

My Own Cookbook

Some delicious recipes
for you to cook and enjoy!



Acknowledgements

Saying thank you to the people
who made this cookbook possible.

This cookbook was designed by the Learning & Communication Service Health Promotion Fife. The cookbook was based on a pilot project created and produced by the following people:

Gail Walsh - Community Nurse.

Elsbeth Ryan - Dietitian.

Nicola Murray - Speech and Language Therapist.

The Wake Up 2 SAY Team.

Peter Hibberd - Chairperson of Working Group 10.


The cartoons in this publication are from Boardmaker.


Balance of Good Health

Eating the right foods is a big step towards staying healthy.



Choose a mixture of the above foods to eat at meals.

Eat lots of fruit and vegetables.  ↑

Try to have a filler food at each meal.  ↑

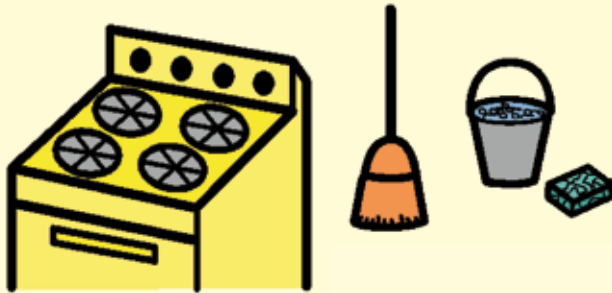
Eat less fatty and sugary foods.  ↓

Keeping Things Clean

Wash your hands



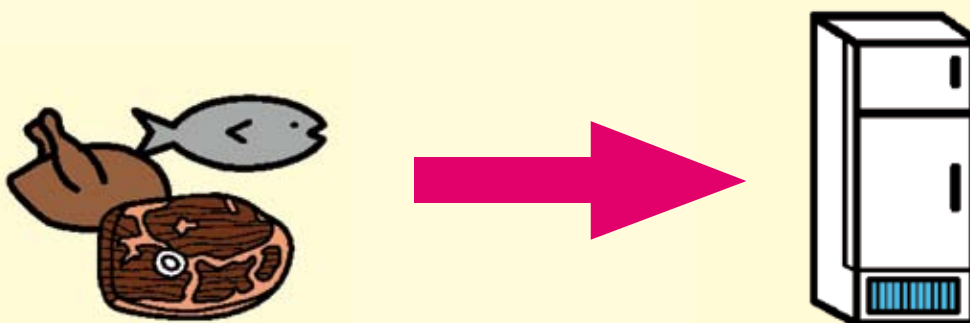
Keep the kitchen clean



Cover up cuts and sores



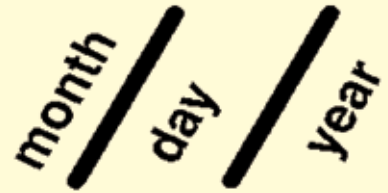
Keep raw food in the fridge



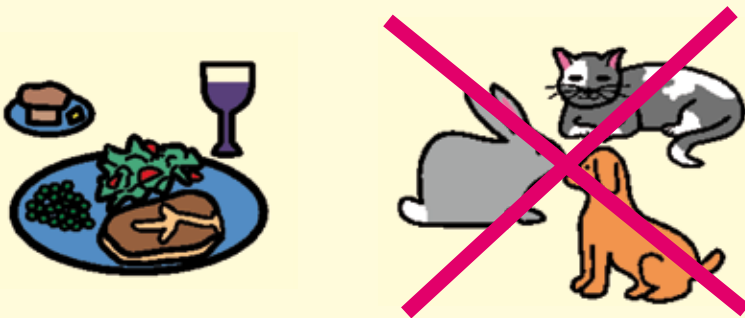
Keep other foods in cupboards



Check use by dates



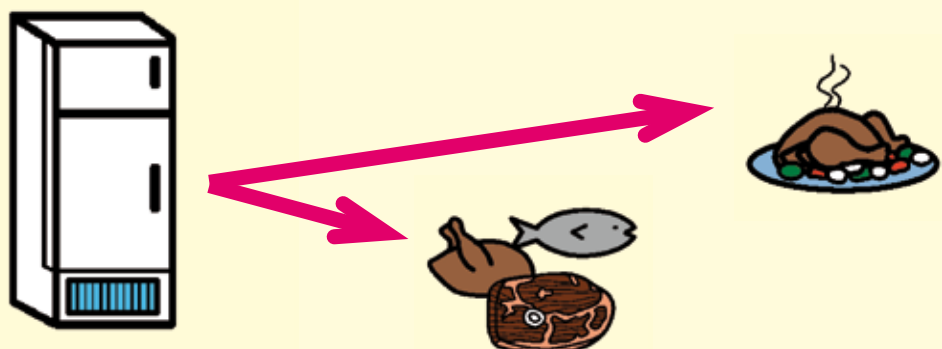
Keep pets away from food



Cover food



Keep raw food and cooked food separate



Contents

Breakfasts

Porridge



Scrambled Eggs



Lunches and Snacks

Baked Potato and Beans



Pasta Salad



Soup



Main Meals

Citrus Chicken



Citrus Mackerel



Macaroni Cheese



Pasta Bolognese



Rice and Beans



Salad



Sausage Casserole



Desserts

Apple Crumble and Yoghurt



Fruit Salad



Ginger and Mandarin



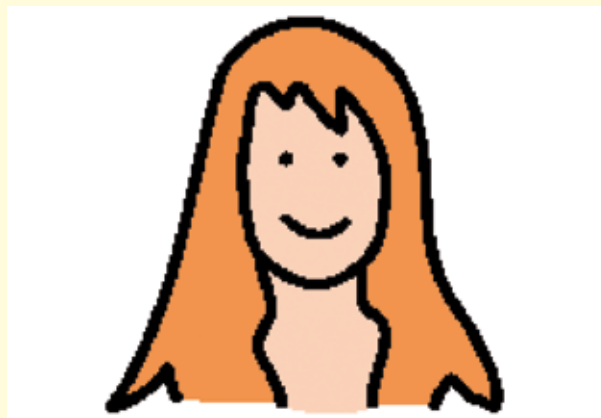
Rice Pudding



Porridge



Makes enough for 1 person



Remember to wash your hands before handling food!



Porridge

Shopping List.



Raisins



Porridge oats



Semi skimmed milk

Porridge

What you will need...



Porridge

Step 1:

Put half a cup of porridge oats in a pan.



Step 2:

Add 1 cup of water.



Step 3:

Cook on a high heat for 3 minutes.



Step 4:

Cook on a low heat for 5 minutes



Porridge

5

Step 5:

Add the raisins.



Step 6:

Turn the cooker off.



Step 7:

Pour the Porridge into a bowl.



Step 8:

Add a little milk.



6

Porridge

Step 9:

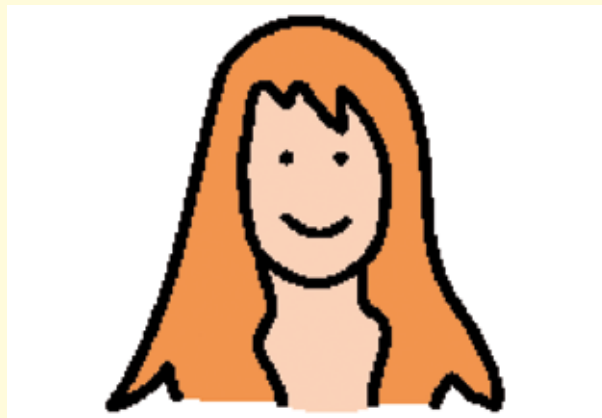
Your Porridge is now ready to eat!



Scrambled Eggs



Makes enough for 1 person



Remember to wash your hands before handling food!



Scrambled Eggs

Shopping List.



Semi skimmed milk



Margarine



2 slices wholemeal bread



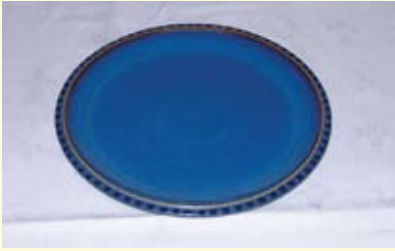
An orange



2 eggs

Scrambled Eggs

What you will need...



Scrambled Eggs

Step 1:

Put two slices of bread in the toaster.



Step 2:

Crack 2 eggs into the bowl.



Step 3:

Add a little milk.



Step 4:

Mix together with a fork.



Scrambled Eggs

Step 5:

Put a knob of margarine into a pan. Put the cooker on a low heat and allow the margarine to melt.



Step 6:

Add the egg mixture.



Step 7:

Stir the eggs...



Step 8:

...until they look like this.



Scrambled Eggs

Step 9:

Turn the cooker off.



Step 10:

take the toast out of the toaster...



Step 11:

...and butter it.



Step 12:

Add the scrambled eggs.



Scrambled Eggs

Step 13:

Your Scrambled Eggs
are now ready to eat!

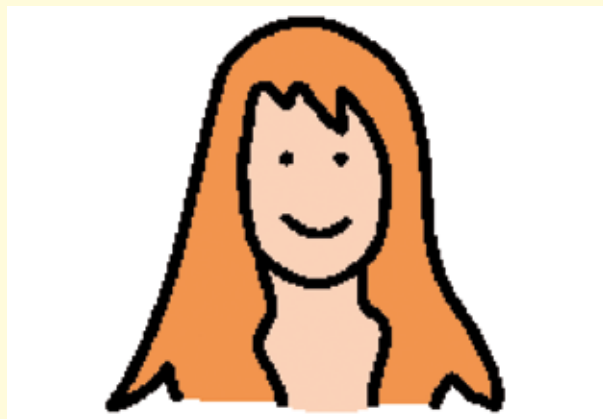


Scrambled Eggs

Baked Potato and Beans



Makes enough for 1 person.



Remember to wash your hands before handling food!



Baked Potato and Beans

Shopping List.



A small tin of baked beans



A baking potato



A carton of orange juice

Baked Potato and Beans

What you will need...



Baked Potato and Beans

Step 1:

Wash the potato.



Step 2:

Put the potato in the microwave-proof dish.



Step 3:

Prick the skin with a fork in several places.



Step 4:

Put the potato and dish in the microwave.



Baked Potato and Beans

Step 5:

Cook for 10 minutes.



Step 6:

Put the cooked potato on a dish and cut with a knife. Don't cut all the way through.



Step 7:

Cut the other way. Again, be careful not to cut all the way through.



Step 8:

Put the beans in a dish and cover with the saucer.



Baked Potato and Beans

Step 9:

Put in the microwave.



Step 10:

Cook for 3 minutes.



Step 11:

Pour the beans onto the potato.



Step 12:

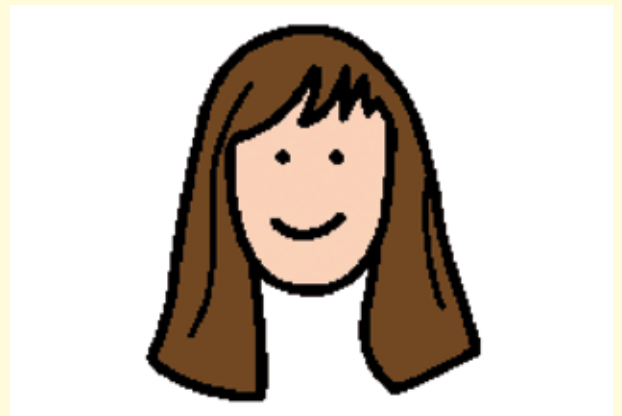
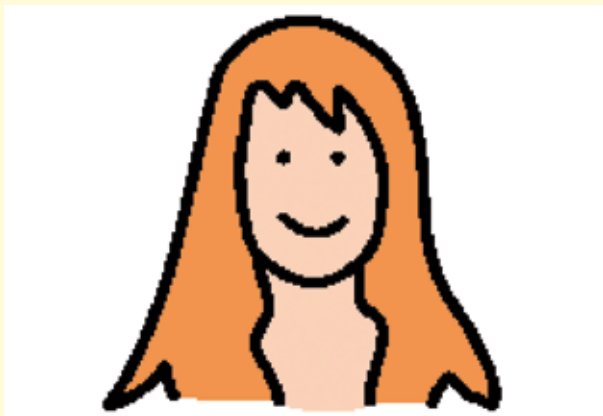
Your Baked Potato and Beans is now ready to eat!



Pasta Salad



Makes enough for 2 people



Remember to wash your hands before handling food!



Pasta Salad

Shopping List.



Tin of sweetcorn



A yellow pepper



Half a cucumber



A tin of tuna fish



Natural yoghurt



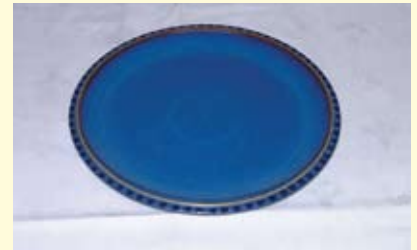
A packet of rigatoni pasta



A red pepper

Pasta Salad

What you will need...



Pasta Salad

Step 1:

Put the pasta in a pan.



Step 2:

Add boiling water from the kettle. Boil for 10 minutes.



Step 3:

Drain the water from the pasta.



Step 4:

Leave to cool.



Pasta Salad

Step 5:

Turn the cooker off.



Step 6:

Wash the peppers.



Step 7:

Chop the top off the peppers.



Step 8:

Slice the peppers.



Pasta Salad

Step 9:

Chop the peppers finely.



Step 10:

Put the chopped peppers into a bowl.



Step 11:

Wash the cucumber.



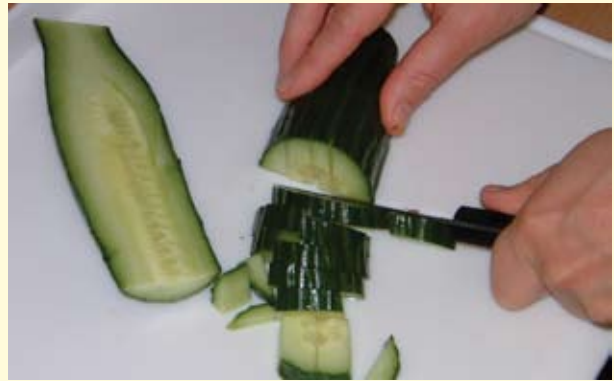
Step 12:

Slice the cucumber lengthways.



Pasta Salad

Step 13:
Chop finely.



Step 14:
Add the cucumber to the peppers in the bowl.



Step 15:
Open a tin of tuna.



Step 16:
Drain the liquid from the tuna.



Pasta Salad

Step 17:

Add the tuna to the bowl.



Step 18:

Add a tin of sweetcorn to the bowl.



Step 19:

Mix it all together with a wooden spoon.



Step 20:

Add the cooled pasta.



Pasta Salad

Step 21:

Mix it all together.



Step 22:

Add the natural yoghurt.



Step 23:

Mix it all together.



Step 24:

Your Pasta Salad is now ready to eat!

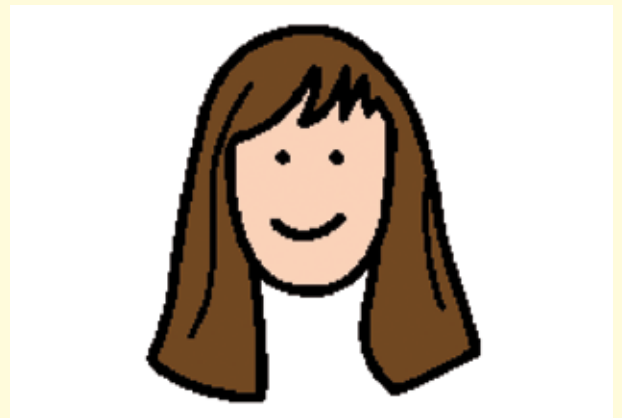
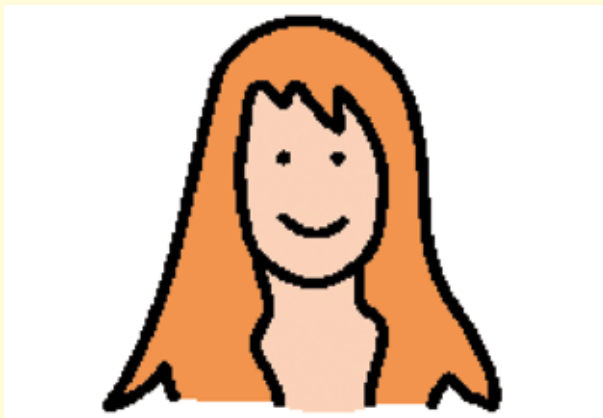


Pasta Salad

Soup



Makes enough for 2 people



Remember to wash your hands before handling food!



Soup Shopping List.



An onion



Red lentils



2 carrots



2 slices wholemeal bread



A stock cube



An apple

Soup

What you will need...



Soup

Step 1:
Peel the onion.



Step 2:
Slice the onion.



Step 3:
Chop the onion.



Step 4:
Wash and peel the
carrots.



Soup

Step 5:
Slice the carrots.



Step 6:
Add the onion and carrot to the pan.



Step 7:
Add the stock cube.



Step 8:
Add a cup of lentils.



Soup

Step 9:

Add 6 cups of water.



Step 10:

Mix together.



Step 11:

Cook on a high heat for 10 minutes.



Step 12:

Put a lid on the pan and cook on a low heat for 30 minutes.



Soup

Step 13:

...until the soup looks like this.



Step 14:

Turn off the cooker.



Step 15:

Use a ladle to put soup into the bowl.



Step 16:

Your Soup is now ready to eat!



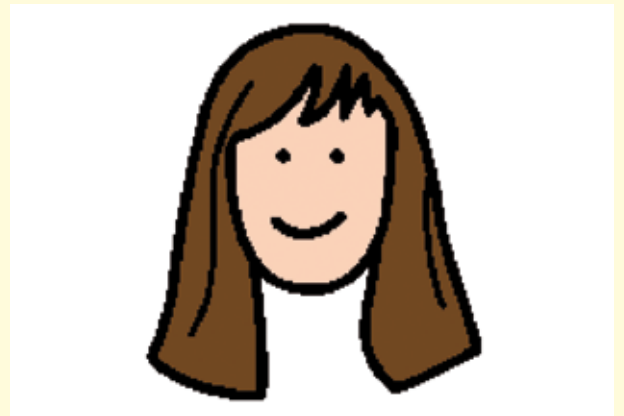
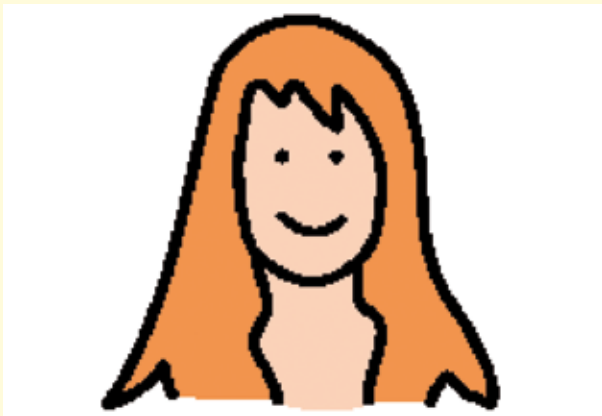
Soup

Citrus Chicken

1



Makes enough for 2 people



Remember to wash your hands before handling food!



Citrus Chicken

Shopping List



Plain flour



Broccoli



Fresh orange juice



2 chicken breasts



Salad potatoes



Onion



Carrot



Red pepper

Citrus Chicken

What you will need...



Citrus Chicken

Step 1:

Peel the onion.



Step 2:

Slice the onion and put to one side.



Step 3:

Cut the 2 chicken breasts...



Step 4:

... and cut them into strips.



Citrus Chicken

5

Step 5:

Put the chicken strips into the plastic bag.



Step 6:

Add one spoon of the flour.



Step 7:

Hold the bag tightly at the neck and shake it.



Step 8:

Empty the bag onto a plate.



Citrus Chicken

Step 9:

Add the onion to a big pan.



Step 10:

Stir the onion gently.



Step 11:

When the onion has gone clear, add the chicken and flour.



Step 12:

Fry until the chicken has gone from pink to brown.



Citrus Chicken

Step 13:

Wash the potatoes.



Step 14:

Add to the pan.



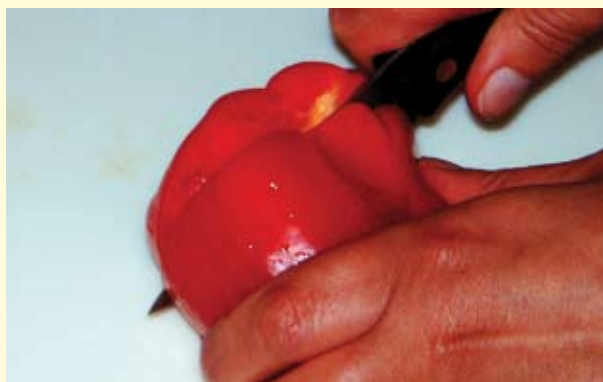
Step 15:

Wash the pepper.



Step 16:

Cut the top off the pepper.



Citrus Chicken

Step 17:

Remove the seeds and core.



Step 18:

Slice the pepper into thin strips.



Step 19:

Add them to the pan.



Step 20:

Wash and peel the carrots.



Citrus Chicken

Step 21:

Slice the carrot thinly.



Step 22:

Add to the pan.



Step 23:

Add a cup of orange juice.



Step 24:

Put a lid on the pan.
Cook on a high heat for
10 minutes.



Citrus Chicken

Step 25:

Then leave the contents to cook on a low heat for 30 mins.



Step 26:

Wash the broccoli.



Step 27:

Cut the broccoli into florets.



Step 28:

Put the florets into a pan of water.



Citrus Chicken

Step 29:

Boil until the stalks are soft. You can test this by putting a knife into them.



Step 30:

Drain the broccoli.



Step 31:

Turn the cooker off.



Step 32:

Put the broccoli onto a plate.



1
2

Citrus Chicken

Step 33:

Add the citrus chicken.



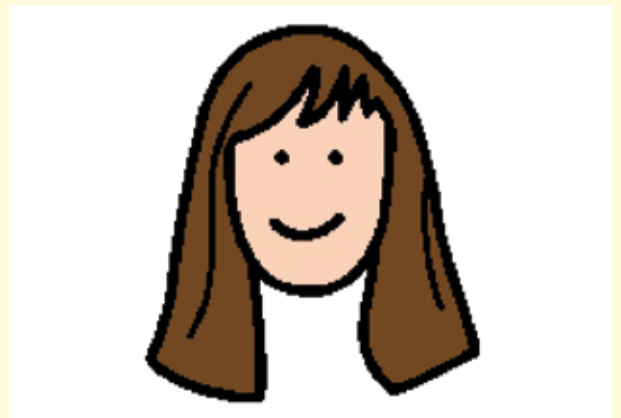
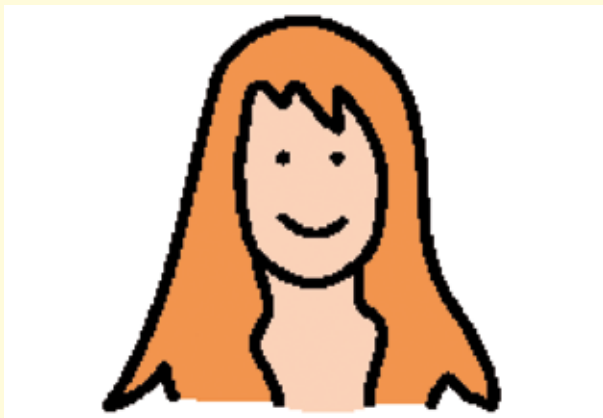
Step 34:

Your Citrus Chicken is now ready to eat!

Citrus Mackerel



Makes enough for 2 people



Remember to wash your hands before handling food!



Citrus Mackerel

Shopping list



An orange



Smoked mackerel fillets with peppercorns



A lemon



Baguettes



Remember to take the shopping list for the salad too.

Citrus Mackerel

What you will need...



Citrus Mackerel

Step 1:

Open the packet of mackerel.



Step 2:

Peel back the packaging.



Step 3:

Put the mackerel into the dish.



Step 4:

Cut an orange in half.



Citrus Mackerel

Step 5:

Juice half of the orange.
Keep the other half -
you will need it later.



Step 6:

Pour the juice over the
fish.



Step 7:

Cut the lemon in half.



Step 8:

Juice both halves of the
lemon.



Citrus Mackerel

Step 9:

Pour the juice over the fish.



Step 10:

Peel the remaining half of the orange.



Step 11:

Cut into segments.



Step 12:

These are segments.



Citrus Mackerel

Step 13:

Add the orange segments to the top of the fish.



Step 14:

Cover the dish with foil.



Step 15:

Put in the oven at 180 degrees for 20 mins.



Step 16:

Remove from the oven.



Citrus Mackerel

Step 17:

Put on a wire rack and carefully remove the foil.



Step 18:

Turn the oven off.



Step 19:

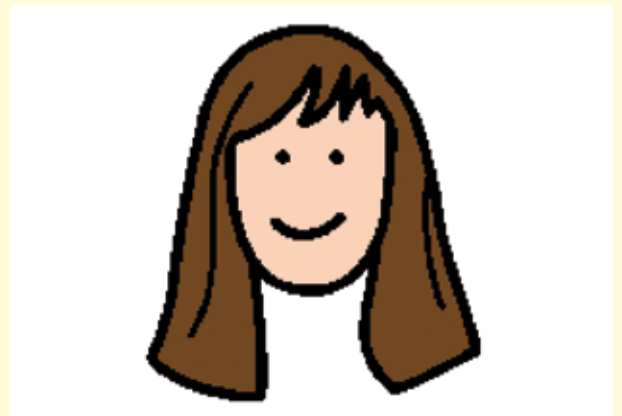
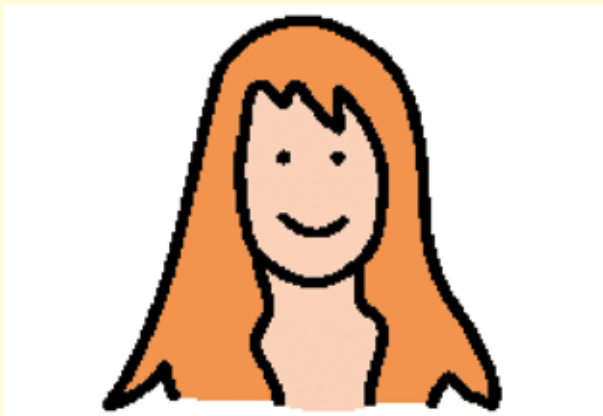
Serve with salad and a roll. Your Citrus Mackerel is now ready to eat!



Macaroni Cheese



Makes enough for 2 people



Remember to wash your hands before handling food!



Macaroni Cheese

Shopping List.



Macaroni



2 tomatoes



Semi skimmed milk



Cheese sauce mix



English mustard



Cheese



Remember to take the shopping list for the salad too.

Macaroni Cheese

What you will need...



Macaroni Cheese

Step 1:

Put 2 cups of dried macaroni into a pan.



Step 2:

Add hot water from a kettle.



Step 3:

Boil for 20 minutes then drain. Put the macaroni in a dish.



Step 4:

Turn the cooker off.



Macaroni Cheese

Step 5:

Put 1 spoon of cheese sauce in a jug.



Step 6:

Add 250ml of boiling water from a kettle in the jug.



Step 7:

Add 1 spoon of mustard.



Step 8:

Stir well.



Macaroni Cheese

Step 9:

Pour on the macaroni.



Step 10:

Stir it to mix it through.



Step 11:

Slice 2 tomatoes thinly.



Step 12:

Arrange on top of the macaroni.



Macaroni Cheese

Step 13:

Grate the cheese.



Step 14:

Sprinkle on top of the macaroni and tomatoes.



Step 15:

Put in the oven at 180 degrees for 15 minutes.



Step 16:

Turn the cooker off.



Macaroni Cheese

Step 13:

Take out of oven and put on a wire rack.



Step 14:

Put 2 serving spoon's worth on a plate. Your Macaroni Cheese is now ready to eat!

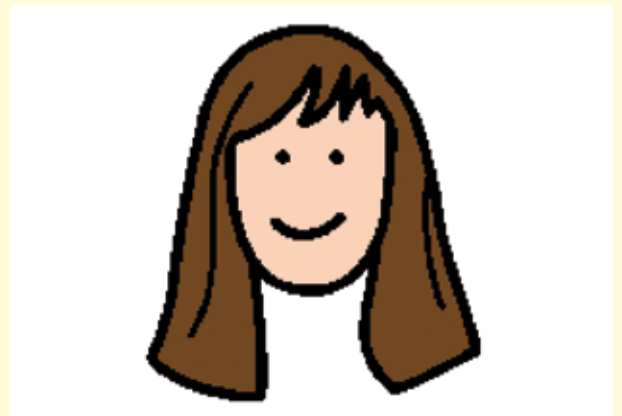
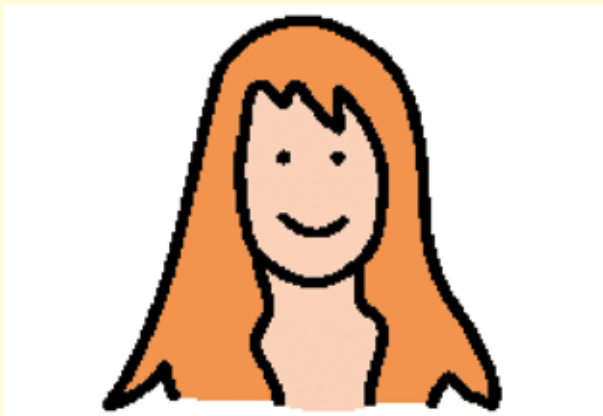


Pasta Bolognese

1



Makes enough for 2 people



Remember to wash your hands before handling food!



Pasta Bolognaise

Shopping List.



Garlic



Mixed spice



Beef stock cube



Dried pasta



Onion



250g Minced beef



Plum tomatoes



Tomato puree



Remember to take the shopping list for the salad too.

Pasta Bolognaise

What you will need...



Pasta Bolognaise

Step 1:

Peel the onion.



Step 2:

Slice the onion.



Step 3:

Chop the onion.



Step 4:

Turn the cooker to a medium heat.



Pasta Bolognese

Step 5:

Add the mince to the pan.



Step 6:

Add the chopped onion.



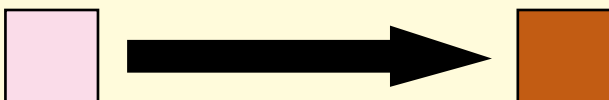
Step 7:

Stir through.



Step 8:

Mix the onion and mince well and cook until all the mince has turned from red to brown.



Pasta Bolognaise

Step 9:

Take one clove of garlic.



Step 10:

Cut the ends off.



Step 11:

Peel the garlic.



Step 12:

Slice finely.



Pasta Bolognese

Step 13:

Add the garlic to the mince and onion.



Step 14:

Open the tin of chopped tomatoes.



Step 15:

Add the tomatoes to the pan.



Step 16:

Measure out 1 big spoon of tomato puree.



Pasta Bolognese

Step 17:

Add to the pan.



Step 18:

Add 1 stock cube.



Step 19:

A 1 big spoon of dried herbs and mix it all together. Cook on a low heat for 25 minutes.



Step 20:

After 10 minutes, put 2 cups of pasta in a pan.



Pasta Bolognaise

Step 21:

Add boiling water from a kettle.



Step 22:

Boil for 10 minutes then drain.



Step 23:

Turn off the cooker.



Step 24:

Serve with a salad. Your Pasta Bolognaise is ready to eat!



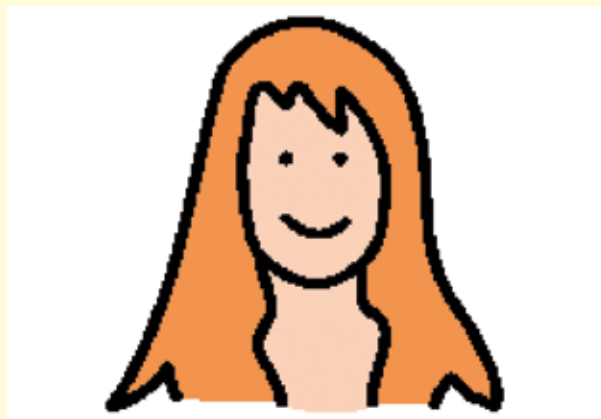
Pasta Bolognese

Rice and Beans

1



Makes enough for 1 person



Remember to wash your hands before handling food!



Rice and Beans

Shopping List.



A small bag of frozen peas



Mushrooms



A tin of red kidney beans in water



A beef stock cube



A red pepper



Mixed spice



An onion



Rice

Rice and Beans

What you will need...



Rice and Beans

Step 1:

Put the rice in a pan.



Step 2:

Add boiling water from the kettle.



Step 3:

Cook for 15 minutes then drain.



Step 4:

Peel an onion.



Rice and Beans

Step 5:

Slice the onion...



Step 6:

..then chop finely.



Step 7:

Add a knob of margarine to the pan.



Step 8:

Melt it down.



Rice and Beans

Step 9:

Add the onion to the pan.



Step 10:

Chop the pepper finely.



Step 11:

Add to the onion in the pan.



Step 12:

Wash the mushrooms.



Rice and Beans

Step 13:
Slice the onions.



Step 14:
Add to the pan.



Step 15:
Add the stock cube.



Step 16:
Add a spoon of herbs.



Rice and Beans

Step 17:
Stir thoroughly.



Step 18:
Add the peas.



Step 19:
Open the tin of red
beans.



Step 20:
Drain the juice off.



Rice and Beans

Step 21:
Add to the pan.



Step 22:
Add the rice to the pan.



Step 23:
Mix thoroughly.



Step 24:
Turn the cooker off.



Rice and Beans

Step 21:

Serve on a plate. Your Rice and Beans is now ready to eat!

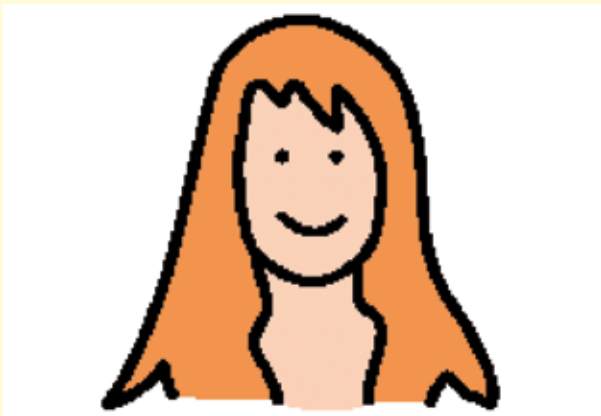


Salad

1



Makes enough for 1 person



Remember to wash your hands before handling food!



Salad

Shopping List.



Cherry tomatoes



An orange pepper



Spring onions



Mixed leaf salad



Half cucumber

Salad

What you will need...



Salad

Step 1:

Empty the salad leaves into the bowl.



Step 2:

Wash the tomatoes.



Step 3:

Add to the salad leaves.



Step 4:

Wash the cucumber.



Salad

Step 5:
Slice the cucumber.



Step 6:
Chop the cucumber into cubes.



Step 7:
Add to the bowl.



Step 8:
Wash the pepper.



Salad

Step 9:
Slice the pepper.



Step 10:
Chop the pepper.



Step 11:
Add to the bowl.



Step 12:
Wash the spring onions.



Salad

Step 13:

Chop the top and bottom off and discard them. Chop the rest of the onion finely.



Step 14:

Add to the bowl.



Step 15:

Mix them all together.



Step 16:

Put in a bowl. Your Salad is now ready to eat!

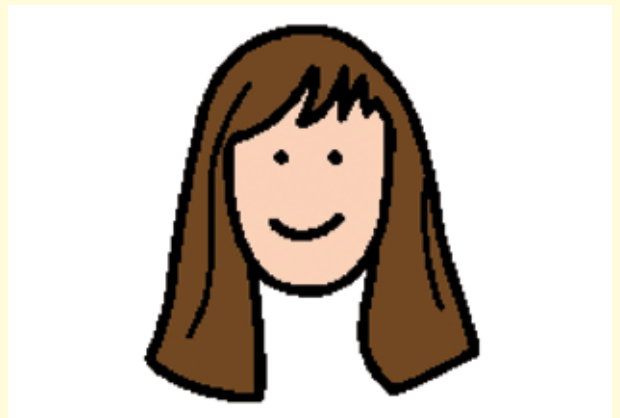
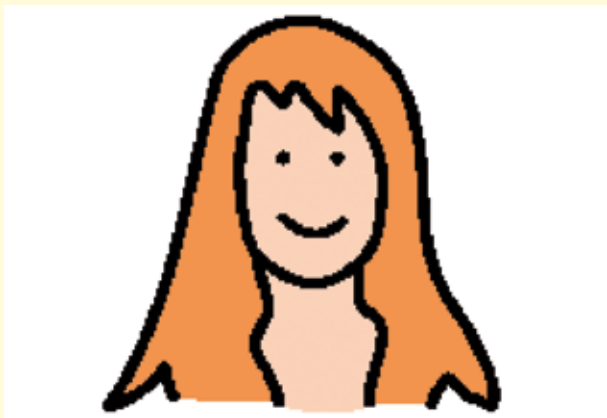


Salad

Sausage Casserole



Makes enough for 2 people



Remember to wash your hands before handling food!



Sausage Casserole

Shopping List.



Pork sausages



Sausage casserole
cooking sauce



Salad potatoes



Sugar snap peas



Broccoli

Sausage Casserole

What you will need...



Sausage Casserole

Step 1:

Put the sausages on the grill pan.



Step 2:

Turn on the grill.



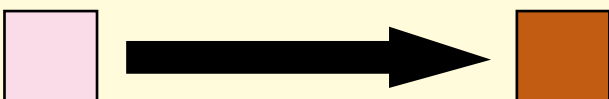
Step 3:

Grill the sausages...



Step 4:

...until they change from pink to brown.



Sausage Casserole

Step 5:

Put the sausages into the casserole dish.



Step 6:

Add the sausage casserole mix.



Step 7:

Put the lid on the casserole.



Step 8:

Put the casserole on a baking tray and put on the gloves.



Sausage Casserole

Step 9:

Put the casserole dish in the oven at 180 degrees for 30 mins.



Step 10:

Wash the potatoes.



Step 11:

Fill a pan with water.



Step 12:

Put the potatoes in and boil for 30 minutes.



Sausage Casserole

Step 13:

They are ready when you can put a fork in them easily.



Step 14:

Wash the broccoli.



Step 15:

Cut the broccoli into florets.



Step 16:

Put in a pan of water and bring to the boil.



Sausage Casserole

Step 17:

They are ready when you can put a knife in them easily.



Step 18:

Wash the sugar snap peas.



Step 19:

Fill the pan with hot water from a kettle.
Cook for 5 mins.



Step 20:

Drain the potatoes.



Sausage Casserole

Step 21:

Drain the broccoli and the sugar snap peas.



Step 22:

Put the gloves on and remove the casserole from the oven.



Step 23:

Turn the cooker off.



Step 24:

Serve with the vegetables and potatoes. Your Sausage Casserole is now ready to eat!



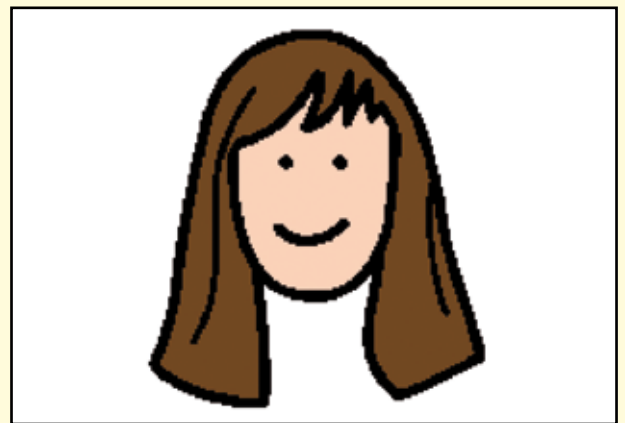
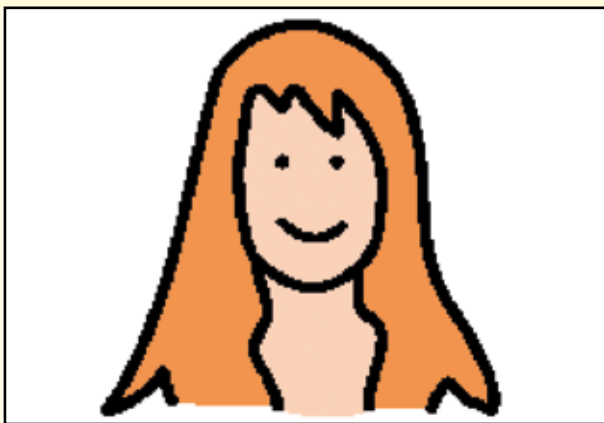
Sausage Casserole

Apple Crumble and Yoghurt

1



Makes enough for 2 people



Remember to wash your hands before handling food!



2 Apple Crumble and Yoghurt Shopping List.



2 Cooking apples



Self raising flour



Margarine



Cinnamon



Raisins



Natural yoghurt



Sugar



Porridge oats

Apple Crumble and Yoghurt

What you will need...



Apple Crumble and Yoghurt

Step 1:

Wash the apples.



Step 2:

Peel the skin off.



Step 3:

Slice the apples into thin slices.



Step 4:

Put the apples into an oven proof bowl.



Apple Crumble and Yoghurt

Step 5:

Add raisins to the bowl.



Step 6:

Sprinkle 1 small spoon of sugar onto the apples and raisins.



Step 7:

Sprinkle 1 small spoon of cinnamon onto the apples and raisins.



Step 8:

Put 3 big spoons of flour into the big bowl.



Apple Crumble and Yoghurt

Step 9:

Add 2 big spoons of porridge oats to the bowl.



Step 10:

Add 1 big spoon of margarine to the bowl.



Step 11:

Rub the margarine into the flour and oats.



Step 12:

Mix until you have crumbs.



Apple Crumble and Yoghurt

Step 13:

Add 1 big spoon of sugar to the bowl.



Step 14:

Mix it all together.



Step 15:

Put the oat mix on top of the apples and raisins.



Step 16:

Make sure all the fruit is covered.



Apple Crumble and Yoghurt

Step 17:

Put the dish into the oven on a medium heat.



Step 18:

Take out after 30 minutes.



Step 19:

Place on a wire tray to cool.



Step 20:

Turn the cooker off.



Apple Crumble and Yoghurt

Step 21:

Use a large spoon to cut into the crumble.



Step 22:

Put 1 serving in a bowl.



Step 23:

Add natural yoghurt.



Step 24:

Your Apple Crumble and Yoghurt is ready to eat!

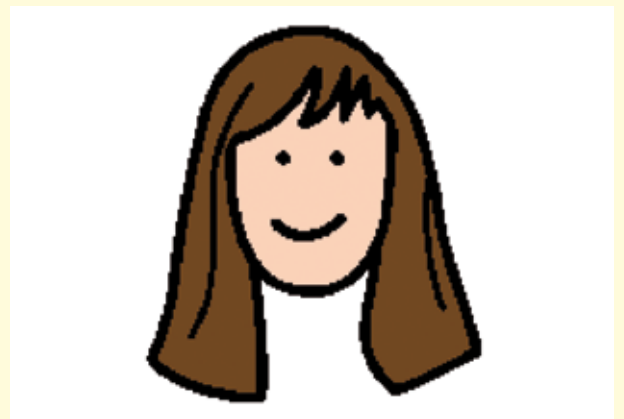
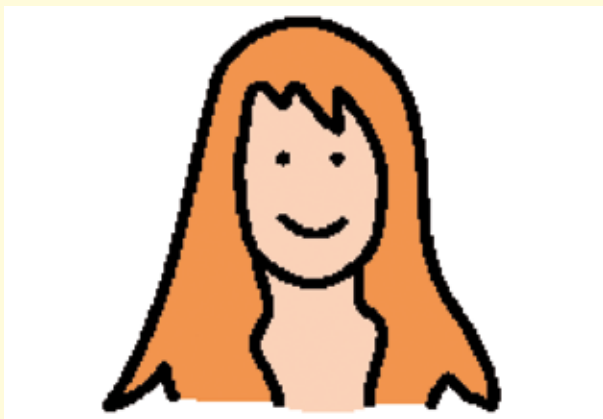


Apple Crumble and Yoghurt

Fruit Salad



Makes enough for 2 people



Remember to wash your hands before handling food!



Fruit Salad

Shopping List.



A kiwifruit



Grapes



A melon



A cup of orange



A peach



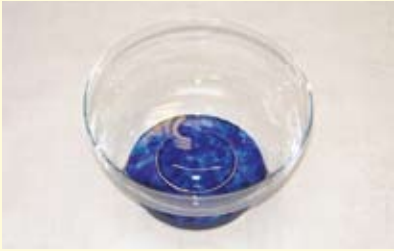
Natural yoghurt



Strawberries

Fruit Salad

What you will need...



Fruit Salad

Step 1:
Wash the grapes.



Step 2:
Pull the grapes off the stalk.



Step 3:
Put them in the bowl.



Step 4:
Wash the peach.



Fruit Salad

Step 5:

Slice the peach and remove the big stone from the centre.



Step 6:

Slice the peach.



Step 7:

Chop the peach.



Step 8:

Add to the grapes in the bowl.



Fruit Salad

Step 9:

Cut the ends off a kiwifruit.



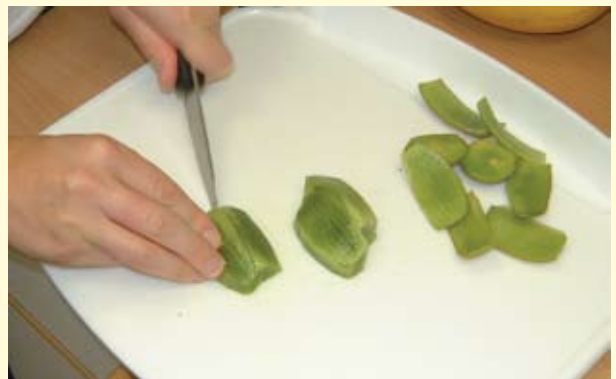
Step 10:

Cut the furry skin off the kiwifruit.



Step 11:

Slice the kiwifruit.



Step 12:

Add to the other fruit in the bowl.



Fruit Salad

Step 13:

Slice a melon in half.



Step 14:

Use a spoon to scoop out the seeds.



Step 15:

Cut the melon into thin strips.



Step 16:

Cutting away from yourself, remove the fruit from the skin.



Fruit Salad

Step 17:
Chop into pieces.



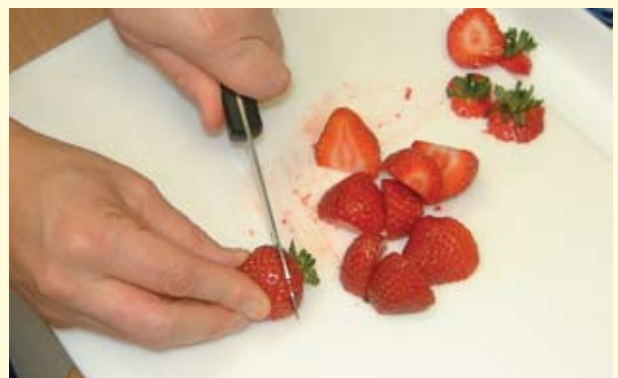
Step 18:
Add to the fruit in the bowl.



Step 19:
Wash the strawberries.



Step 20:
Cut in half and cut the leaves from the top.



Fruit Salad

Step 21:

Add to the bowl.



Step 22:

Stir the fruit in the bowl until it is nicely mixed.



Step 23:

Add the cup of orange juice.



Step 24:

Place some fruit salad in a bowl and add the natural yoghurt. Your Fruit Salad is now ready to eat!

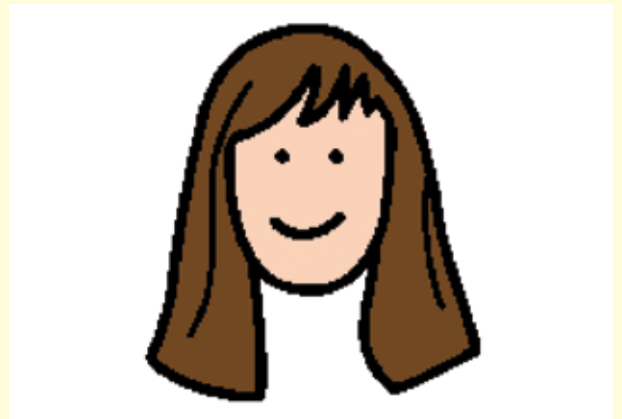
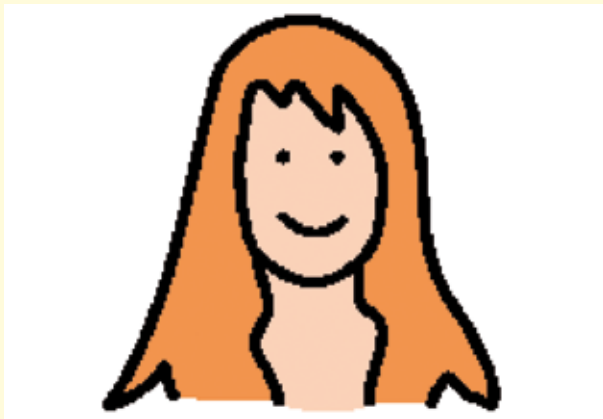


Fruit Salad

Ginger & Mandarin Dessert



Makes enough for 2 people



Remember to wash your hands before handling food!



Ginger & Mandarin Dessert

Shopping List



Pot of Mandarin yoghurt



Packet of Ginger snaps



Tin of mandarin segments
in juice (not syrup)

Ginger & Mandarin Dessert

What you will need...



4 Ginger & Mandarin Dessert

Step 1:

Put 2 Ginger Snaps into a polythene bag.



Step 2:

Keeping the bag shut, smash the biscuits with a wooden spoon.



Step 3:

Put the bag of crumbs to one side - you will need it later.



Step 4:

Pour the natural yoghurt into a bowl.



Ginger & Mandarin Dessert

Step 5:

Open the tin of mandarins.



Step 6:

Keep 2 segments to one side and stir the rest into the natural yoghurt.



Step 7:

Pour the mandarins and yoghurt into a glass dish.



Step 8:

Add the biscuit crumbs to cover the yoghurt.



Ginger & Mandarin Dessert

Step 9:

Add the last 2 mandarin segments.



Step 10:

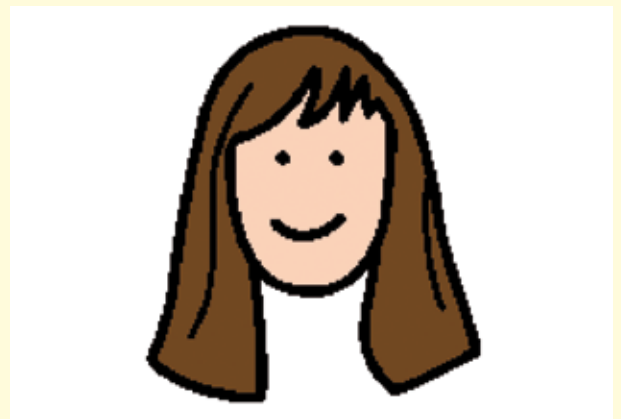
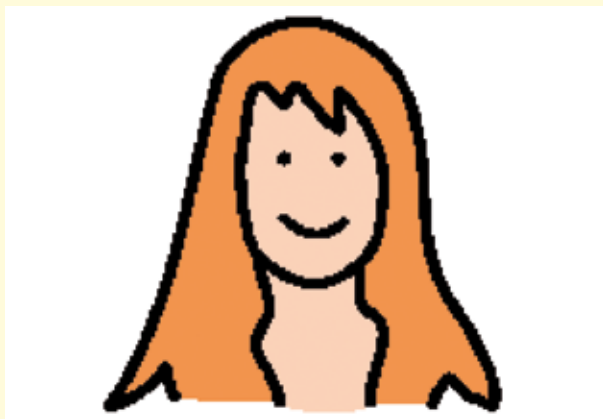
Your Ginger & Mandarin Dessert is now ready to eat!



Rice Pudding



Makes enough for 2 people



Remember to wash your hands before handling food!



Rice Pudding Shopping List.



Margarine



Cinnamon



Mandarin segments
in own juice



Raisins



Pudding rice



Semi skimmed milk



Sugar

Rice Pudding

What you will need...



Rice Pudding

Step 1:

Put 1 cup of rice in an ovenproof dish.



Step 2:

Add 3 cups of milk.



Step 3:

Add a spoon of sugar.



Step 4:

Add a knob of margarine.



Rice Pudding

Step 5:

Add the raisins to the dish.



Step 6:

Sprinkle 1 small spoon of spice onto the rice.



Step 7:

Stir gently to mix.



Step 8:

Put on a baking tray.



Rice Pudding

Step 9:

Put into the oven at 160 degrees for 2 hours.



Step 10:

Open the tin of mandarins.



Step 11:

Pour away the juice.



Step 12:

Serve with the rice pudding. Your Rice Pudding is now ready to eat!

