



SUPERCRUNCH

Supercrunch is a cold pudding which can be put together in minutes! There are endless variations to this recipe ... use any fresh or stewed fruit of your choice (ideally use in-season fruit, it will usually be cheaper), try different yoghurts, swap the yoghurt for custard, sprinkle on cinnamon, add seeds or chopped nuts ... just have super-crunchy fun!



Skills Check: Follow a recipe; follow food safety & hygiene rules; cut using the bridge/claw technique safely; use measuring spoons; use weighing scales garnish & decorate; tidy away.

Equipment: Knife, chopping board, weighing scales, spoons, serving glasses or bowls (or plastic cups)

Allergens*:

Gluten | Milk

Ingredients (serves 2):

- 160g fresh fruit, cut into small pieces (e.g. grapes, kiwi, strawberries)
- 150g pot plain low-fat yoghurt
- 1 tsp runny honey
- 50g crunchy oat cereal / granola

Method

1. Divide the prepared fruit between the glasses or bowls.
2. Stir the honey into the yoghurt, then divide the yoghurt between the glasses or bowls.
3. Sprinkle the oat cereal on top.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



SUPERCRUNCH Nutrition Information

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

The eatwell plate helps us take a look at what we eat during the day (including any snacks) and shows us we need to try and eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar.

Energy, sugar, fat and salt per serving

Per 184g serving

ENERGY
912KJ / 216kcal **11%**

LOW **FAT**
5.1g **7%**

LOW **SATURATES**
2.1g **11%**

MED **SUGARS**
24.3g **27%**

LOW **SALT**
0.2g **4%**

% of an adult's reference intake

Typical values per 100g : Energy 202KJ / 48kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about Supercrunch ...

Fruit is generally low in fat and calories and high in fibre.

Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.

Yoghurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.

Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

