

# Kids Love to Cook



## Fast Food Alternatives Workbook

Name: \_\_\_\_\_



### Fast Food Facts



Indicate whether the following Fast Food statements are True or False.

1. The average Australian family spends almost 30% of their weekly food budget on fast food.	True	False
2. Most fast foods are high in saturated fats, salt and sugar.	True	False
3. Australian fast food outlets made 4 billion dollars profit in 2015.	True	False
4. Burgers are the most popular fast food in Australia.	True	False
5. A Big Mac has more calories than a Subway Meatball Footlong.	True	False
6. One large Frozen Coke from Hungry Jacks contains 21 teaspoons of sugar.	True	False
7. Home delivery is being piloted at a small number of McDonald's, Subway and Red Rooster outlets around suburban Sydney.	True	False
8. The KFC Twister with chicken and salad is a healthy menu option.	True	False
9. A Chicken Pad Thai has more fat than 3 Cheeseburgers from McDonalds.	True	False
10. 30% of what Australian school-aged children eat is unhealthy.	True	False



1. T	2. T	3. F (They made 14.2 billion dollars in profit in 2015)	4. T	5. F (A Subway Meatball Footlong has 580 calories compared to 529 in a Big Mac)	6. T	7. T	8. F (The Twister has more fat than a Zinger burger)	9. T	10. F (It is 40% fat)
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## Let's Make Better Choices!

At most fast food outlets, there are usually healthier choices we can make. Research the saturated fat and sugar in the following items and then try to find a healthier alternative on the menu.

**The first one is done for you!**

Menu Item	Saturated Fat and Sugar	Alternative Menu Item	Saturated Fat and Sugar
McDonalds Chocolate Milkshake (Small) 	<b>Saturated Fat:</b> 4.8g  <b>Sugar:</b> 41.4g	Chocolate Flavoured Milk Calciyum 	<b>Saturated Fat:</b> 2.3g  <b>Sugar:</b> 20g
	<b>Saturated Fat:</b>  <b>Sugar:</b>		<b>Saturated Fat:</b>  <b>Sugar:</b>
	<b>Saturated Fat:</b>  <b>Sugar:</b>		<b>Saturated Fat:</b>  <b>Sugar:</b>
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## How to Chop Garlic

### Step One

#### **Separate**

Start by separating the cloves from the bulb. You will need to dig your thumbs in between the cloves to separate them.



### Step Two

#### **Crush and Peel**

With your palm, lightly press down on each garlic clove with the side of your knife. This will loosen the skin from the garlic. Remove the skin from each clove.



### Step Three

#### **Mince**

Slice each clove as thinly as possible. Dice the garlic into small pieces by holding the knife with one hand and the tip of your knife with the other. Continue to go over the garlic mound until all the garlic is minced. You did it!



## Kitchen and Cooking Skills by Age

### **Preschool (2-4 years)**

Preschoolers can begin to learn basic kitchen and cooking concepts. Small, guided tasks are the best.

- Cracking an egg
- Stirring batter in a bowl
- Washing fruit and vegetables
- Pouring liquids
- Spreading butter and other spreads onto bread
- Mashing potatoes
- Rolling bread and dough with a rolling pin
- Using cookie and biscuit cutters
- Cutting fruit and vegetables with dull knife or butter knife
- Measuring liquid and dry ingredients

### **Young Cook (5-8 years)**

Young cooks can start reading and following recipes. Your child can start to use knives, the stove and oven under close and constant supervision.

- Whisking eggs and cream with a hand mixer
- Frosting and icing cupcakes and cookies
- Mixing cookie dough and brownie batter
- Using a can opener, juicer and garlic press
- Peeling fruit and vegetables
- Making fresh pasta and using a pasta machine
- Using paring and small knives
- Boiling eggs, vegetables and pasta
- Frying eggs and grilling cheese sandwiches
- Melting chocolate in a microwave
- Mixing and rolling pie and tart dough

### **Preteens (9-12 years)**

Preteens are able to read labels, recipes and prepare many parts of simple dishes themselves. They can use basic knife skills, turn on appliances and in many cases be ready to cook on their own.

- Trimming and slicing vegetables
- Putting food in the oven and removing them
- Working with timers and thermometers
- Baking breads, cakes and muffins
- Kneading dough and letting it rise
- Cooking soup
- Poaching eggs
- Using speciality appliances – panini press, waffle maker
- Steaming rice
- Using a food processor, blender and stand mixer
- Using a chef's knife and other larger knives
- Cooking pancakes on a griddle

### **Teenagers (13-16 years)**

Teenagers shouldn't need close supervision and can choose what they would like to cook. They can prepare meals for the family and start to experiment with different foods and flavours.

- Using all kitchen appliances and tools, including safety handling and cleaning the sharp blades of blenders and food processors
- Developing proficient knife skills
- Baking more complicated doughs and pastries
- Making risotto
- Marinating foods
- Panfrying steaks, chicken, fish and other meats
- Using slicers and mandolins
- Deep frying potato chips, chicken and spring rolls
- Using and cleaning outdoor gas and charcoal BBQs
- Developing and testing basic recipes

### **REMEMBER TO:**

Wash hands, listen to the grown up in charge, ask lots of questions, pay attention and

# HAVE FUN!

Cooking classes, birthday parties, workshops and events for Sydney kids

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