

THE BASH STREET KIDS



news...stories...recipes and lots of jokes to keep you berry healthy...

What's inside *Fruity Veggy News...*

Bash Street ways to eat 5-a-day from:

Teach	3
Fatty	6
Erbert	8
Spotty	12
Wilfred	17
Toots	22
Sydney	24
Plug	26

5-a-day things to make:

Cucumber caterpillar	4
Tuna boats	5
Make a melon tortoise	10
Teach's 'Orange Surprise' experiment	11
Make an orange pomander	14
Wilfred's tomato boats	18
Pizza faces	19
Bird's nest salad	23
Plug's hopping frogs	27

More Bash Street ways to eat 5-a-day from:

Teach, Fatty, Erbert, Spotty, Wilfred, Toots, Sydney, Plug, Danny and Smiffy	32
--	----

Recipes	4, 5, 7, 9, 10, 15, 18, 19, 23, 25, 27, 30
----------------	--

Puzzles

Find '5-a-day'	15
Spotty's missing citrus blanks	16
Don't get cross – just find the word	21
Discover the hidden secret message	31

Teachers may make copies of these educational materials only as they appear on the Agency's website and only for use within the school setting or for purely educational purposes. For non-educational uses of the material, crown copyright will apply.

Published by the Food Standards Agency July 2003.

© Crown Copyright 2003

© DC Thomson (the copyright holder of the Bash Street Kids Cartoon Characters) waives its copyright to the Bash Street Kids Cartoon Characters as it appears in the educational materials contained on the Food Standards Agency's website.

Teach's cucumber way to eat 5-a-day...

Cucumbers

Cucumbers are one of the most ancient vegetables in the world and were first found in the Himalayas.

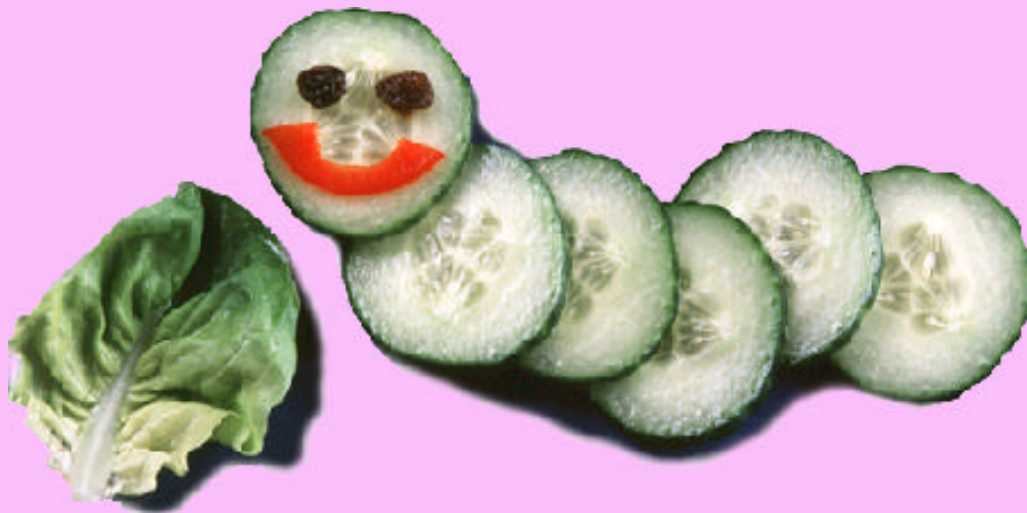
They can be eaten with or without their skin and add a crunch to any salad.



© D. C. THOMSON & Co., Ltd., 1989

Q: What's green and walks through walls?
A: Casper the friendly cooking apple!

Cucumber Caterpillar



You'll need

4cm of cucumber

2 raisins

1 slice of red pepper

some cheese spread

What to do

1. Cut the cucumber into six slices on a chopping board (get an adult to help).
2. Form the caterpillar by overlapping the cucumber, sandwiching the ends with cheese spread to secure and add flavour.
3. Form the face using currants and peppers.
4. Serve with brown bread as a snack or as a side salad with a meal.

Q: What is green and good at sums?

A: A cucumber with a calculator!

Tuna Boats (makes 6 boats)

You'll need

- 1 small can of tuna*
- 2 tablespoons of plain yogurt*
- ½ a cucumber*
- 6 lettuce leaves*
- 6 thin baby carrots*

What to do

1. Drain the tuna using a sieve and put in a bowl.
2. Add the yogurt and beat until smooth.
3. Cut the cucumber into 6 cm long pieces and then cut each piece in half lengthways.
4. Rip the lettuce up on 6 serving plates to look like the sea and arrange the cucumber pieces onto these.
5. Spoon the tuna mixture on top of the cucumber boats and arrange. Place 2 carrots into the mixture to look like funnels.

Fatty's berry snacks way to eat 5-a-day...

Berries come into season in the summertime in the UK. They are sweet and juicy and are great to eat on their own or in desserts and salads.

There are lots of different types of berries, including: raspberries, strawberries, blueberries (or blaeberries in Scotland) and black, white and redcurrants.

Strawberries are the most popular berry and each one is covered in about 200 tiny seeds.

The strawberry may have got its name from the laying of straw around the plant to protect the fruit. Other stories say they were tied to straw and that was how they were sold.

Which story do you think is more likely? Do you have your own idea?



© D.C. THOMSON & Co., Ltd., 1999

Berry appetising indeed!

Strawberry Cones (serves 1)

You'll need

4 large strawberries or raspberries
small pot of fruit yogurt
1 ice cream cone

What to do

1. Chop the fruit on a chopping board (get an adult to help), then mix with the yogurt.
2. Pour the mixture into the cones and freeze.

Strawberry Kisses (serves 2)

You'll need

10 large strawberries
50g chocolate

What to do

1. Melt the chocolate in the microwave or in a bowl on top of simmering water (get an adult to help).
2. Once the chocolate is melted, carefully dip half the strawberry in the chocolate and leave to set on greaseproof paper.

Q: What is worse than finding a maggot in your apple?
A: Finding half a maggot!

Erbert's melon way to eat 5-a-day...

Melons belong to the same family as cucumbers, marrows and squash. Erbert loves melon and there are so many different types to choose from.

Cantaloupe melon has a green crackled shell and bright orange flesh. It is sweet and a good source of vitamin A.

Honeydew melon has a bright yellow shell and pale sweet flesh.

Water melon has a dark green striped shell and pink flesh.



Q: Why is history the sweetest lesson?
A: Because it's full of dates!

Fruit Fizz

You'll need

100g melon

100g pineapple (fresh or canned)

1 orange

100ml fizzy mineral water or diet lemonade

What to do

Peel the orange, separate into chunks and put into a blender with chunks of pineapple and melon. Blend until smooth, then add the fizzy mineral water and serve for a refreshing drink.

Melon Boat

You'll need

1 slice of melon

1 thin round of orange

1 cocktail stick or thin straw

What to do

Skewer the orange ring with the cocktail stick or thin straw and secure it into the middle of the slice of melon to make a boat.

Or you could make **water melon froth** by blending ice cubes and water melon together for a cool refreshing treat.

Q: What did the dandelion say to the vegetables?

A: Take me to your weeder!

Make a melon tortoise

If you have a cantaloupe melon, why not try some fruit sculpture?

To make a melon tortoise you need to keep one half of the shell intact. But don't forget to eat the melon inside before you make the model.

What to do

1. Use a spoon or a melon baller to scoop the flesh out.
2. Using a knife, at one end carefully make a hole for its head (get an adult to help).
3. The head can be made from a piece of cucumber or the pointy end of a green pepper.
4. Then decorate making eyes with soft cheese and peppercorns, black eye beans or currants. See how many different types of faces you can create – happy, sad, angry or cheeky!

Teach's 'Orange Surprise' Experiment

Did you know that different parts of the same fruit taste different?

You'll need

1 navel orange

What to do

Peel the orange and cut one slice across the stem end and then one across the bottom end. Now taste.

What did you find?

The slice at the bottom end is sweeter. This is because the blossom end develops more sugar because it's exposed to the sun more. This means that fruit grown in hotter countries is sweeter.

Do some experiments with other fruit to see if you find this to be true.

Q: Why did the orange not go to school?
A: Because he was not peeling very well!

Spotty's orange way to eat 5-a-day...

Orange Snow-Topped Mountains (serves 4)

You'll need

4 oranges
1 egg
50g sugar

What to do

1. Pre-heat the oven to 200°C, 400°F, Gas mark 6.
2. Cut the oranges in half. Then make sure the half oranges sit well – if they are not stable on the rounded end, slice a little off the end to create a flat base.

(continued on next page)



Q: Why did the onions get put in jail?

A: Because they were thinking up a garden plot!

3. Using a knife and without cutting into the pith, carefully cut round the inside of the oranges. Then roughly separate the segments.
4. Separate the egg white from the yolk.
5. Using an electric whisk (or hand-held whisk) beat the egg whites until light and fluffy. While still whisking, gradually add all the sugar to make the meringue mixture.
6. Top each orange half with meringue mixture and create peaks using a fork.
7. Bake the oranges for 10 minutes and serve hot or cold. If you want to serve them hot, get an adult to help you.



Have a bash at making an Orange Pomander

A healthy gift for Mother's Day or birthdays

You'll need

1 orange

sticky tape

knitting needle or skewer

48 cloves

some brightly coloured ribbon to co-ordinate with the orange

2 pins

What to do

1. Cut a length of sticky tape roughly the same length as a ruler and wrap it around the orange so that it forms a cross, and quarters the orange.
2. Holding the orange firmly, use the skewer to prick 12 holes in each quarter. Then press the cloves into the holes.
3. Tie the orange with ribbon to cover the sticky tape cross (either like a parcel or use 2 separate ribbons tied at the top).
4. Pin the ribbon at the top and bottom and tie the ribbon into a loop so you can suspend the pomander.

Q: How can you tell the time without looking at a clock?

A: Eat an apple and wait for the pips!

Mandarin Fluff

You'll need

- 1 small can evaporated milk*
- 1 orange jelly*
- 375ml water*
- 4 seedless mandarins or tangerines*

What to do

1. Melt the jelly in a measuring jug using a little water. Add the rest of the cold water to the melted jelly so that you now have a volume of about 375ml.
2. Leave the jelly in the fridge for 20 minutes to cool and gel but **don't** allow it to set.
3. Peel the mandarins and split into segments. Leave these to one side because they will be added later.
4. Add the condensed milk to the jelly mixture and whisk until light and fluffy.

How many times can you find 5 a day?

a y a d a 5
d 5 a d a d
a 5 a d a y
5 a a d y a
a y a d a 5
y 5 d a 5 y

Fill in Spotty's missing citrus blanks

_____ are citrus fruit and are named for their colour and were originally called norange. Smaller versions of them include _____ and _____. Other citrus fruit that are less sweet include _____, lemons and _____. All citrus fruit contain lots of vitamin _____, which gives us healthy gums, _____ and helps _____ to heal.

skin

tangerines

grapefruit

mandarins

limes

oranges

cuts

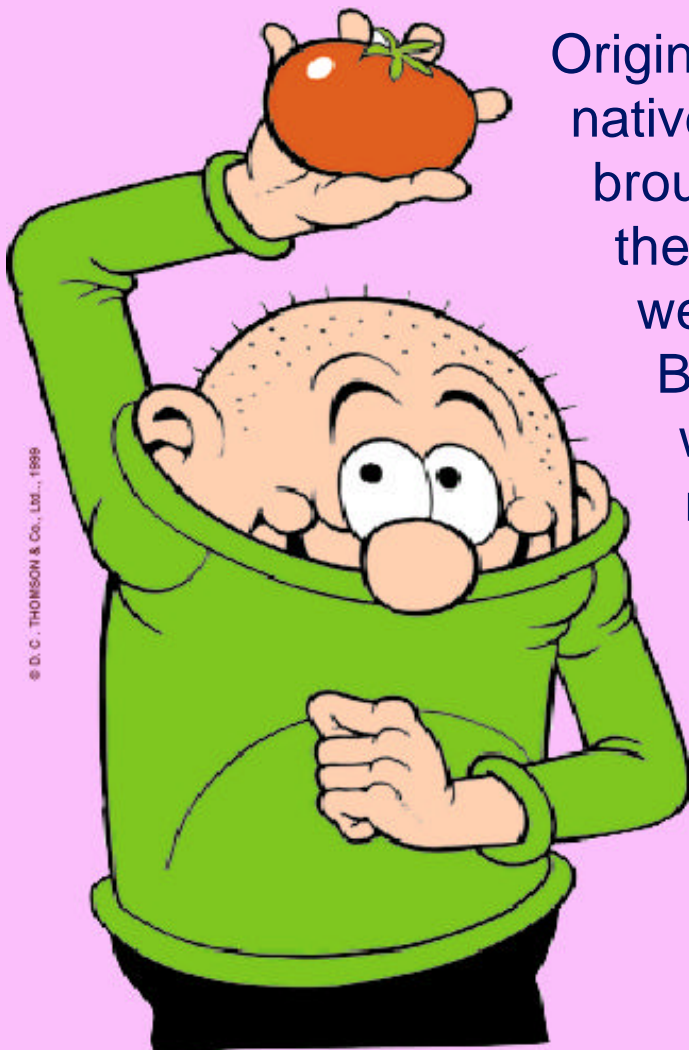
C

Q: What vegetable goes camping?

A: A boy sprout!

Wilfred's tomato way to eat 5-a-day...

'Love apples' (pommes d'amour) is what Wilfred likes to call tomatoes when he's practising his French, because this is what the French used to call them.



Originally tomatoes were native to America and were brought back to Europe by the Spanish. When they were first introduced, the British thought they were poisonous! But now we know they're really good for you.



Wilfred's Tomato Boats

(makes 2)

You'll need

1 large tomato
1 cheese slice halved diagonally
2 cocktail sticks

What to do

Halve the tomatoes and if you want to eat them hot, bake in a moderate oven for 30 minutes (get an adult to help take the tomatoes out of the oven).

Put cheese triangles onto the cocktail sticks and fix into the tomatoes to look like sails. Serve with bread or toast.

Q: Who is the best rock star out of all the vegetables?
A: Elvis Parsley!

Make Pizza Faces

(makes 2)



You'll need

- 1 bread muffin halved or pizza base*
- 1 tomato*
- 1 tablespoon of grated cheese or 2 cheese slices*
- 1 mushroom*
- 2 cherry tomatoes*
- ½ carrot grated*
- 2 slices of red pepper*

Q: What do baby apes sleep in?
A: Apricots!

What to do

1. Preheat the oven to 220°C, 425°F, Gas mark 7. Place the 2 muffin halves or pizza base on a baking tray.
2. Slice the tomato and put onto the muffin halves, then top with cheese.
3. Now make the face. You could, for example, slice the mushroom into 4 and use these as eyes. You could use a cherry tomato for the nose, carrot for hair and slice of pepper for the mouth. Try different vegetables to create a variety of faces.



4. Put the pizzas or muffins in the oven for 10 minutes. When cooked, remove the pizzas, remember to wear oven gloves and get an adult to help.
5. Serve hot or cold with a crispy salad.

Q: What do you call two rows of cabbages?

A: A dual cabbage way!

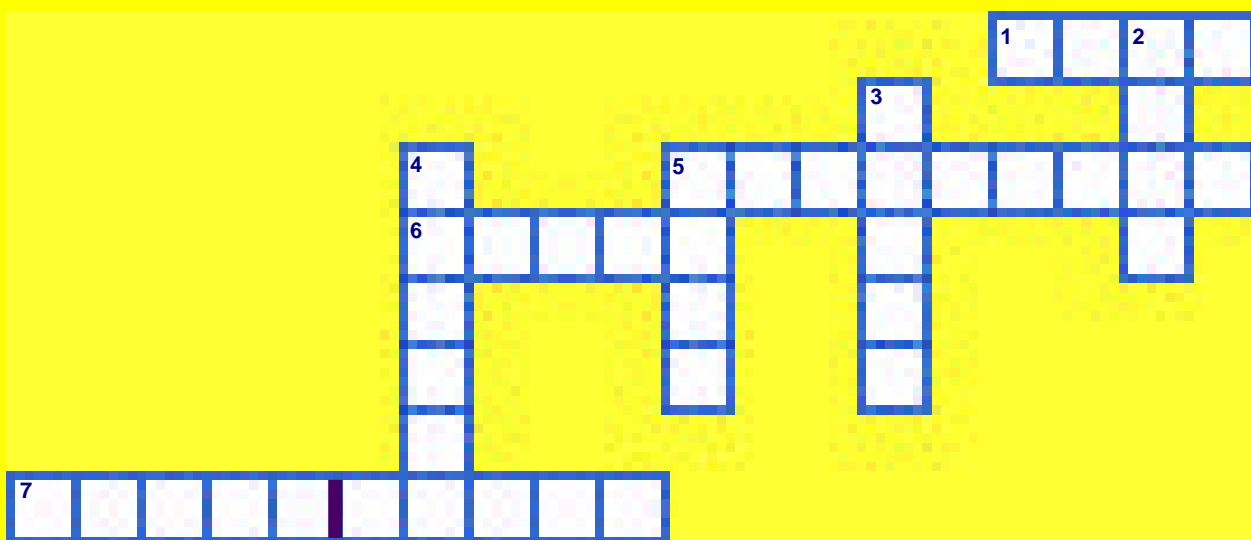
Don't get cross – just find the word...

Across

1. Jack Horner put in his thumb and pulled out one of these.
5. Sounds like a type of wood crossed with a fruit.
6. Eve bit on this fruit.
7. A mixture eaten as dessert (two words).

Down

2. This citrus fruit is really hideous and is a cross between an orange and a grapefruit.
3. This could be water or honeydew.
4. After Bash Street Kid Danny has eaten one of this fruit, someone always seems to slip on a skin!
5. Do these go in twos?



Answers: 1. Plum 2. Ugli 3. Melon 4. Banana 5. (across) Pineapple 5. (down) Pear 6. Apple 7. Fruit salad

Toots's grape way to eat 5-a-day...



© D. C. THOMSON & Co., Ltd., 1999

Grapes are just great!

Grapes are one of the oldest cultivated fruits. The Egyptians used them to make wine. Italy produces the most grapes, followed by Chile in South America and California in the United States of America.

Grapes are a sweet refreshing fruit, which can be green or red. The green grapes are known as 'white' grapes.

Q: What is a vegetable's favourite song?

A: Greenhouse rock!

Bird's Nest Salad

You'll need

- 1 grated carrot*
- 1 tsp. honey*
- 1 tsp. lemon juice*
- 5 grapes (for the eggs)*

What to do

1. Mix the grated carrots, honey and lemon juice together in a small bowl. Shape onto a plate to look like a nest.
2. Place 5 grapes in the centre of the nest to look like eggs. Serve with crusty bread.



Sydney's kiwi way to eat 5-a-day

Kiwi Fruit

Kiwi fruit have a slightly furry skin. They have been grown for more than 700 years and were first cultivated in China, then in New Zealand, where they were called 'Chinese gooseberry'.

In the 1960s, New Zealand became a major exporter of kiwi fruit around the world. The fruit was then renamed kiwi fruit after New Zealand's national bird the kiwi.



© D. C. THOMSON & Co., Ltd., 1999

Fruit Fondue

(serves 2)

You'll need

- 1 kiwi*
- 1 apple*
- 1 orange*
- 50g bar of chocolate*

What to do

1. Peel the kiwi and orange and cut into chunks on a chopping board (get an adult to help).
2. Melt the chocolate either by using a microwave or in a bowl over a pan of gently simmering water.
3. When the chocolate has melted put it in a small dipping bowl.
4. Cut the apple in half, cut out the core and cut into chunks. (Do this last otherwise the apple will go brown.)

Kiwi Eggs and Apple Soldiers

You'll need

- 1 kiwi*
- 1 apple*

What to do

1. Cut the top off the kiwi and put it in an egg cup.
2. Cut the sides off the apple leaving the core and slice into soldiers.
3. Serve together on a plate.

Q: What do you give an injured lemon?

A: Lemon-aid!

Plug's apple way to eat 5-a-day...



Appletising

Apples are very old – they have even been mentioned in the Bible!

They were first brought to Britain by the Romans. There are now more than 7,000 varieties grown in the world, and they all taste different.

Apples are a good source of fibre, which you need to stay healthy.

Q: What's red and invisible?

A: No tomatoes

Plug's Hopping Frogs



You'll need

250g ready-made puff pastry

4 Granny Smith apples cut in half

1 small jar of mincemeat

15ml (1 tbsp.) milk for egg wash

raisins

(custard and green colouring if desired)

What to do

See page 28

Plugs hopping frog template

See page 29

Plug's Hopping Frogs

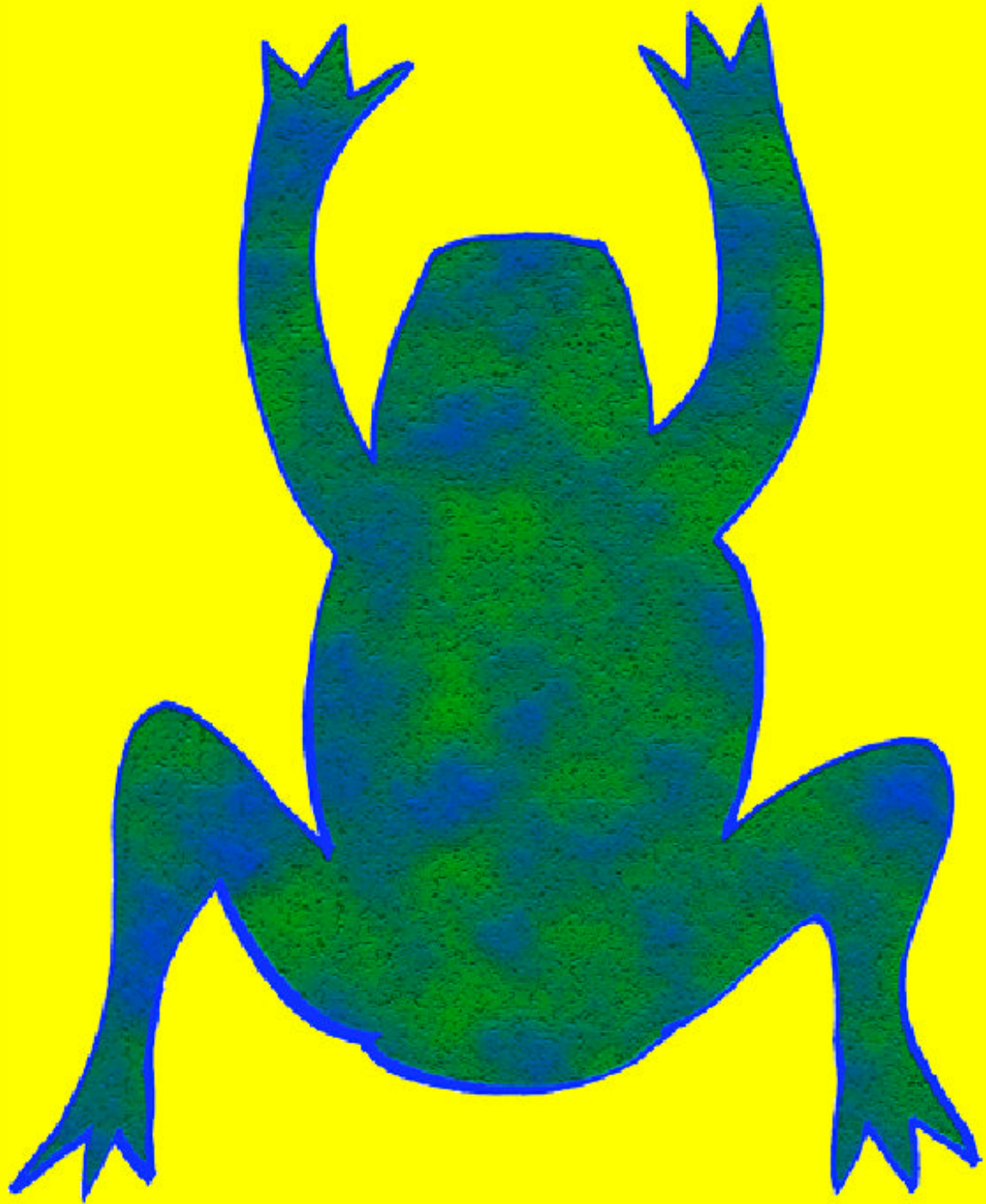
What to do

1. Preheat the oven to 200°C, 400°F, Gas mark 6.
2. Roll out pastry and cut out frog shapes using the template on the next page if needed.
3. Scoop out the core of the apples using a teaspoon and fill the hollow with mincemeat.
4. Place the apples over the body of the frogs.
5. Using a pastry brush, lightly brush the milk over the frogs.
6. Place 2 raisins on the frog's head for eyes.
7. Place the prepared frogs onto a baking sheet. Bake for 15 to 20 minutes. Get an adult to help.
8. Serve on a pool of green custard if desired. (Add green food colouring to ready-made or home-made custard.)



Q: What's a monster's favourite soup?
A: Scream of tomato!

Plug's Hopping Frogs TEMPLATE



Apple and Cheese Scones

You'll need

100g (4oz) self raising flour

25g margarine

1 apple

25g cheese

75ml milk

What to do

1. Preheat the oven to 220°C, 430°F or Gas mark 7. Get an adult to help.
2. Sift the flour into a bowl. Add the margarine and rub in, using your fingertips.
3. Cut the apple into quarters and core. Grate into bowl.
4. Grate the cheese and add to the other ingredients, mix together.
5. Add the milk gradually, using a palette knife to mix into a soft dough.
6. Put the mixture onto a lightly floured surface and pat down gently to a thickness of 2cm.
7. Use a scone cutter or a glass to cut out the scones and place them on a baking sheet. Bake in the oven for 12 minutes or until golden brown.

Can you find the secret message hidden below?

Just follow these seven steps.

1. Cross off all the names of citrus fruit.
2. Cross off the Bash Street Kids who don't wear a hat.
3. Cross off all the names of fruit and vegetables, which are green or orange.
4. Cross off all the names of fruit, which are red.
5. Cross off the five methods of cooking fruit and vegetables.
6. Cross off the four methods of preserving fruit and vegetables.
7. Cross off the six places where fruit and vegetables can grow.

Plug	Wilfred	apple	eats	steaming	
raspberry	redcurrant	stewing	Spotty	canning	
Toots	five	strawberry	spinach	fruit	lemon
drying	broccoli	lime	boiling	grapefruit	
tangerine	Erbert	plant pot	peas	and	
cabbage	orange	vegetables	baking	orchard	
a	container	day	Sydney	to	greenhouse
keep	freezing	the	garden	doctor	pickling
carrot	farm	away	stirfry		

(Answer: Plug eats five fruit and vegetables a day to keep the doctor away).

More Bash Street ways to eat 5-a-day...

The Bash Street Kids all have their own ideas for how to eat more fruit and veg. Have a look at the next few pages.

Remember, choose different ways to have at **least five portions of fruit and veg** during the day.

Make up the total from: Breakfast, Snacks, Lunch, Tea and your Evening meal.

Remember that:

Fruit juice can only count as a maximum of one portion a day.

Beans and pulses can only count as a maximum of one portion a day.



Q: What is orange and keeps falling off walls?
A: Humpty pumpkin!

Teach's suggestions to make up 5-a-day...

Cucumber sticks and dip

Fruit salad

Pizza face

Cucumber caterpillar

Wormy spaghetti in
tomato sauce

Fruit juice (or try tomato
or carrot juice)

Beans on toast



© D. C. THOMSON & Co., Ltd., 1989

Fatty's way to make up 5-a-day...

Strawberries on cornflakes

Apple and cheese scones

Side salad with raisins

Raspberry smoothie

Mixed bean soup

Strawberry kisses

Tuna boats



© D.C. THOMSON & Co., Ltd., 1999

Erbert's choices to make up 5-a-day...

Water melon froth

Kiwi fruit fizz

Strawberry salad

Melon tortoise

Fruit flan

Fruit juice or tomato juice

Carrot soup



Spotty's ideas to make up 5-a-day...



Orange boats

Tomato juice

Carrot and raisin salad
with orange dressing

Fruit salad

Yogurt with fruit cut into it

Carrot sticks and cheese

Liquidised orange juice

Wilfred's ways to make up 5-a-day...



Tomato boats

Apple coleslaw and pizza

Banana sandwich

Bird's nest salad

Tomato juice

Apple scones

Strawberry kisses

Toots' Bash Street way to eat 5-a-day...



Frozen grape juice ice
cubes in milkshake

Sliced banana on breakfast cereal

Strawberry kisses

Grape and lettuce side salad

Vegetable soup

Cucumber, red/green/yellow
pepper slices and cheese on toast

Melon boat

Sydney's ideas for eating 5-a-day...

Kiwi eggs and apple soldiers

Grilled tomato, bacon and toast

Fruit fizz

Yogurt with melon pieces

Cucumber caterpillar

Steamed frozen mixed veg with a slice of pizza

One or two cupfuls of dried fruit



Plug's recipe ideas to eat 5-a-day...



© D. C. THOMSON & Co., Ltd., 1999

Dry-fried apple rings and
French toast

Cut fruit pieces in yogurt

Carrot and raisin salad with
baked potato

Frozen banana lolly

Piece of fruit or raw carrot,
celery stick, tomato, etc.

Strawberries and ice cream

Roast pork and apple sauce

Smiffy's Bash Street way to eat 5-a-day...

Carrot sticks and yogurt dip

Fruit salad

Carrot and lentil soup

Grapes, sultanas and
raisins in breakfast cereal

Beans on toast

One or two handfuls
of dried fruit

Carrot juice



Danny's ideas for eating 5-a-day...

Real banana milkshake made with semi-skimmed milk

Orange and grapefruit Florida salad

Home-made leek and potato soup

Toasted banana sandwich

Lettuce, carrot, apple and pineapple salad

Tinned sliced fruit (e.g. peaches)

Hot grilled bananas



© D.C. THOMSON & Co. Ltd. 1999