



2 before 12

**Skills for little people to shop, prep,
cook & eat their way to a healthy life.**



At Sanitarium Health Food Company, we're a passionate group of people who believe in the potential of every Australian to live well. The potential to be healthy – physically and mentally. And we believe this begins with a good start to life.

We created *12 before 12* because healthy food habits established in childhood largely determine our health over a lifetime. Yet here in Australia, where so many of us know what we should eat, the biggest barrier to achieving a healthier diet appears to be the how.

The evidence base behind this education initiative comes from a report called ***Little People Big Lives***. Through extensive analysis of the 21st century threats to children's health, it outlines a number of practical recommendations covering healthy eating, active play, sleep, screen time and emotional connection. Among the many findings, the research highlights that the relatively simple acts of involving children in planning meals, preparing food and eating together as a family, are among the most powerful things a parent can do to set their child up for a longer, healthier and happier life.

Our hope for *12 before 12* is that it brings families together to learn 12 practical skills that help make healthier eating easier and more enjoyable. We also hope it inspires a new conversation about dietary advice – one that recognises the barriers to why 95% of children (and 93% of adults!) still don't eat enough vegetables – and acknowledges the value of mealtimes in fostering social connection and providing children with a much-needed sense of belonging.

We want to acknowledge the incredible support of Sprout Cooking School in helping create the *12 before 12* cookbook. Led by dietitian Themis Chryssidis and chef Callum Hann (who you might recognise from the popular TV show *Masterchef*™), Sprout has shared our enthusiasm for this initiative and we could not have done it without their expertise and passion for nutrition education and teaching kids to cook. To learn more about Sprout visit www.sprout.edu.au



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Coconut Chickpeas Pg.43

A note for parents

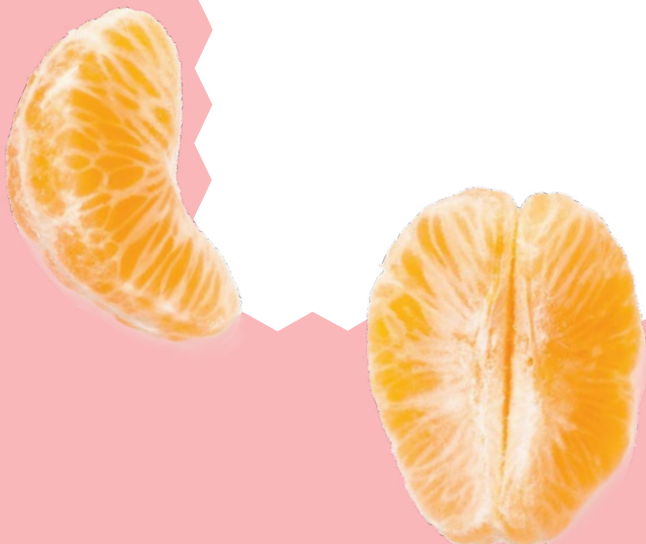
Advice and safety
tips pg.49

*This cookbook is more than
just a bunch of yummy,
good-for-you, easy-to-make recipes.
That would be so boring!*

It's a super-doooper food adventure
where you will discover how to shop,
cook and eat your way to a big life
that's full of awesomeness.

Nutrition experts have identified
12 skills that will help make healthy
eating easy for the rest of your life.
But can you master them all before you
turn 12 years old?

www.12before12.sanitarium.com.au



My Cookbook

Name:

Age:

My favourite fruits:

My favourite vegetables:

The best thing about breakfast is:

For lunch I like to eat:

When I'm thirsty I like to drink:

The best thing about dinner time is:

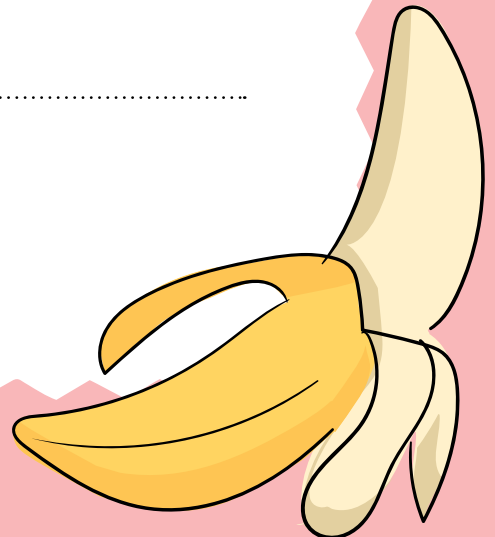
I love it when Mum/Dad cooks:

I want to learn how to cook because:

My favourite recipe:

Paste your
picture here

Paste a photo of
your favourite
meal here



Never fear we're here to help!

Meet Will, Sally and Nate. They are here to guide you on the 12 before 12 journey. Look out for their fun facts and helpful tips along the way!

6



Waste Warrior Will

Mission: To save the world one bag of wasted food at a time

Hi everyone! My name is Will and I hate to see good food going in the rubbish. Did you know the average Australian household throws away almost \$4000 of groceries every year? That's like, 10 PlayStations™! And don't even get me started on how all this waste impacts the environment – it just makes me sad. Will you join me on my mission to reduce food waste?

Safety Inspector Sally

Mission: To protect every Aussie kid from getting hurt or sick while preparing or eating food

Listen up kids of Australia! Sally is the name and safety is my game. Scratch that, safety is NOT a game. No kidding, I am totally serious about it. Cooking can be heaps of fun, but sometimes when I'm not around things can go badly. Think cuts, burns and falls – ouch, ouch and ouch! I'm also here to save you from accidentally giving your whole family food poisoning. Sounds funny, but I promise you it is no laughing matter! Take care and I'll see you on page 16.



Nutritionist Nate

Mission: To share his love of food and science to help kids everywhere enjoy a healthy and happy life

G'day! Are you ready to join me on this learning adventure? I've spent years studying everything there is to know about nutrition, and guess what I've discovered? Healthy eating is actually very easy – you don't even need those superfoods everyone keeps talking about! My top 3 tips: eat more whole foods like vegetables, fruits, wholegrains and legumes, drink more water and cook more at home. What's so hard about that? Can't wait to teach you more!

Skill 1: Speedy Shopper



Healthy eating starts with the foods and drinks your family puts into the shopping trolley. Sounds easy, right?

Wrong. It is so easy to get distracted at the supermarket by sale items and colourful packaging. Before you know it, that short trip to the shops has turned into a never-ending ordeal. Enough already!

Boredom aside, a longer time spent food shopping typically means more things your family doesn't need (not good for waste, waistlines or wallets) and steals time away from better things you could all be doing.

3 tasks to help your family become speedy shoppers:

1. Help with planning the weekly menu

If you don't have a plan, then how will you know what you need to buy? Without a plan, there is also a very good chance that you won't have everything you need when you do cook a meal which means you will need to return to the shops again. Nooooo!

3. Order your list into different categories

Hit warp speed by dividing your shopping list into different categories. This means you won't need to go back and forth between different shops or supermarket aisles. List your shopping into the following categories:

Fruit:

Vegetables:

Protein (legumes, meat):

Fridge/Freezer:

Dry Goods:

Drinks:

Other:

2. Learn to write a shopping list

Once you know what you are going to cook, it's then time to write your shopping list. First, take a look at the foods and drinks you already have in the fridge or pantry. Then, write down everything else you will need to buy, think about quantity too. Finally, don't forget to take the list to the shops and tick the items as you find them.

Waste Warrior Tip

Making a plan **before** you go shopping is important! It helps you only buy what you need. This means you don't throw away food which has gone bad because you didn't have a plan for how you were going to use it. You'll save money too! Ka-ching!



Skill 2: **Label Lingo**



You'll find food labels on all pre-packaged foods and drinks in Australia. They contain LOTS of information to help you make better food choices – but they can be pretty confusing too!

It's especially important to learn how to read food labels if you have allergies or other health conditions like diabetes.

Health Star Rating:

Even grown-ups struggle to understand packaged food labels. That's one of the reasons why the Australian Government introduced the Health Star Rating. It's pretty simple to learn – the more stars a packaged food or drink has, the healthier the choice. Use the Health Star Rating to compare similar packaged products, like one breakfast cereal with another breakfast cereal.



*You'll find a
5 Star label
on products
like Weet-Bix™
or UP&GO™
No Added Sugar!*

Nutrition Information Panel (NIP):

This detailed box lists all the energy, protein, fat, carbohydrate, sugar, dietary fibre and sodium that the food or drink contains. Sometimes it might list other nutrients too, like calcium, iron and vitamins.

Learning to read a NIP is an advanced skill, but if you think you're ready visit www.sanitarium.com.au and search 'food labels' to find out more.

Ingredients List:

Every ingredient of a packaged food or drink is listed here in order from the highest quantities to the least. Allergens are listed in bold font and there will be an allergen statement below the ingredient list to make sure that people know these ingredients are in the product. Some common allergens include peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy and wheat.

Nutritionist Nate Tip

Some of the most nutritious foods in the supermarket don't have labels on them. In fact, they don't even have packaging – except their natural skins of course!

I'm talking about fresh fruit and vegetables and you don't need to be a food fact fanatic like me to know that these foods are super good for you.



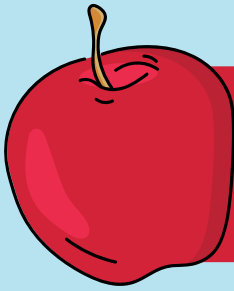
Skill 3: Seasonal Selector



You've heard of summer, autumn, winter and spring. But did you know different fruits and vegetables grow best at different times of the year? It's nature's clever way of ensuring we enjoy a wide and varied diet.

Funnily enough, the fruits and vegetables 'in season' often coincide with what we need and desire at that time of the year. For example, citrus fruits are readily available in winter and are a great source of vitamin C, which can help fight off those pesky colds and bugs. Likewise, root vegetables such as potatoes, carrots and pumpkin flourish in winter and lend themselves well to roasting or slow cooked meals, which is exactly the style of food that many of us enjoy in the cooler months. Or in summer when it's hot, juicy fruits and lighter vegetables grow well and lend themselves well to the fresh salads and lighter meals that we crave.

4 big reasons to love fresh seasonal fruit & vegetables:

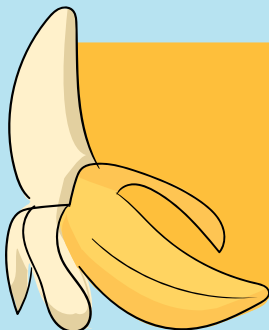


They cost less!

Seasonal produce is more affordable due to greater supply and lower costs associated with growing and transporting produce to consumers.

They're packed with nutrients!

Fruits and vegetables get most of their nutrients from the soil they are grown in. When a product is grown and consumed in season it has spent the maximum amount of time in the soil, which means maximum nutrients too!

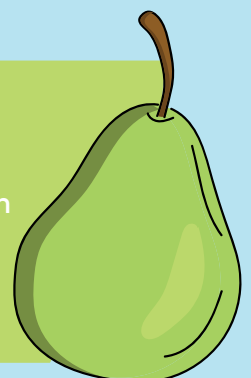


The environment wins!

Eating within season reduces the carbon footprint by minimising emissions related to product transport and packaging. It also helps to reduce the need to over-harvest the land. This ensures that the nutrient content of the soil can remain high for many more years.

They taste awesome!

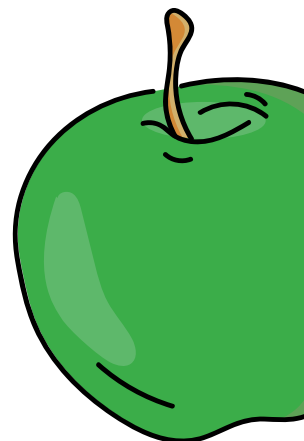
Seasonal produce is grown in the optimal growing conditions which impacts quality and taste. Usually, seasonal produce comes from local growers, which means it has been allowed to ripen for longer in the ground or on a tree before being picked. This allows the flavour to develop more than a product, which is grown out of season and picked early for transport.





In Australia,
apples are normally
at their crunchy,
yummy best in
cooler months.

Ricotta, Apple and Cinnamon Hotcakes



Serves: 4 people

Prep: 15 mins

Cook: 30 mins

Ingredients:

4 green apples

1/3 cup caster sugar,
plus 2 tbs extra

3/4 cup firm reduced-fat
ricotta

3/4 cup So Good Regular Soy Milk

1 tsp vanilla

2 eggs, separated

1 cup wholemeal self-raising
flour, sifted

1 tsp ground cinnamon

1 tbs margarine

2/3 cup low-fat natural yoghurt

Step 1:

Core and cut two apples into eights. Coarsely grate the remaining two apples. Keep grated apple and wedges separate.

Step 2:

Combine apple wedges and 1/3 cup caster sugar in a medium saucepan. Add just enough water to cover the apples. Bring to the boil over high heat. Reduce heat to medium-low and simmer gently for 10-12 minutes or until apples are just tender. Remove apples and set aside. Return poaching liquid to high heat. Boil for 8-10 minutes or until a light syrup forms.

Step 3:

Place the ricotta, milk, vanilla and egg yolks in a medium bowl. Use a spatula to combine and press out any lumps. Stir through grated apple. Mix in flour, ground cinnamon and remaining two tbs caster sugar until just combined. In a separate bowl, whisk the egg whites until stiff peaks form. Gently fold egg whites through ricotta mixture.

Step 4:

Melt margarine in a large frypan over medium-low heat. Add 1/4 -cup portions of mixture. Cook for 2-3 minutes or until bubbles appear and hotcakes are golden underneath. Flip and cook for a further minute. Remove hotcakes from the pan and keep warm. Continue cooking the remaining mixture.

Step 5:

Spread yoghurt between serving plates. Top with hotcakes and poached apples. Drizzle of the poaching liquid syrup.



Berries are awesome in summer but frozen berries can be a handy option out of season.

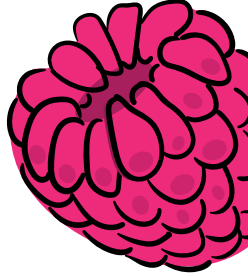


Breakfast Berry Trifle

Serves: 4 people

Prep: 5 mins

Cook: N/A



Ingredients:

2 cups low-fat natural yoghurt

2 tbs honey

4 Weet-Bix™ Gluten Free, crushed

1/2 cup almonds, chopped

1 cup raspberries (fresh or frozen)

1 cup blueberries (fresh or frozen)

Running out of breakfast ideas?

This simple trifle with layers of yoghurt, crunchy Weet-Bix™ and fresh berries will be a taste and texture explosion in your mouth!

Step 1:

Combine yoghurt and honey in a medium bowl.

Step 2:

Divide yoghurt between four serving glasses or bowls. Top with crushed Weet-Bix™ and almonds. Sprinkle over raspberries and blueberries.



Skill 4: Recipe Ready



The key to success in the kitchen is being organised. Here are a few tips from the pros at Sprout Cooking School!

Carefully read your recipe from start to finish before you start cooking.

This will ensure you understand how long the dish will take to prepare, and allows you to think ahead and plan your movements around the kitchen.

Before you start cooking **ensure you have all the ingredients** you need and that they are portioned and ready to use. There's nothing worse than realising you don't have an ingredient half way through the recipe!

Get all of the equipment you need out of cupboards and ready to use, this includes lining baking trays and doing anything you can before you start cooking to make your actual cooking experience much easier and stress free.

Cooking Terms

Bake: Food is cooked in dry heat without direct exposure to a flame, typically in an oven.

Boil: Food is placed in a pot of vigorously bubbling water.

Cream: Working together butter and sugar to make a smooth mixture.

Deep Fry: Food is fully submerged in very hot oil for cooking, colouring or crisping.

Fry: Food is cooked in a frying pan with a small amount of oil over high heat.

Grill: Food is cooked on a plate and exposed to very hot direct heat from below or above.

Poach: Food is placed in a pot of barely bubbling water to slowly cook through.

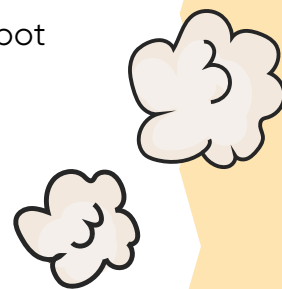
Shallow Fry: Food is partially submerged in very hot oil for cooking, colouring or crisping.

Simmer: Food is placed in a pot of gently bubbling water to cook through.

Steam: The food is placed in a container with a lid and holes in the bottom. The container sits above boiling water.

Stir-fry: Food is cooked quickly at high temperatures in a wok to retain its colour and texture.

Sweat: Food is fried lightly and then cooked over a medium heat in its own juices that are released during the cooking process.



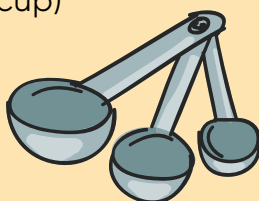
How to Measure

When you first start learning to cook, measuring ingredients with accuracy can be the difference between a fantastic meal and a complete flop. This is especially true with baking or desserts, but you often don't need to be as precise with savoury dishes.

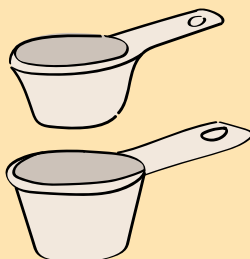
Choose the right tool for the job

Having a range of measuring tools will help. But knowing which tools to use is the skill of the master measurer.

Measuring spoons: Used to measure small amounts of ingredients (less than 1/4 cup) for example 1 tablespoon of caster sugar. Usually used for solid or dry ingredients but can be used for liquids too.



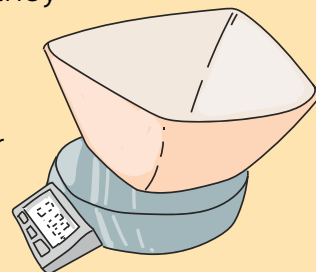
Measuring cups: Used to measure amounts of ingredients in moderate to large quantities where the exact amount of an ingredient is not important for example 1 cup of raspberries. If you accidentally added a little more than 1 cup of raspberries to the breakfast berry trifle recipe, it would not ruin the recipe.



Measuring jugs: Used as a more practical way than cups to measure larger volumes of liquids. For convenience measuring jugs often have cup measures and also millilitres.



Scales: Used to measure specific amounts of ingredients, usually solid or dry. Scales measure ingredients in weight or they can also convert measurements to volume. Scales are the most specific method for measuring ingredients and are often important when baking desserts.



Know your abbreviations

Take a look at any recipe's ingredients list and you'll probably see words like tsp, tbs, g, L and mL. These are called abbreviations and they indicate units of measure.

Unit of measure:

Abbreviation:

Teaspoon



tsp

Tablespoon



tbs

Millilitre



mL

Litre



L

Gram



g

Kilogram



kg

Skill 5: Safety Inspector



16

You made it!

Welcome to the most important page of this book and it's mine, all mine!

Some people say that I'm no fun and I just don't think that's fair. I'm all about fun. It's getting hurt in the kitchen that isn't fun. So before you get too carried away whipping up a super delicious meal, take a moment with an adult to run through my top tips for a safe kitchen experience!

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Parents and carers – don't miss my safety advice just for you on page 49.

Your Body

- Don't wear loose-fitting clothing.
- Don't wear dangling jewellery or accessories.
- Always wear closed-in shoes, and make sure your laces are tied.
- Always have long hair tied back.

Cleanliness

- Clear the kitchen of all toys and potential trip hazards.
- Clean up food waste and rubbish as you go. A scraps bowl on your kitchen bench can help.
- Clean spills immediately. The floor should be dry at all times.
- Clean dishes as you go.

Kitchen Equipment

- Keep handles of pots and pans facing inward on the stove top.
- Use a dry tea towel or oven mitt to carry pans with hot handles.
- Try to allow pots and pans to cool before moving unnecessarily around the kitchen with them.
- Warn others when you are carrying something hot or dangerous such as a pot of boiling water, frying pan or sharp knife.

Focus

- Concentrate – just do one thing at a time.
- Music is ok, but turn the TV off.
- Don't get distracted by other people or things taking place around you.

Food safety matters too!

- Wipe your kitchen bench with an antibacterial cleaner or warm soapy water before and after cooking.
- Thoroughly wash your hands with hot soapy water before you start cooking.
- Wash your hands regularly throughout the cooking process, especially after touching 'high risk foods' like raw meats, poultry and fish.
- Always wear clean clothes and a clean apron. Wash your apron after every use.
- Regularly replace kitchen cloths, tea towels and sponges.
- Never touch your face, mouth, eyes or sneeze into your hand while cooking. If you do, stop cooking and wash your hands immediately.

Visit www.12before12.sanitarium.com.au for more info on kitchen hygiene, use by & best before labels, safe food storage, reheating foods and more.

Skill 6: Chop Like a Boss



Learning to use a knife is an essential part of prepping, cooking and eating. We want you to become confident slicers and dicers, because those who can chop like a boss are more likely to enjoy preparing healthy foods. Why? Because they can do it so quickly and easily.

Knife Safety Rules

- Do not leave knives or sharp things such as graters in sinks or anywhere where they cannot be clearly seen.
- Avoid moving around the kitchen with knives.
- If you need to, carry knives by your side with the knife facing down.
 - Get into the habit of always keeping your knife in a 'safe spot' above the chopping board.
 - Use a large, firm, stable chopping board to prepare food.
 - Always place a non-slip mat or damp paper towel or cloth underneath your board to stop it from sliding around.
 - Only have one ingredient on your board at all times to ensure your chopping board remains clean and organised.



Knife Techniques

The Tunnel



The tunnel is a safe way to cut an ingredient that does not have a flat edge into half, making it easier to manage.

Use your thumb and first finger on your non-dominant hand to firmly grip the ingredient you are cutting in half.

Place the knife on top of the ingredient and between your thumb and first finger and then carefully cut the ingredient.

Rock Chop



Rock chop is used to chop small ingredients roughly for example herbs and nuts.

Position the tip of the knife so that the end of the blade is resting on the board and ingredient is under the remaining part of the blade which is slightly raised from the board.

Place your non-dominant hand on the end of the knife and use your dominant hand to raise and lower the knife onto the ingredient.

Crab Claw



Crab claw ensures you do not cut your fingers as it keeps your fingers tucked in behind your knuckles which are used to guide your knife.

Place your fingertips from your non-dominant hand on the ingredient and move your knuckles forwards until they are just in front of your fingertips.

Rest your knuckles on the knife to guide and balance the knife as you are slicing your ingredient to prevent it from slipping.





This great veggie dish will quickly become a family favourite! The roasted eggplant is covered with rich tomato sauce, melted cheese and a crunchy Weet-Bix™ crumb.

Eggplant Parmigiana



Serves: 4 people

Prep: 15 mins

Cook: 45 mins

Ingredients:

2 eggplants, halved lengthways

1 tbs olive oil, plus 1 tbs extra

1 brown onion, finely chopped

4 garlic cloves, thinly sliced

400g tin of chopped tomatoes

1 bunch of basil, leaves picked

2 Weet-Bix™, crushed

40g parmesan, finely grated

1/4 bunch of parsley, chopped

zest and juice of 1 lemon

1 cup reduced-fat grated cheese

2 cups baby spinach

250g cherry tomatoes, halved

2 radishes, thinly sliced

2 tbs sunflowers seeds

Step 1:

Preheat oven to 220°C (fan-forced). Line a baking tray with baking paper. Brush the cut side of eggplant with a little oil. Place cut side down on the prepared tray. Bake for 20–25 minutes or until just tender.

Step 2:

Heat one tbs oil in a large frypan over medium heat. Cook brown onion for 3–4 minutes or until soft and translucent. Add garlic and cook for a further minute or until fragrant. Pour in chopped tomatoes and simmer for 4–5 minutes or until thick. Stir through basil leaves.

Step 3:

Combine Weet-Bix™, parmesan, parsley and lemon zest in a small bowl.

Step 4:

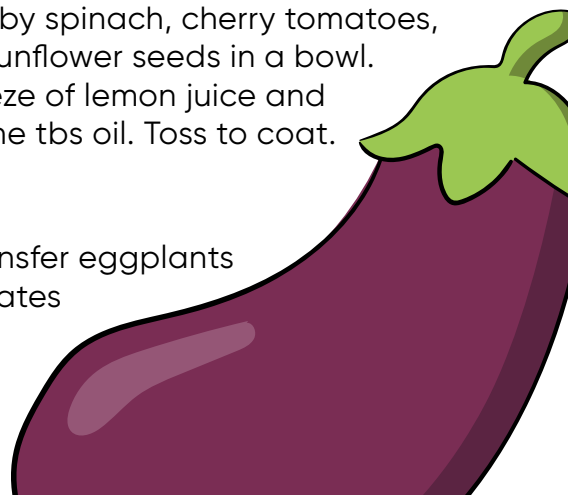
Once eggplants are tender, turn over, so they are cut side up. Spoon on tomato mixture. Sprinkle over grated cheese and Weet-Bix™ crumb. Return to the oven for 8–10 minutes or until golden and bubbling.

Step 5:

Combine baby spinach, cherry tomatoes, radish and sunflower seeds in a bowl. Add a squeeze of lemon juice and remaining one tbs oil. Toss to coat.

Step 6:

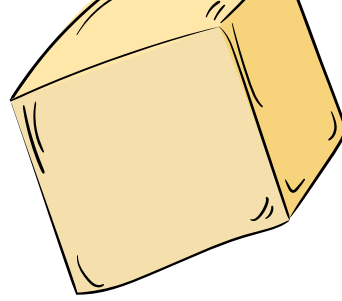
Carefully transfer eggplants to serving plates with salad.





Laksa is perfect if you love slurping up soupy noodles. With plenty of tofu and vegetables as well, a bowl full of this laksa will warm you up quick smart.

Vegetarian Laksa



Serves: 4 people

Prep: 15 mins

Cook: 20 mins

Ingredients:

For laksa paste:

1 brown onion, chopped

6 garlic cloves, peeled

thumb-sized piece of ginger, peeled

**1/2 bunch of coriander, stems
and leaves separated**

1 tsp turmeric

1 tbs reduced-salt tomato paste

For laksa:

1 tbs olive oil

1 lemongrass stalk, bruised

400mL tin reduced-fat coconut milk

500mL reduced-salt vegetable stock

1 tbs reduced-salt soy sauce

1 tbs brown sugar

500g firm tofu, cut into 2cm squares

2 cups snow peas, thinly sliced

150g thick rice noodles

1 lime, cut into wedges

Step 1:

To make the laksa paste, combine onion, garlic, ginger, coriander (stems only), turmeric and tomato paste in a small food processor. Blitz until smooth.

Step 2:

Heat oil in a wok or large frypan over medium-high heat. Add prepared laksa paste and lemongrass. Cook, stirring, for 2-3 minutes or until fragrant. Add the coconut milk and vegetable stock and stir to combine. Season with soy sauce and brown sugar.

Step 3:

Bring broth to the boil then reduce heat to medium-low heat. Add tofu and simmer for 3-4 minutes or until warmed. Add snow peas for the last minute of cooking.

Step 4:

Meanwhile, bring a medium saucepan of water to the boil. Boil rice noodles for 4-5 minutes or until tender.

Step 5:

Divide noodles between serving bowls. Top with tofu and snow peas. Pour over broth. Finish with coriander leaves and serve with lime wedges.





Focaccia Pizza

with
Salad



Serves: 6 people

Prep: 15 mins

Cook: 40 mins

Ingredients:

1 1/2 cups wholemeal self-raising flour, plus extra for dusting

1 tbs caster sugar

pinch of salt

165mL soda water

2 tsp dried oregano

2 tbs olive oil, plus 1 tbs extra

1/2 cup tomato passata

2 garlic cloves, crushed

1/2 cup kalamata olives, pitted and halved

125g fresh mozzarella ball, torn

For salad:

1 baby cos lettuce, leaves torn

1 lebanese cucumber, halved and thinly sliced

1 avocado, diced

1 bunch of basil, leaves picked

1 tbs white wine vinegar

Step 1:

Preheat oven to 220°C (fan-forced). Line a baking tray with baking paper.

Step 2:

Combine flour, sugar and salt in a large bowl. Make a well in the centre. Pour in soda water and 1 tbs oil. Mix with a wooden spoon until a soft, sticky dough forms. Transfer dough to the lined baking tray. Dust clean hands with flour to stop the dough sticking, then press out into a 2cm round. Sprinkle over with oregano. Bake for 20-25 minutes or until golden brown.

Step 3:

Meanwhile to make the salad, combine cos lettuce, cucumber, avocado and half the basil leaves in a medium bowl. Drizzle over white wine vinegar and remaining 1 tbs oil. Toss to coat.

Step 4:

Remove focaccia from the oven. Stir tomato passata and garlic together in a small bowl. Spoon over focaccia. Top with remaining half the basil leaves, olives and mozzarella. Return to the oven and bake for 10 minutes or until cheese is melted and golden.

Step 5:

Remove focaccia from the oven, transfer to a chopping board and slice. Serve hot alongside salad.



My Food Diary

Notes:

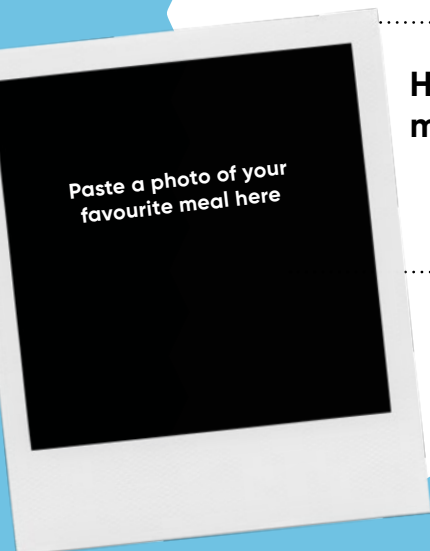
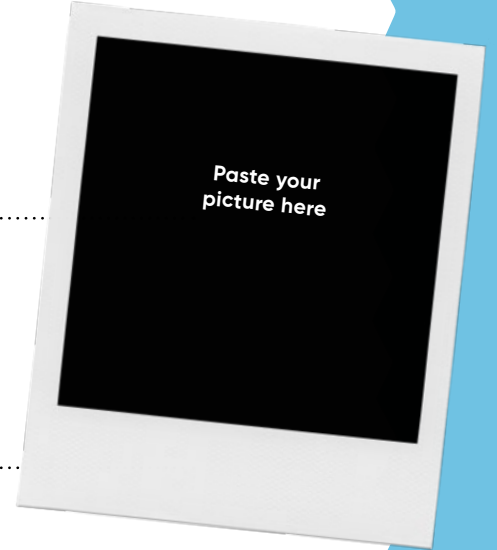
Something I learnt:

Something new I tried:

Something new I liked:

My favourite 12 before 12 recipe so far is:

**How I changed a recipe to suit me,
my family or the season:**



The Good Word on Water

Water is nature's original thirst quencher. It's the most nutritious, affordable and readily available drink for most people in the world!

Water is essential for life. It helps absorb and transport nutrients and oxygen around your body, lubricates and protects joints, cells and organs, assists digestion, removes waste products and keeps you full and alert. In fact about 60% of the human body is water!

In Australia we are so lucky to have amazing quality tap water. It contains flouride which is important for healthy strong teeth.

Water should be your beverage of choice before juice, cordial, sports drinks, soft drinks and other sweetened beverages, which can often contain too much sugar.

Aim to drink two litres of water per day!

Here's some of my favourite ways to drink more water:

Add some flavour with a squeeze of fresh citrus such as lemon, lime or orange, slices of fruit or even zesty herbs, like mint.

.....
Always carry a water bottle with you.

.....
Drink a large glass of water when you wake up in the morning to kick start the habit for the day.

.....
Drink at least one large glass of water with every main meal.



Skill 7: Grill Master



Everyone thinks that the most important and difficult part of cooking takes place at the grill, this couldn't be more wrong!

Getting correctly prepped and being organised in the kitchen is definitely the most important thing to worry about!

Recipes will often tell you what temperature and how long to cook something, but rarely do they tell you what to do before it hits the grill.

5 top tips for tip top cooks:

1. Chop like a boss and measure out all your ingredients before you start cooking and have all the utensils you'll need ready too!

2. When you take ingredients from the fridge, allow them to increase slightly in temperature before you add them into a hot pan, this includes vegetables, meats or anything that is usually stored cold. Obviously, don't keep it out of the fridge too long because it could spoil, but around 15 minutes will help most ingredients cook more evenly.

3. Always start with the pan, grill or any kitchen equipment slightly hotter than you need it. This is because when you add your ingredients into the pan, the temperature will reduce. We don't want the temperature to reduce too much because this will impact the end result.

4. Don't overcrowd your pan or grill. If you add too much to your pan all at once, the temperature of your pan will reduce and take a long time to come back to the temperature you want – that means your food will take longer to cook too!

5. Add oil to your pan to help cook your ingredients. Oil is an important part of cooking because as a liquid it is able to move into and around all of the little nooks and crannies that exist in ingredients, it then transfers heat from the pan to the ingredients and ensures foods cook evenly.



Skill 8: Waste Warrior



7.3 million tonnes of food goes to landfill every year in Australia - and 75% of that comes from households just like yours! Throwing away food is a big waste of money and an even bigger waste of all the resources that go into growing, making and transporting food from the farm to your family.



10 ways to be a Waste Warrior:

1. Only buy what you need.

Before your parents go shopping, help them look at what is already in the fridge, plan what to cook, write a shopping list and stick to it!

2. Know your dates.

'Best before' means the food's taste, colour or consistency will reduce over time, but it's usually safe to eat for a little while after this date. But don't mess around with 'Use by' dates. Once foods pass this date they could make you sick if you eat them. Find a way to use these foods soon after buying them!

3. Be flexible with your ingredients.

If a fruit, vegetable or anything else appears to be getting old try to use it in a meal before it's too late. Pizzas, frittatas and stir-frys are just some recipes where you can play around with ingredients.

4. Eat the ugly stuff.

Don't discriminate because a carrot isn't its usual shape, or that apple has a few spots on its skin. They taste just as good as the perfect stuff.

5. Be like Elsa.

Freeze foods or leftover cooked meals so you can eat them later. Check out the food safety tips on the *12 before 12* website for more advice on freezing foods.

6. Use it all.

Old vegetables and preparation scraps like the end of onions can be used to make stocks, sauces, jams, pickles or anything else that you can preserve!

7. Don't overload your plate.

Start with a small serve, you can always add more if you're still hungry.

8. Eat leftovers rather than buying more food! Simple.

9. Sharing is caring.

If you have a lot of food left over, share it with friends, family, neighbours or those who are less fortunate.

10. All is not lost - compost!

This is nature's way of recycling and is a great way to enrich your garden with lots of nutrients that support the growth of new plants.

What happens to food in landfill?

Food that goes to landfill doesn't break down the same way it does in compost. Because of the lack of oxygen in landfill, it takes a really, REALLY long time to decompose. This results in the production of methane - the same greenhouse gas cows and some other livestock produce when they burp, belch and fart. Yuck!

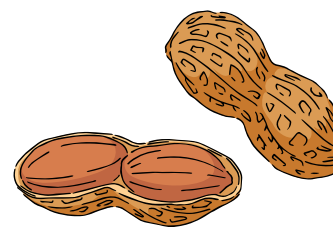


Peanut Butter and Date Weet-Bix Slice

Serves: 24 Squares

Prep: 15 mins

Cook: 5 mins



Ingredients:

4 Weet-Bix™, crushed

1 cup rolled oats

1/2 cup shredded coconut

1/2 cup almonds, roughly chopped

1/2 cup Medjool dates, pitted and roughly chopped

1/2 cup honey

1/2 cup Sanitarium Smooth Peanut Butter

125g margarine

This sweet slice is full of flavour and fibre, making it the perfect snack to keep you powering through to your next meal.

Step 1:

Combine Weet-Bix™, oats, coconut, almonds and dates in a large bowl.

Step 2:

Place honey, peanut butter and margarine in a small saucepan. Melt together over medium heat.

Step 3:

Pour honey mixture over dry ingredients. Mix with a wooden spoon until well combined and coated. Transfer to a lined slice pan. Refrigerate until set. Cut into 24 squares.



Traditional Spanish paella is made with rice cooked for a long time in a large pan. This version breaks all the rules using cous cous to make a yummy family dinner in half the time.



Capsicum & Zucchini Paella

Serves: 4 people

Prep: 15 mins

Cook: 15 mins

Ingredients:

1 tbs olive oil

1 red onion, thinly sliced

1 red capsicum, thinly sliced

1 zucchini, diced

4 garlic cloves, thinly sliced

1 tbs smoked paprika

1 tbs reduced-salt tomato paste

300mL reduced-salt
vegetable stock

1 cup instant cous cous

1/2 cup frozen peas

1/3 cup kalamata olives, pitted

80g feta, crumbled

1/4 bunch of parsley, leaves picked

1 lemon, cut into wedges

Step 1:

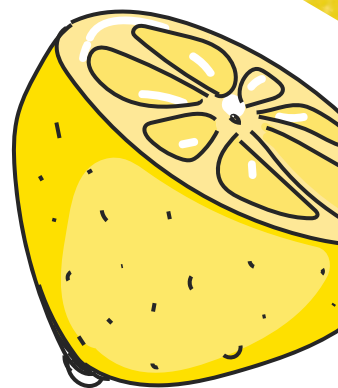
Heat oil in a large frypan over medium-high heat. Cook onion, capsicum and zucchini for 3-4 minutes or until softened and lightly charred. Add garlic, paprika and tomato paste and cook for a minute or until fragrant.

Step 2:

Add stock and bring to boil, then sprinkle over cous cous. Simmer until cous cous has absorbed the liquid and is tender. Stir through frozen peas until warmed.

Step 3:

Divide paella between serving bowls. Top with olives, feta and parsley leaves. Serve with lemon wedges.





Sweet Potato and Zucchini Fritters

with Salad

Serves: 4 people

Prep: 20 mins

Cook: 10 min

Ingredients:

For fritters:

400g sweet potato, coarsely grated

200g zucchini, coarsely grated & squeezed of moisture

2 shallots, thinly sliced

3 eggs, lightly beaten

1/2 cup wholemeal self-raising flour

1 tsp ground cumin

1 tsp ground coriander

pinch of salt

2 tbs olive oil

For salad:

1/8 red cabbage, shredded

1 green apple, coarsely grated

2 spring onion, thinly sliced

juice of 1 lime

2 tsp brown sugar

1 tsp reduced-salt soy sauce

Step 1:

Combine sweet potato, zucchini, shallot and eggs in a large bowl. Fold through flour, cumin, coriander and a pinch of salt until well combined.

Step 2:

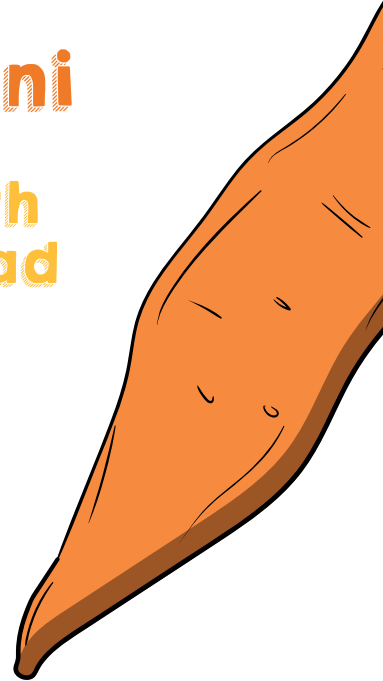
Heat oil in a large frypan over medium heat. Add 1/4 cup portions of mixture into pan. Cook for 2-3 minutes each side or until golden. Remove from pan and keep warm. Repeat with remaining mixture.

Step 3:

Meanwhile, combine red cabbage, green apple and spring onion in a large bowl. In a separate small bowl stir lime juice, brown sugar and soy sauce until sugar dissolves. Pour dressing over salad and toss to coat.

Step 4:

Serve fritters alongside salad.





Vegetarian Dumplings



Serves: 4 people

Prep: 15 mins

Cook: 15 mins

Ingredients:

For the dumplings:

1 tbs olive oil

400g button mushrooms, sliced

1 carrot, grated

4 spring onions, thinly sliced

2 garlic cloves, finely grated

1/2 thumb-sized piece of ginger, finely grated

1/2 bunch of chives, finely chopped

1/4 bunch of coriander, leaves and stems finely chopped

1 tbs reduced-salt soy sauce

1 tsp sesame oil

30 small square dumpling wrappers

For the dipping sauce:

2 tbs reduced-salt soy sauce

1 tbs rice wine vinegar

1 tsp chilli sauce

Step 1:

Heat olive oil in a large frypan over medium-high heat. Cook mushrooms for 3-4 minutes or until golden brown. Add carrot and spring onion and cook for 1-2 minutes or until softened. Stir through garlic and ginger and cook for a further minute or until fragrant. Remove from heat and stir through chives, coriander, soy sauce and sesame oil. Set aside to cool.

Step 2:

Place dumpling wrappers on a flat surface. Spoon two tsp of mushroom mixture onto one half of a wrapper. Brush edges with cold water before folding over. Press edges together to seal. Hold dumpling in your hand middle point of the triangle pointing upwards. Placing your thumb in the middle and fold the other points over the top. Press to seal points together. Repeat with remaining wrappers and mushroom mixture.

Step 3:

Place a steamer lined with baking paper over simmering water. Cook dumplings in batches for 15 minutes or until wrappers are tender and filling inside is warm.

Step 4:

Meanwhile, to make the dipping sauce, stir together soy sauce, rice wine vinegar and chilli sauce in a small bowl.

Step 5:

Serve dumplings with dipping sauce.



Skill 9: Picasso Plater



If you've ever put too much food on your plate because it looked delicious, you might have had someone say to you that your eyes are bigger than your belly!

Most humans eat with their eyes. That's why any good cook knows that it's important to present food in a way that interests and excites the people eating it.

Colour

Meals that have contrasting colours or complimentary tones appeal to most of us. Have fun with colour. Incorporate vibrant colours into your cooking and use cooking techniques that preserve or enhance natural colours.

Portions

Less is more! Try to achieve balance on the plate in terms of food groups and the amount of space certain components of a meal take up on the plate. Sure, some ingredients may be more of a "hero" than others, but you can also hero an ingredient subtly without it having to take over the plate.

Texture

A variety of textures within a meal keeps us engaged and ensures every mouthful is interesting. Some smooth avocado, chewy whole grain bread, gooey poached eggs, runny yoghurt and crunchy dukkah makes for a perfect and interesting brunch, every mouthful. Check out the mouthwatering recipe on page 40.



There is no right or wrong way to present food. Have fun, make a mess and don't be afraid to try new things. Soon enough, you'll be a plating pro!

Truly memorable food excites all our senses. Next time you sit down to enjoy a meal, try answering some of these questions.

What did it taste like?

What did it feel like?

What did it smell like?

What did it sound like?

What did it look like?

Eat the Rainbow!

Eating a rainbow at every meal means you are not only getting a heap of good-for-you nutrients and phytochemicals. All these guys work together to form the ultimate disease fighting team – or as I like to call them, your very own Phyt Club!

Purple + Blue

The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage.

Red

Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

Orange + Yellow

Carotenoids are found in sweet potatoes, pumpkins and carrots. They are converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes.

Green

Green veggies contain a range of phytochemicals which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

White

White fruits and vegetables contain phytochemicals known for their antiviral and antibacterial properties. They are also a good source of potassium.



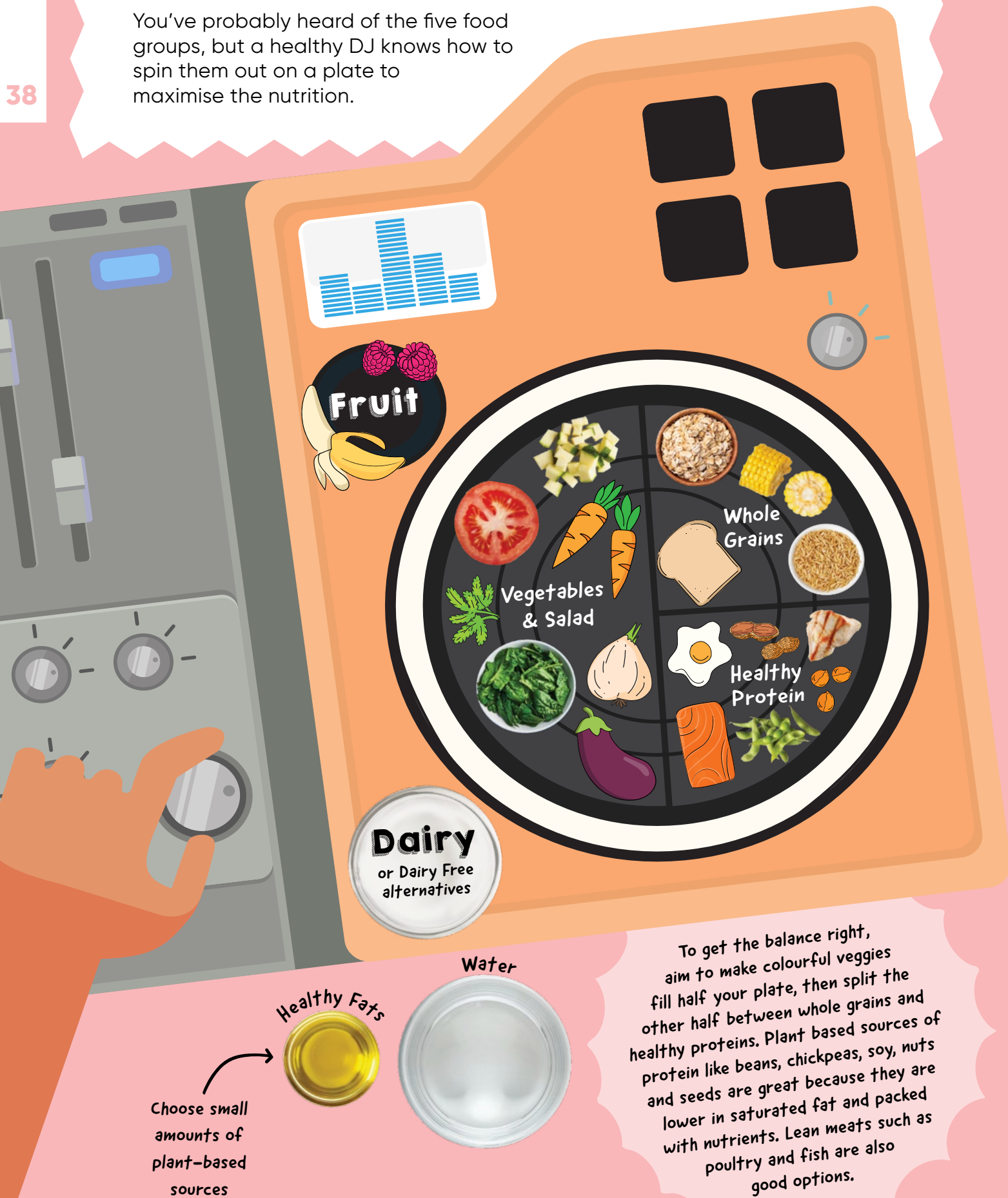
Skill 10: **Healthy DJ**



If you want to grow up to be healthy, happy and strong you need to mix it up and be a healthy DJ!

You've probably heard of the five food groups, but a healthy DJ knows how to spin them out on a plate to maximise the nutrition.

38



Skill 11: Table Talk



When your grandparents were kids, there would have rarely been a night when they didn't sit with their family around a dining table to share a home-cooked meal and stories from their day. In some homes, weekend breakfasts or lunches - often cooked like dinner, taking hours, not minutes - would have been spent together too.

At these family meals a set of rules passed down over generations would guide how people would eat and interact with one another. These rules were called table etiquette, or put more simply - good manners! These days, lots of families don't eat together very often and meal times have become so much faster. The rules have become looser too. But nutritionists now think there was some kind of healthy magic in those old-school food rituals that futuristic families like yours could really benefit from.

Do

- Set the table with the right cutlery for your meal along with serviettes and water glasses (serviette and fork on the left and knives and spoons on the right).
- Come to the table with a smile and share news about your day.
- Serve others before you serve yourself.
- Listen to your parents when they ask you to eat your vegetables or try something new.
- Eat slowly and enjoy your meal, it's not a race!
- Listen to the other people at the table.
- Thank those who prepared the meal for you.
- Offer to help clear the table or wash up for bonus points!

Don't

- Start eating before everyone is seated.
- Speak with your mouth full or chew with your mouth open.
- Use your fingers when eating - unless it's finger food of course!
- Leave the table until everyone has finished their meal.
- Use your phone or watch television while eating at the table.
- Bring toys to the table.
- Play with your food or cutlery.





No time at night for a family dinner? Enjoy a slow start to the weekend and share breakfast instead!

Avocado, Egg and Spiced Dukkah



Serves: 4 people

Prep: 15 mins

Cook: 15 mins

Ingredients:

1 avocado

1/2 lemon, juiced

1/2 red onion, thinly sliced

1/4 cup white vinegar

1/4 cup water

1 tbs caster sugar

4 black peppercorns

1/4 cup roasted almonds, roughly chopped

1 tbs coriander seeds

1 tbs cumin seeds

2 tsp fennel seeds

1 tbs sesame seeds

pinch of salt

1 tbs olive oil

4 large eggs

4 thick slices of wholegrain bread

Step 1:

Halve the avocado, remove the seed and scoop out the flesh. Mash avocado in a small bowl with a fork. Stir through lemon juice. Set aside.

Step 2:

Place onion in a small bowl. Make a pickling liquid by combining vinegar, water, caster sugar and peppercorns in a small saucepan. Bring to the boil. Pour pickling liquid over onion and allow to cool.

Step 3:

To make the dukkah, heat a large frypan over medium heat. Toast almonds, coriander, cumin, fennel and sesame seeds for 1-2 minutes or fragrant. Transfer to a small mortar and pestle or food processor. Grind until roughly chopped. Season with a pinch of salt.

Step 4:

Add oil to the large frypan and return to medium-low heat. Crack eggs into the pan. Cook until whites are just set and yolks still wobble. Carefully remove from the frypan using an egg slide. Drain on some paper towel.

Step 5:

Toast bread just prior to serving and spread with avocado. Top with eggs and pickled onion. Sprinkle over dukkah.



Try your hand at making your own curry from scratch. This coconut chickpea dish has plenty of flavour from dry spices and fresh aromatic ingredients, without being too spicy!



Coconut Chickpeas

with Cucumber Raita

Serves: 4 people

Prep: 15 mins

Cook: 20 mins

Ingredients:

1 tbs olive oil

1 brown onion, diced

1 carrot, diced

1 red capsicum, diced

4 garlic cloves, finely chopped

thumb-sized piece of ginger

1 bunch of coriander, stems finely chopped and leaves picked

1 tbs ground cumin

1 tbs ground coriander

2 tsp garam masala

400g tin of chopped tomatoes (or tomato passata)

1 cup reduced-fat coconut milk

400g tin chickpeas, drained & rinsed

2 tbs low fat natural yoghurt

1 lebanese cucumber, grated & moisture squeezed

2 cups cooked basmati rice

Step 1:

Heat oil in a large frypan over medium heat. Cook onion, carrot and capsicum for 4-5 minutes or until starting to soften. Add garlic, ginger and coriander stems and cook for 1-2 minutes or until fragrant. Stir in cumin, coriander and garam masala.

Step 2:

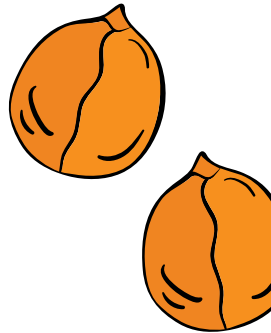
Add tinned tomatoes and 1/2 cup coconut milk and cook for 5-6 minutes or until slightly thickened and reduced. Stir through chickpeas and cook for a further 2-3 minutes or until warmed through.

Step 3:

Meanwhile to make the raita, combine remaining 1/2 cup coconut milk, yoghurt, cucumber and coriander leaves (reserve a few for garnish) in a small bowl.

Step 4:

Divide rice and coconut chickpeas between serving bowls. Garnish with reserved coriander leaves and serve with cucumber raita.



Skill 12: Secret Ingredients



Food is not just something we eat to stop us feeling hungry or provide us with nutrients and energy. Sure, this is important, but food is so much more than fuel!

Food defines culture, it brings people together, is central to celebrations, helps us create memories and is a way of showing appreciation. It makes our bodies and our minds feel good – and that's really important if you want to live a happy and healthy life.

Learn to use these secret ingredients whenever you cook to complete your *12 before 12* journey.



1. Connection

The way we eat and what we eat is reflective of where we live, climate, culture and beliefs. Food is often the glue that brings people together, defines cultures and helps us tell stories. We all eat different foods, for different reasons.

Tip: Use food to connect with others and learn about the way they cook, eat and live.

2. Love

It is important to respect food, the dining experience, and who you are eating with and cooking for. The best food is cooked with love for people important to you and for people who appreciate the meal and your effort.

Tip: Always cook with passion, kind thoughts and generosity. Aim to warm someone's stomach and their soul.

3. Appreciation

Always remember that someone has taken time from their day to prepare food for you, your friends and family. Do your best to ensure that the person who has made the effort feels respected and appreciated. This will create a happy and positive eating environment that everyone will appreciate.

Tip: Try unfamiliar foods, give kind feedback and approach every meal time with a smile.

12 before 12

NAME

**has successfully completed Sanitarium's 12 before 12
healthy eating and cooking guide for kids**

DATE

AGE

MUM OR DAD'S SIGNATURE

Paste a photo of
a photo of the
best meal you
cooked while
completing
12 before 12



Congratulations

on completing the following skills:

Shopping

1. **Speedy shopper** – writing a shopping list, finding what you need
2. **Label lingo** – reading food labels, understanding how Health Star Rating works
3. **Seasonal selector** – choosing seasonal foods and understanding why

Prepping

4. **Recipe ready** – reading a recipe, measuring ingredients
5. **Chop like a boss** – slicing and dicing techniques
6. **Safety inspector** – kitchen safety and hygiene

Cooking

7. **Grill master** – working with heat in the kitchen
8. **Waste warrior** – reduce, reuse, recycle
9. **Picasso plater** – a feast for the eyes, how to eat the rainbow

Eating

10. **Healthy DJ** – mixing up the right food groups on a balanced plate
11. **Table talk** – setting a table, good conversation, no distractions
12. **Secret ingredients** – bringing love, connection and appreciation to every meal

The best thing I learnt was:

My favourite 12 before 12 recipe is:

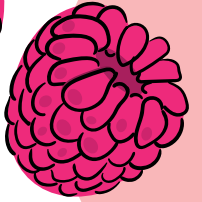
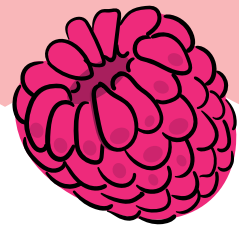
My favourite person to cook with is:

I still want to learn:

The next recipe I want to cook is:



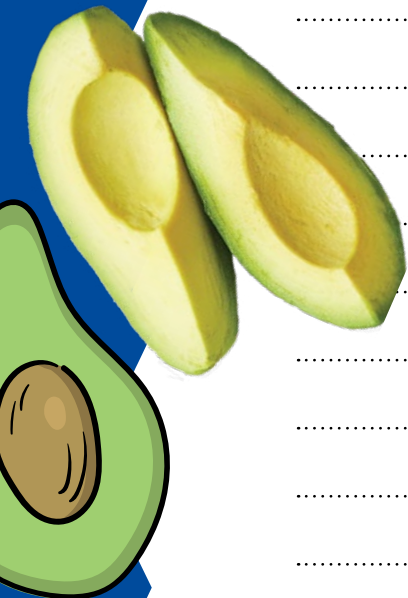
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Notes:



Ground rules for grown-ups

Preparing and cooking healthy food is one of the most valuable life skills you can teach your kids, but kitchens can be dangerous places. Here's a few ground rules to help ensure your 12 before 12 experience is a positive and safe one for the whole family.

1. Supervise

Before you start, talk with your child about the need for adult supervision in the kitchen and highlight some of the potential risks. Of special note, children under 12 should always be supervised when using sharp knives, electrical equipment or hot stovetops.

2. Pick a time

Establish when children are allowed to cook. Is there a particular time of the day or day of the week? Weekends or school holidays are great opportunities to practice because there's often less pressure to get a meal on the table. Calm cooks are happy cooks!

3. Dishes and cleaning

Whoever makes a mess cleans it up. This includes taking the rubbish out! But try not to worry too much about mess along the way – it's all part of the fun. Let children relax, feel comfortable and experiment in the kitchen.

4. Organisation

To ensure everyone in your house has a hassle-free and fun cooking experience it is important you cook in an organised manner. Ensure you have all of the ingredients and equipment you need before you start cooking. Have your child measure and weigh all of the ingredients before they start cooking.

5. Guide, don't do

The level of support and guidance each child needs will ultimately depend on their age, physical ability, cooking experience and confidence. However, children need freedom to make mistakes and learn. Be there as a guide but give children time and space to think through decisions and challenge themselves. Hopefully one day soon you'll have a handy helper at mealtimes who will share your love of cooking and eating healthy food!





2 before 12

For more fun, healthy recipes visit
12before12.sanitarium.com.au