PAT'S

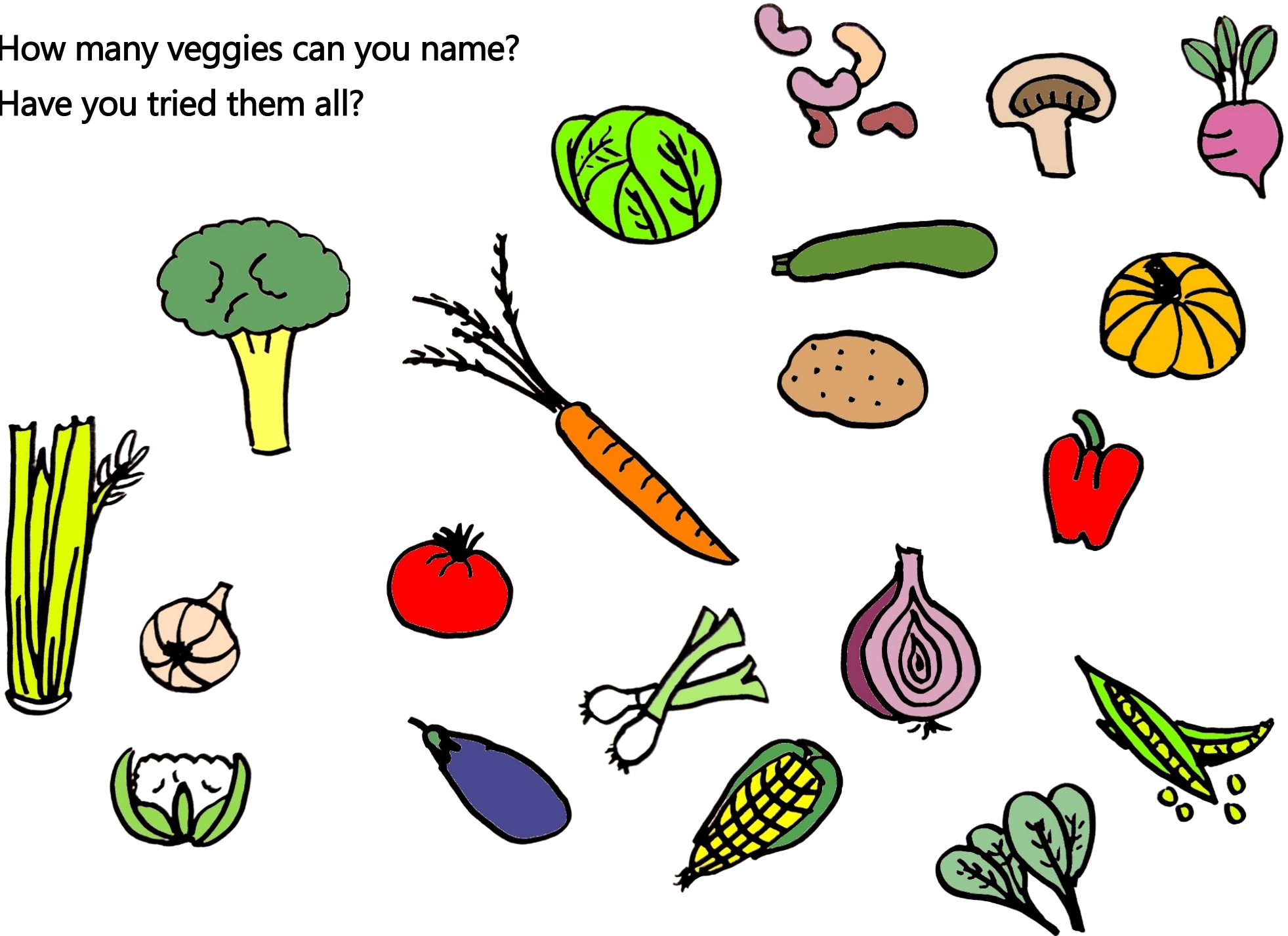


VEG adventure

Created by  students

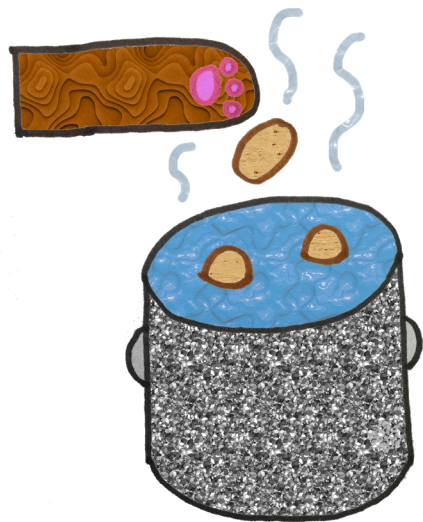


How many veggies can you name?
Have you tried them all?



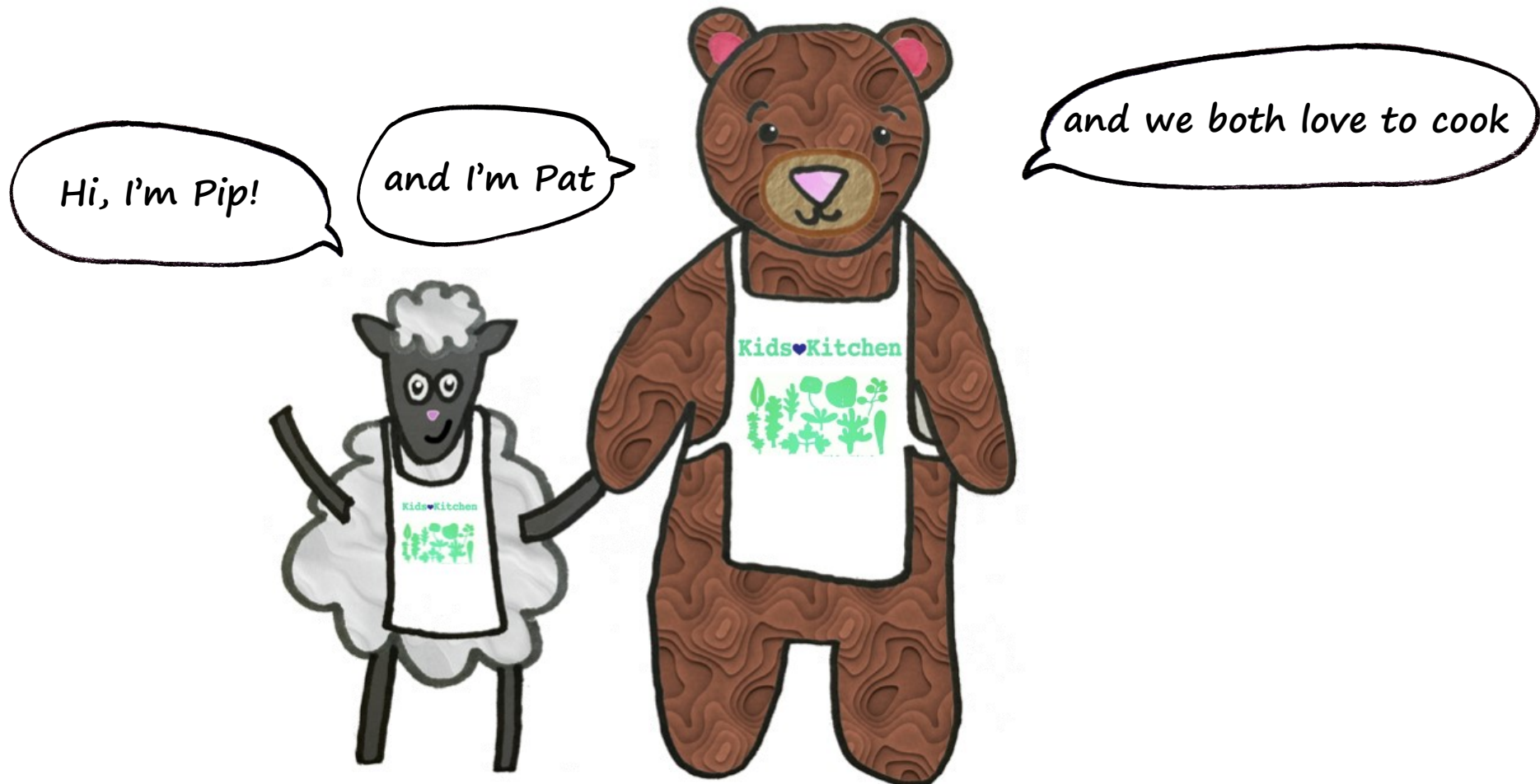
RIP AND RATS

VEG adventure



Daisy Anderson, Martha Bearne, Daisy Campen,
Callum Cockburn, Vivienne Reijnen and Maya Skelton

We make yummy veggie meals for all our Kids Kitchen friends,
right now we're making one of their favourites, Shepherdess Pie.
Would you like to join us?



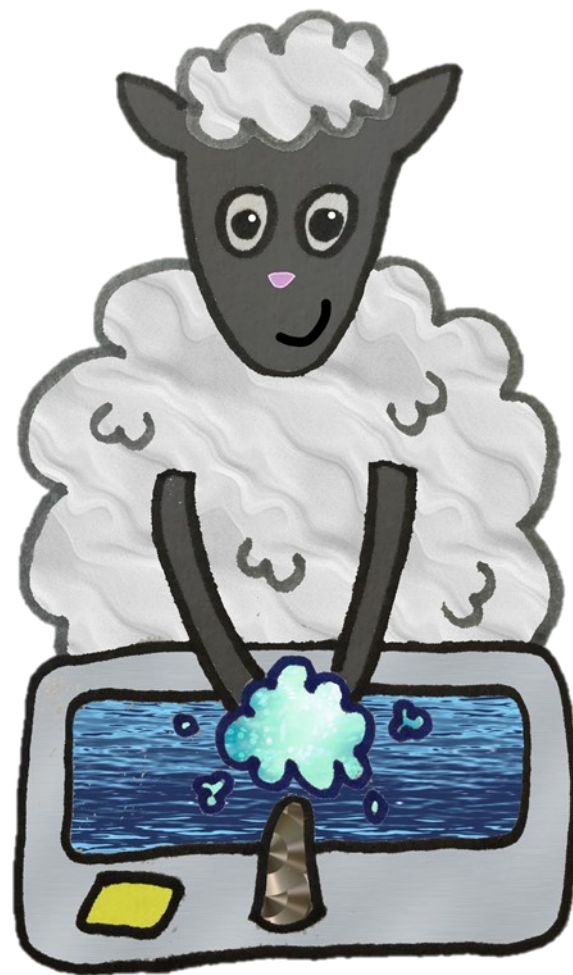
Yay! I knew you would help us. Before we start we need to wash our hands. We've made a song, and you can sing it too...

"When we cook we keep hands washed
We take our soap and squish and squash

Get bubbles around every bit
Make sure you get your fingertips!

With water now we splish and splash,
the dirt is gone in a flash

Now hands are clean, we're ready to cook
Let's have a look in our Kids Kitchen book!"

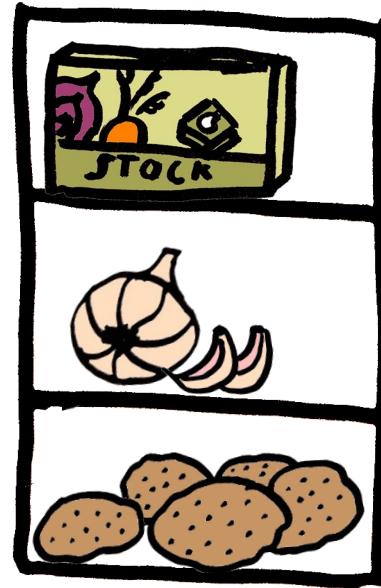


Ready? Now we need to
find our veggies!



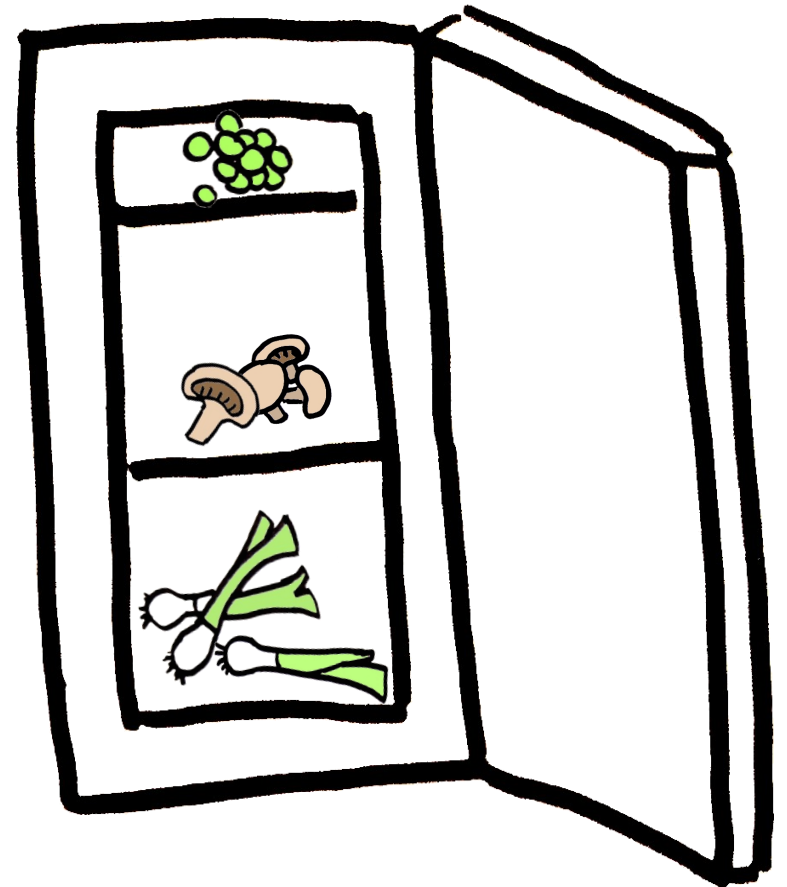
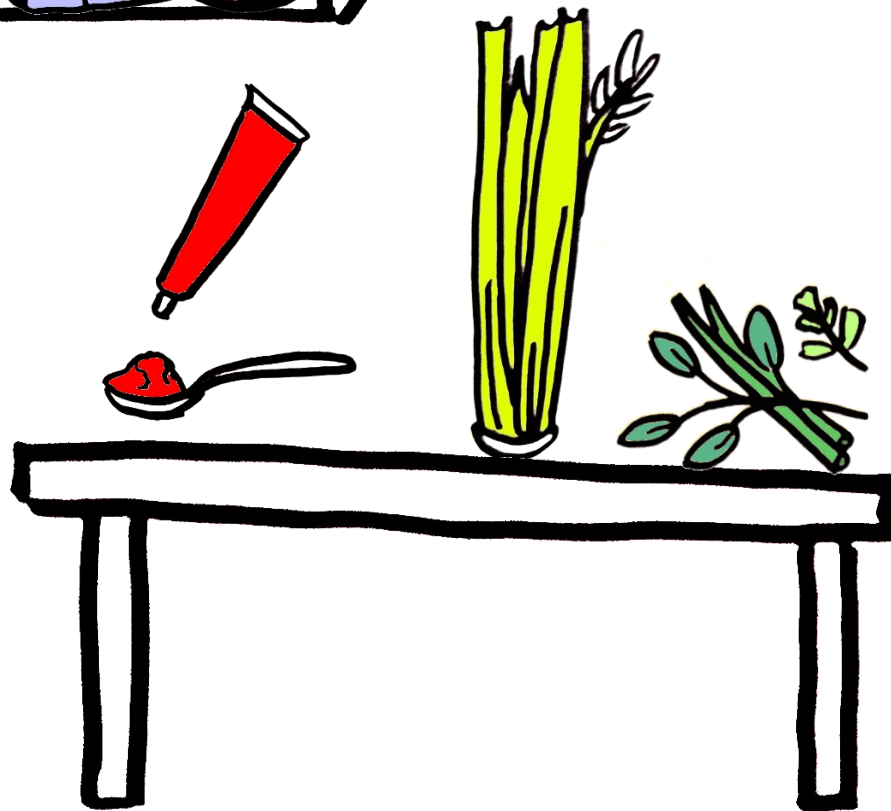
Ingredients

5 potatoes
3 spring onions
3 carrots
2 celery sticks
2 garlic cloves
2 big handfuls of mushrooms
Fresh herbs
2 tablespoons tomato paste
2 tablespoons flour
1-2 cups veg stock
2 cups frozen peas
1-2 cups dried lentils
Glug of olive oil



Can you spot them all?

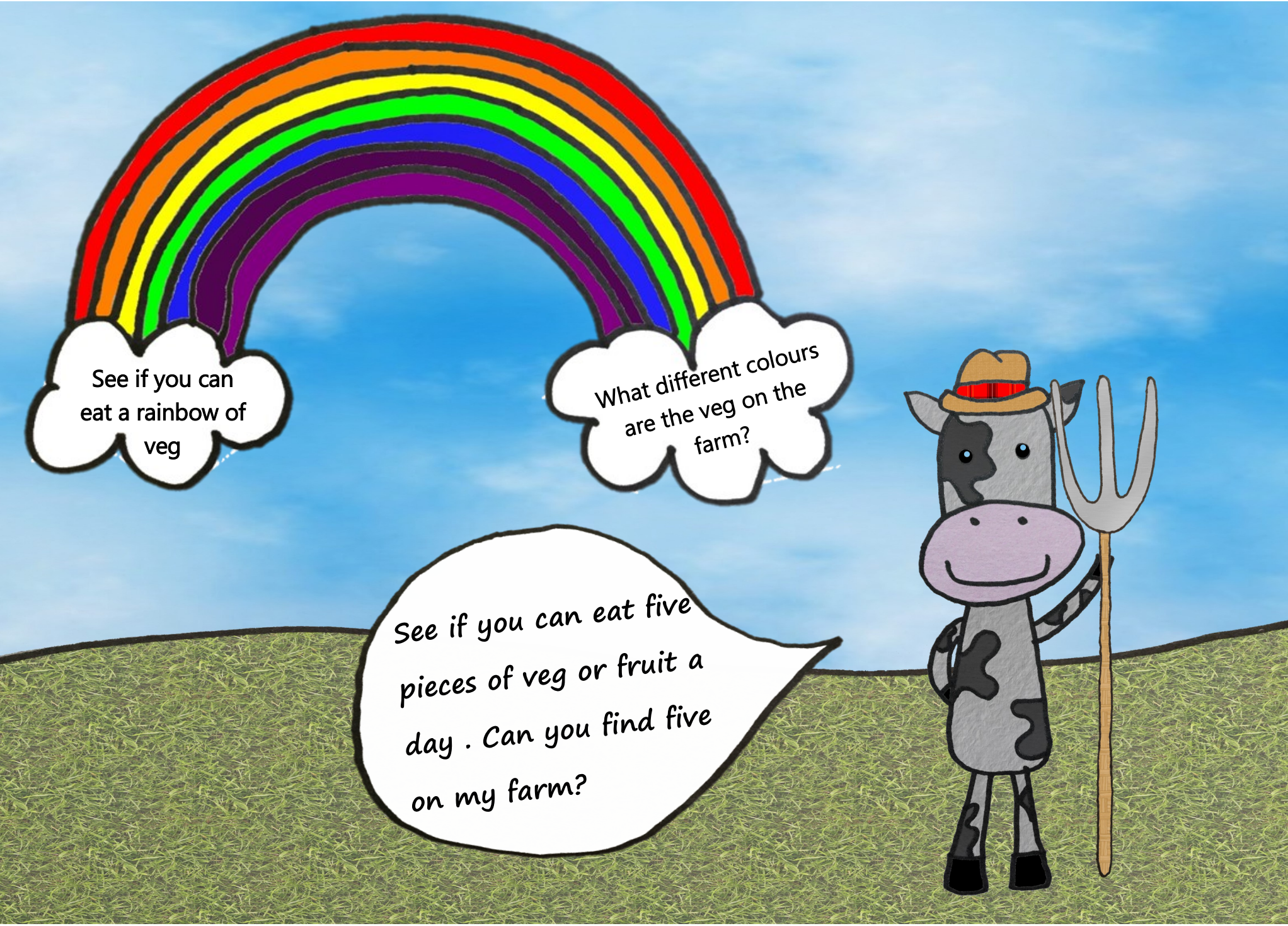
Where do you think these
veggies might be found?



Amazing job!
You were fab!

But wait, the kitchen's not where
our veggies are really found, no not
at all they grow from the ground!





See if you can
eat a rainbow of
veg

What different colours
are the veg on the
farm?

See if you can eat five
pieces of veg or fruit a
day . Can you find five
on my farm?



Well done everyone,
see veg is really fun!

They are

tasty and

CRUNCHY and

MUNCHY

and

Sweet

and

CRISPY

Bumpy

Long

Smooth

Juicy

Soft

Leafy

ROUND

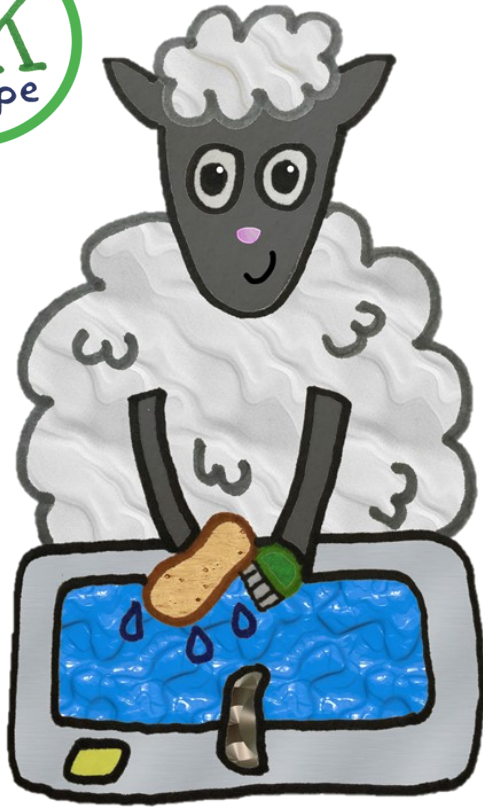
HARD

Shiny

Chewy

Can you think of any other words to describe vegetables?

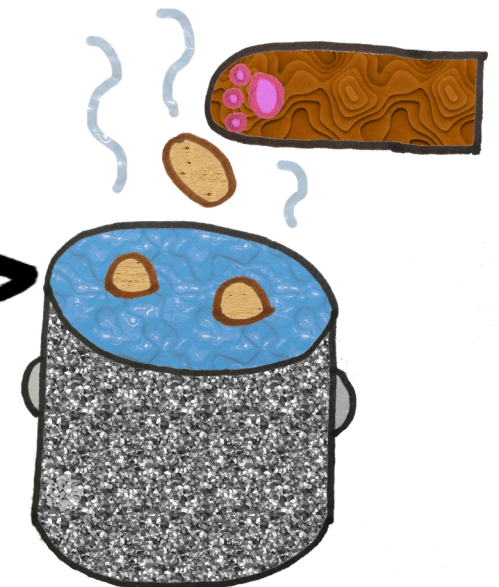
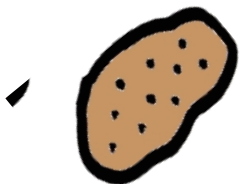




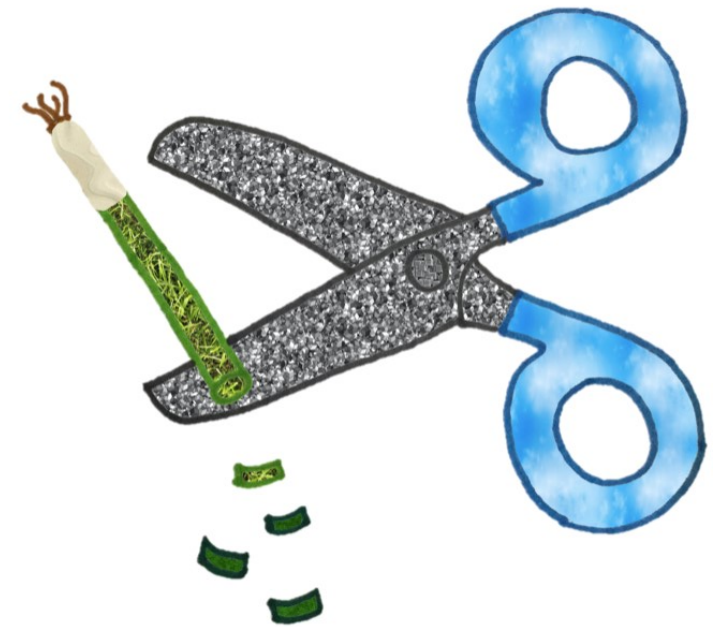
Now let's start cooking our Shepherdess Pie!

First we put the oven on to 180'C. We start with the mash, so scrub or peel the potatoes in the sink

Now us grown ups get a go! Boil the potatoes on the hot stove, we know when they're ready as Pip can cut through them – be careful and slow



Now grab your masher and squish them all down, they shouldn't be lumpy but look like a cloud

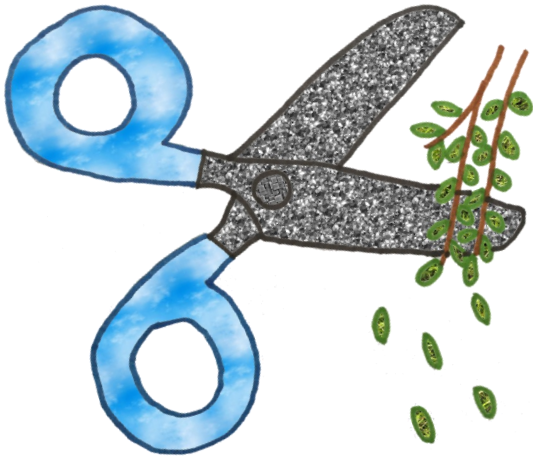


Now with our kids scissors we snip the spring onions into little circles





Get your herbs, put them in a cup, grab your scissors and snip them up!



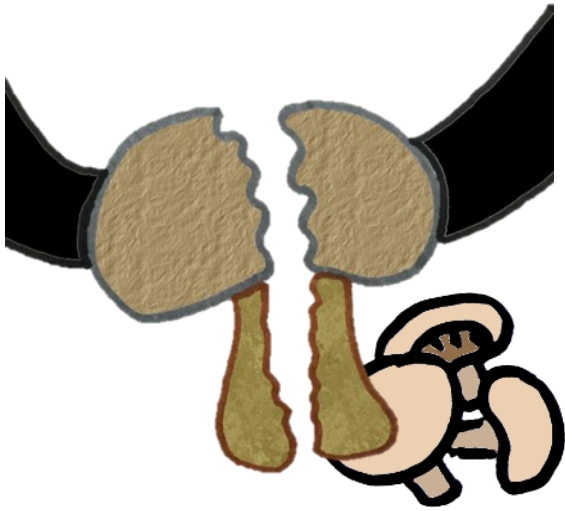
Now with the knife, we chop up the veggies... hold it carefully! We cut up the celery into small 'c's, then peel the skin off the garlic and crush it gently.



I cut the carrots –
Shall I do circles or
squares?



Don't they smell nice?



Grab the mushrooms, and tear them all up

*do mushrooms sound different
to when the carrot went
crunch?*

Now in a pan, with a little bit of oil,
we soften the veggies

*Use a wooden spoon to
make sure they don't burn*





In the same pan we add the flour, tomato paste, stock and frozen peas – stir it quick, then watch as it turns thick

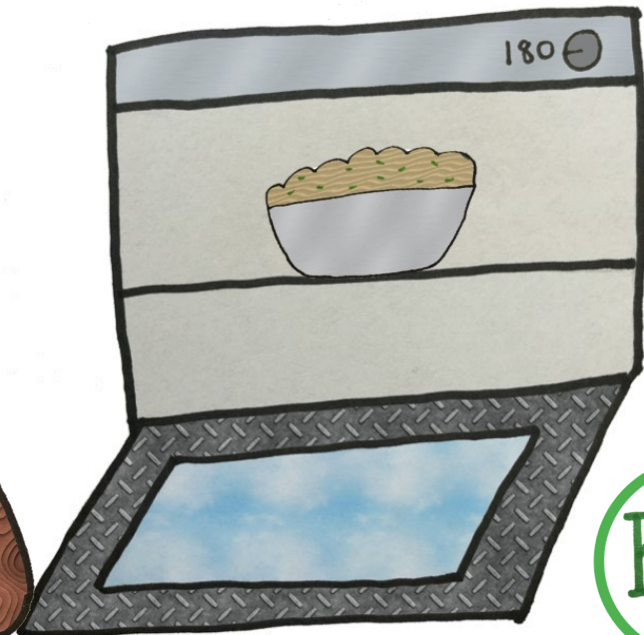
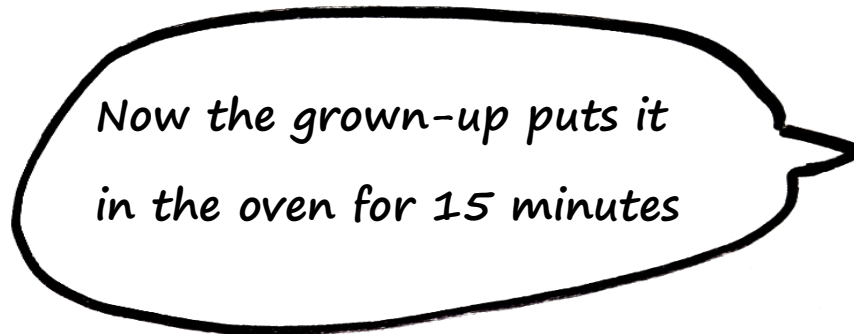
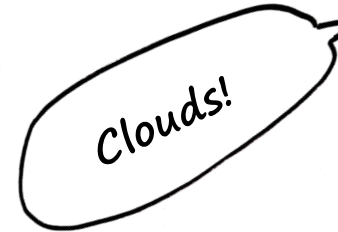
Pour it all into an oven safe dish

Now also add lentils, they'll soak up the stock, and have lots of protein to make you all strong

Careful, its ho-o-o-ot!

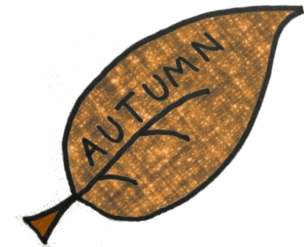
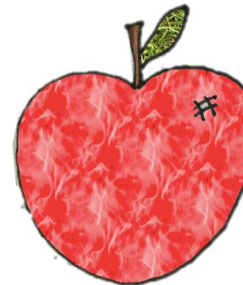
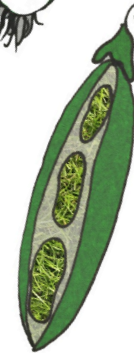


With a fork, we now
add the mash – add it
all evenly, but don't
squash it flat!



Here's a fun activity while you wait for your tea, can you match the fruit and veg to the seasons they're harvested in?

Veg is the most yummy and fresh when it's in season, you can always swap veg in the recipe for whatever veg is growing at the moment.



Bean = spring, strawberry = summer, apple = autumn, leek = winter

Yum! That smells good...What are the vegetables like now that they're cooked?

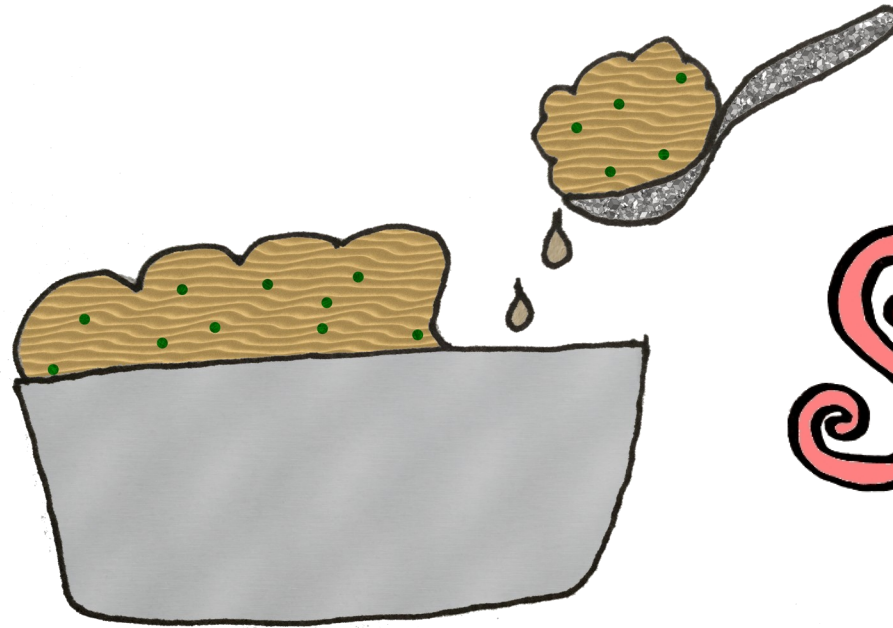
Saucy

CRISPY

SQUISHY

Soft

Chewy



Sweet

tasty

Juicy

We've seen how much fun
it is to cook and eat veg–
Yummy!

*How much do you
like veg now?*

*We really enjoyed cooking
with you all!*

Thanks everyone for helping us cook
this tasty meal – do you like yours
too? I bet you do; its healthy and
yummy and chewy and crunchy!



"we've had great fun and made a
nice meal

But now we've got to **clean up** –
that's the Kids Kitchen deal

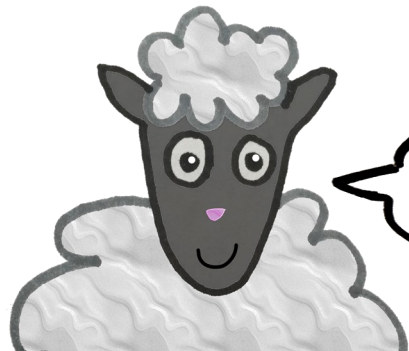
So grab your **soap** and **sponge** or a
cloth

A **tea towel** will help us **dry** off the lot

Thank you so much for helping us out –
Pip and Pat are super proud"



Pip and I love to cook and know you
will too with our Kids Kitchen book!
So, grab a spoon, tuck in and we'll
see you all soon!



How many carrots are
hiding in this book?



How many veggies have you tried now?
Which ones is your favourite?

This book was created by University of Exeter students in partnership with Kids Kitchen with support from the UoE Education Incubator and Challenges Online 2020

If you want to learn more about food sustainability you can sign up for University of Exeter's free short online course here:

[https://
www.futurelearn.com/
courses/future-food](https://www.futurelearn.com/courses/future-food)

Shepherdess Pie Ingredients

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2 tablespoons flour
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1-2 cups dried lentils
Glug of olive oil

Experiment
and try with
your favourite
veg

Any herbs,
fresh or dried
are tasty!

Why not try soya
beans for even more
protein or whatever
pulse is your
favourite

Daisy Anderson, Martha Bearne, Daisy Campen,
Callum Cockburn, Vivienne Reijnen and Maya Skelton

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EXETER

Kids♥Kitchen
Cook delicious food together

You Doodle