

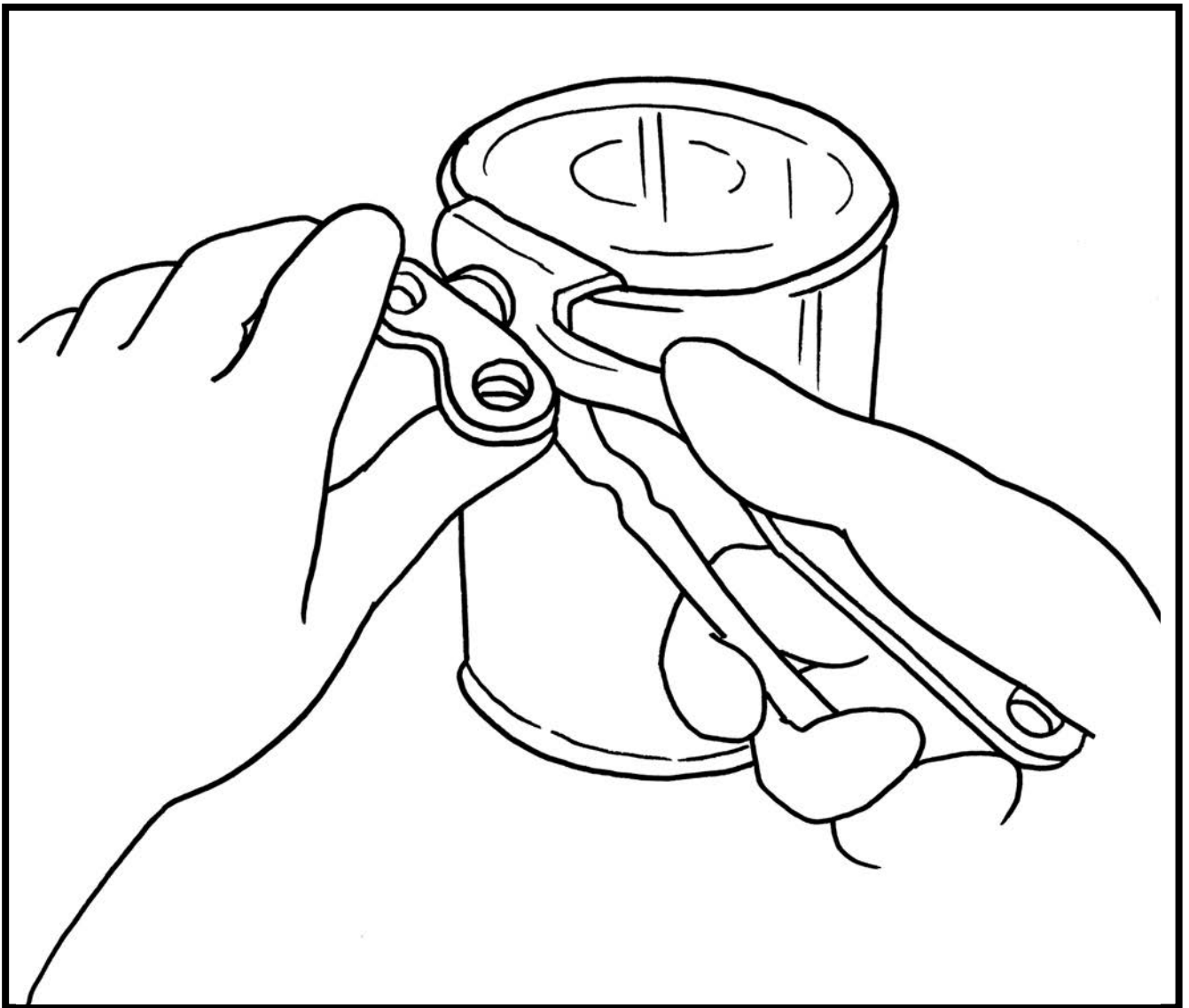
Chilli con Carne



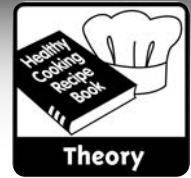


How to Open a Tin

Be very careful when you open a tin with a tin opener, as the sharp edge can cut you. There are many types of tin openers. The most common one is the butterfly tin opener. With this type of tin opener, you have to press a sharp part into the tin, hold the tin opener very firmly with one hand and turn the butterfly handle with the other hand. The danger is that if you do not hold the tin opener firmly enough, it could slip and you could cut yourself on the tin.



What is a Balanced Diet?



A balanced diet means that you eat some food from each food group on a regular basis. This is because the different foods have different nutrients that are needed regularly for the body. The eatwell plate illustrates which foods you need most of and which you need least of.

You don't need to get this balance right for every meal, but you should aim to get it over a longer period of time, such as every day or every week.

Preserving Food



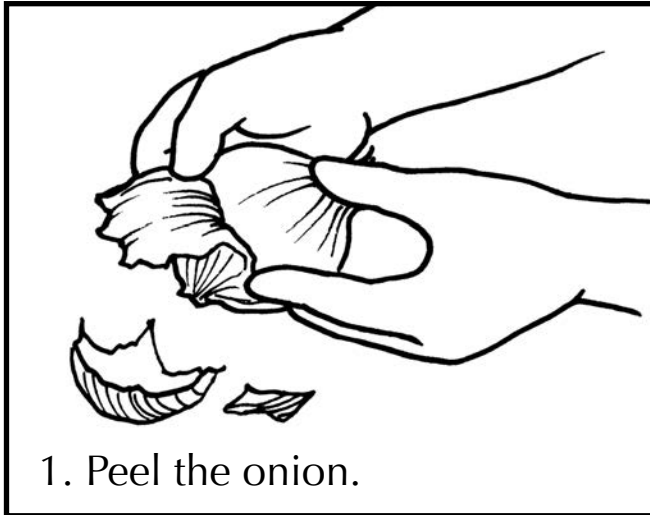
You can preserve food by canning it.

Canning is a method of preserving food by sealing it in an airtight container such as the tin used for baked beans or tomatoes. The food inside the tin is then heated to destroy any micro-organisms that would otherwise spoil the food. This method of preserving will keep the food for a long time.

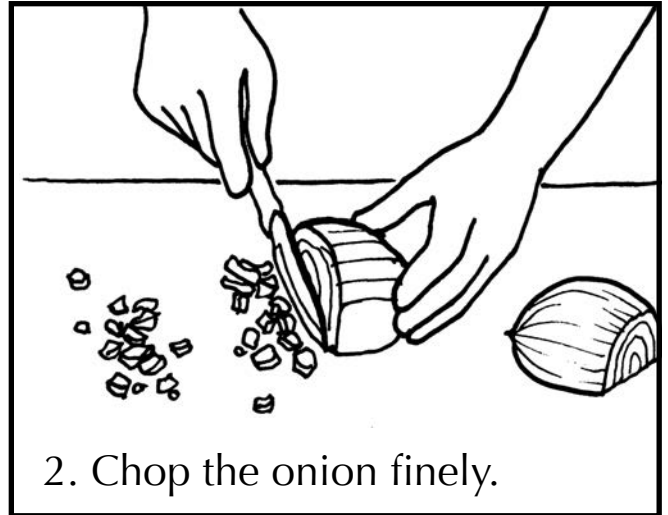


Chilli con Carne

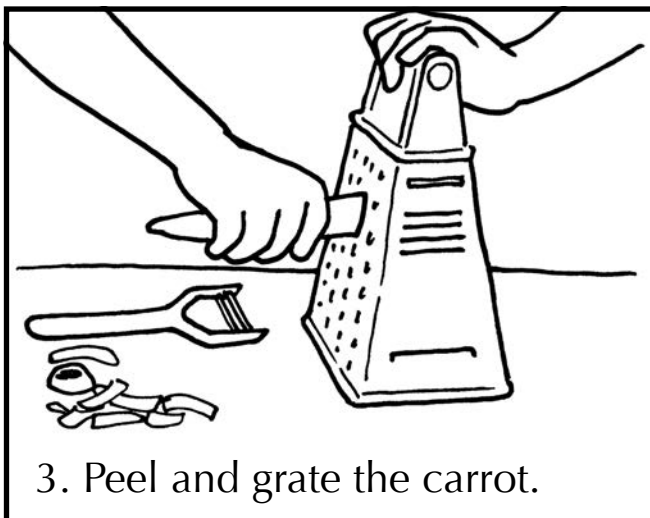
Ingredients: 125g lean minced meat 1 bay leaf
1 onion ½ tin of baked beans 1 parsnip
1 carrot 1 stock cube ½ tin of tomatoes 1 tsp chilli powder



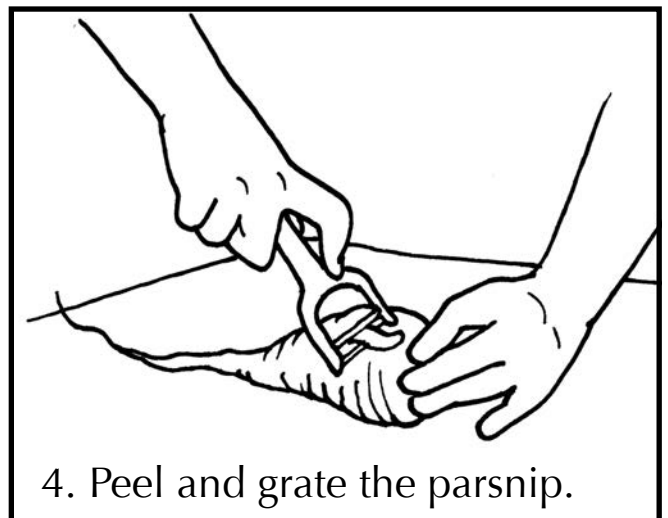
1. Peel the onion.



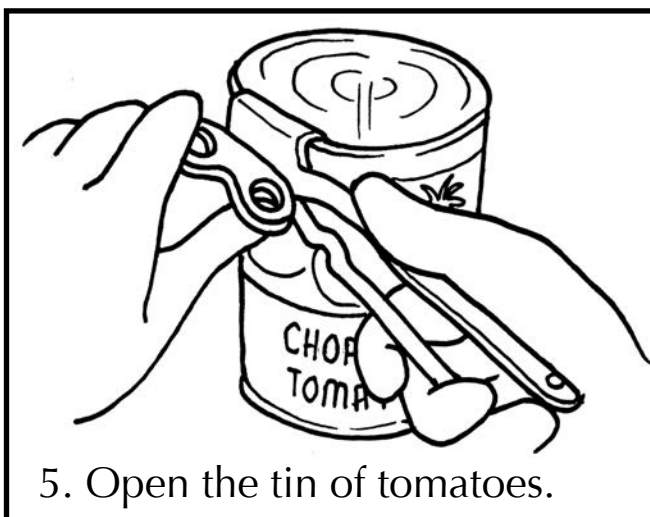
2. Chop the onion finely.



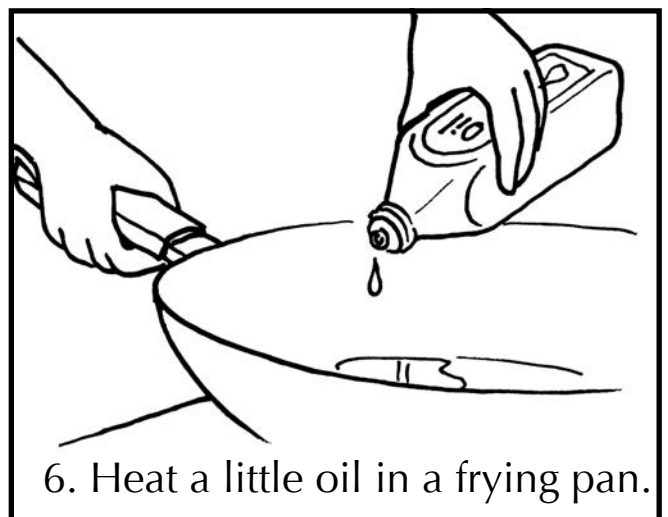
3. Peel and grate the carrot.



4. Peel and grate the parsnip.



5. Open the tin of tomatoes.



6. Heat a little oil in a frying pan.

Chilli con Carne (cont.)



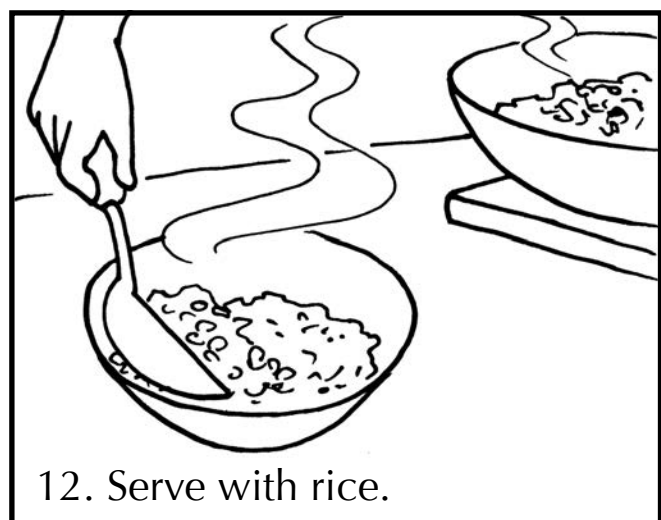
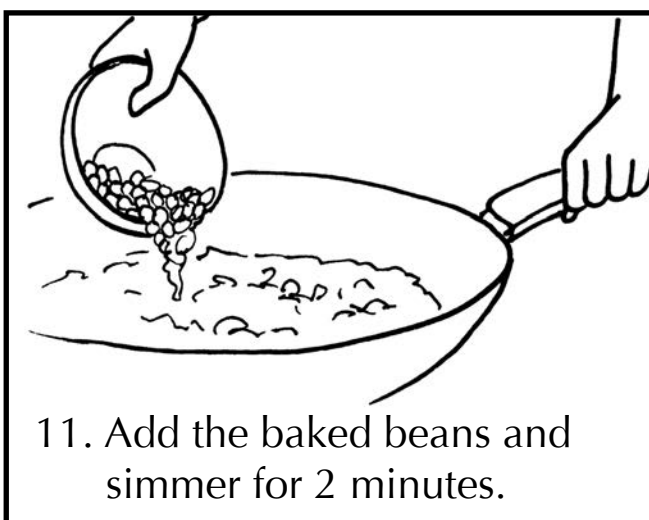
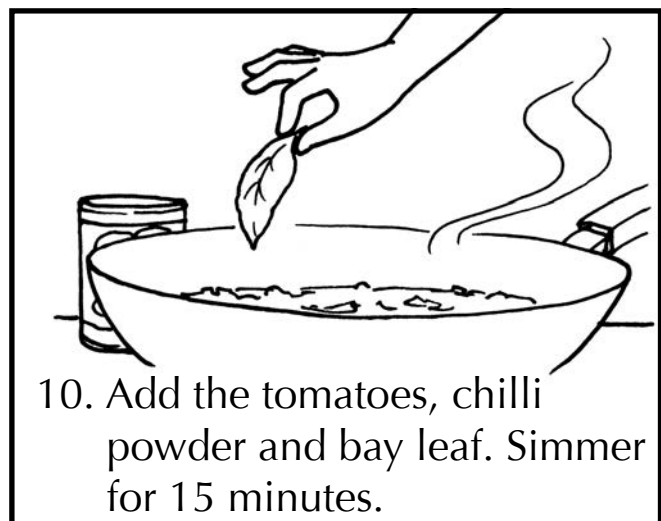
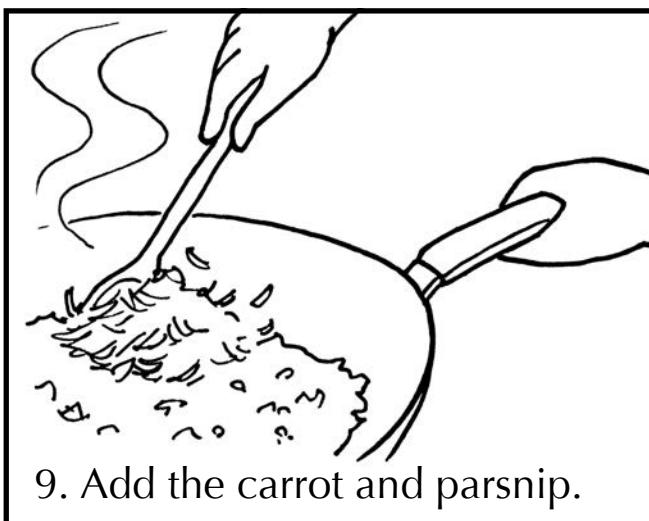
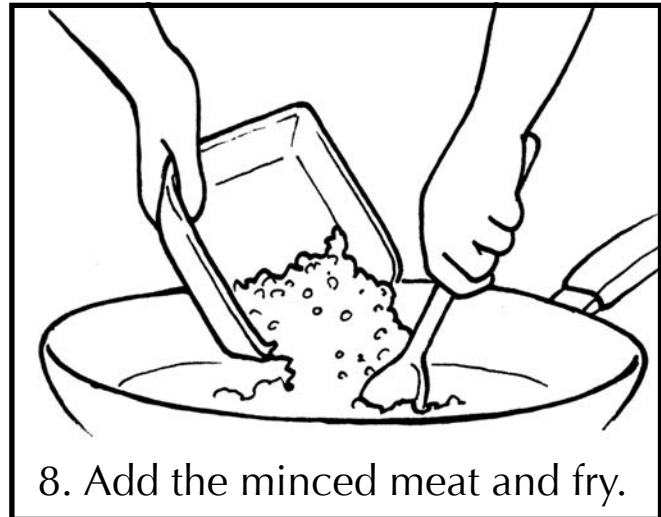
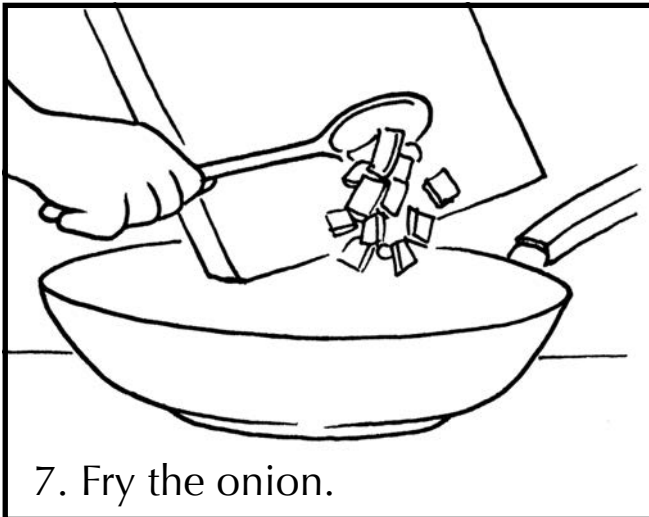
Equipment:

Chopping board
Tin opener

Sharp knife
Frying pan

Peeler
Turner

Grater



Chilli con Carne

Ingredients:

125g lean minced meat
1 bay leaf
1 onion
½ tin of baked beans
1 parsnip
1 carrot
1 stock cube
½ tin of tomatoes
1 tsp chilli powder

Equipment:

Chopping board
Sharp knife
Peeler
Grater
Tin opener
Frying pan
Turner

Instructions:

1. Peel the onion.
2. Chop the onion finely.
3. Peel and grate the carrot.
4. Peel and grate the parsnip.
5. Open the tin of tomatoes.
6. Heat a little oil in a frying pan.
7. Fry the onion.
8. Add the minced meat and fry.
9. Add the carrot and parsnip.
10. Add the tomatoes, chilli powder and bay leaf. Simmer for 15 minutes.
11. Add the baked beans and simmer for 2 minutes.
12. Serve with rice.