



INDIAN RAITA

This is an easy minty sauce with a creamy yoghurt base which is a classic Indian side. Try it with breadsticks, vegetable sticks, or toasted pitta.



Recipe from BBC Good Food

Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; snip herbs with scissors; use measuring spoons and cups; season to taste; tidy away.

Equipment: Bowl, spoon, grater, garlic crusher, chopping board, scissors, measuring spoons

Ingredients (serves 6-8):

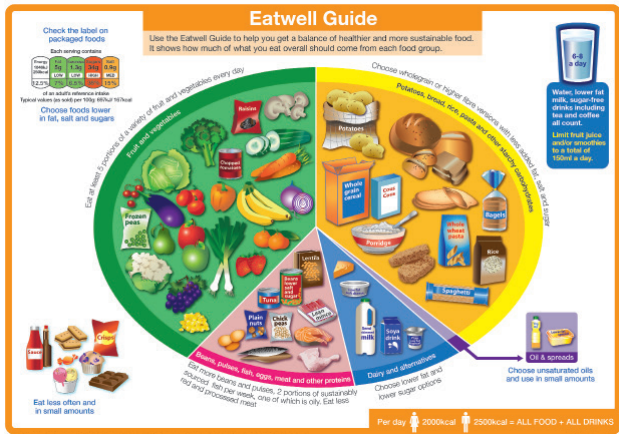
- 250g greek yogurt
- 1 garlic clove, crushed
- thumb-sized piece ginger, finely grated
- ½ small pack coriander, chopped
- ¼ small pack mint, leaves chopped
- juice of ½ a lime
- ½ tsp garam masala, plus a little extra to serve
- ¼ cucumber, grated and lightly squeezed

Method

1. Prepare the ingredients by crushing the garlic, grating the ginger and cucumber, chopping or snipping the herbs and juicing the lime.
2. Add all the ingredients to the bowl and mix well, season if needed.
3. Garnish with some extra chopped herbs or sprinkled with extra garam masala.



INDIAN RAITA Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 35g serving

ENERGY	118KJ / 45kcal	2%
FAT	3.0g	4%
SATURATES	2.0g	10%
SUGARS	1.0g	1%
SALT	0.1g	2%

% of an adult's reference intake
Typical values per 100g : Energy 527KJ / 126kcal

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 Raita...

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

Cucumber is good for us! Low in fat, sugar and salt and high in vitamins and minerals.

Herbs are healthy seasoning we can add to food for flavour. Many herbs are good sources of antioxidants; compounds which have been found to be extremely beneficial to our long-term health.

