FEED ME

NUTRITIOUS TIPS & RECIPES FOR STUDENTS’ WELL-BEING
**GRIFFITH HEALTH SERVICE**

**WHAT SERVICES DO WE PROVIDE?**
- Medical consultations
- Emergency and first aid treatment
- Sexual health information, including testing and treatment
- Immunisations, including overseas travel and information
- Preventative medical treatment
- Referrals for x-rays, specialist treatment, ultrasounds and ECG’s
- Treatment of acute ongoing and recurring conditions
- Health assessment
- Pregnancy testing and care
- Routine pap smears
- Confidential needle exchange and support program

**WHO CAN USE HEALTH SERVICE?**
Appointments are available to all students and staff of Griffith University.

**WHAT DOES IT COST TO VISIT THE HEALTH SERVICE?**
The Doctors at both the Gold Coast and Nathan campuses choose to bulk-bill students, health care and concession cardholders. Direct billing to private health funds is available to international students who have a current policy with Allianz Global Assistance or Medibank Private (OSHC).

**HOW DO I MAKE AN APPOINTMENT?**
Health Service Gold Coast
Telephone: (07) 5552 8734
Monday–Friday 8:30–4:30
Registered Nurses
General Practitioners
Psychiatrist
Consultant, Mental Health

Health Service Nathan
Telephone: (07) 3735 7299
Monday–Friday 9:00–5:00

**WELLFARE & STUDENT LIAISON OFFICE**

**THE WSLO SERVICE IS OFFERED ON ALL CAMPUSES. WE CAN ASSIST WITH:**
- Financial support and loans
- Enquiries and applications for interest free University Student Loans
- Support and assistance with Bursaries
- Help with budgeting or saving plans
- Exploring financial options such as bank loans, HECS-HELP, FEE-HELP, and scholarships

**CENTRELINK**
- Exploring eligibility for payments
- Liasing with Centrelink to clarify or resolve issues
- Information about appealing Centrelink decisions

**TENANCY ISSUES**
- Information about rights and responsibilities for tenants and landlords
- Support with resolving problems and disputes

**ACCESSING UNIVERSITY AND COMMUNITY RESOURCES**
- Finding and accessing or referring to services who can help with specific issues

**COUNSELLING AND WELL-BEING**

The Counselling Service provides free, confidential, voluntary counselling for students and staff, and a range of group and well being activities. Professional counsellors offer understanding, support and new perspectives on personal, relationship, academic or work related problems. Your attendance and any information you provide will not be disclosed without your permission

**BOOKING APPOINTMENTS**
Please contact us by phone, or drop into Student Services to make an appointment. We are unable to book appointments via email.

- Gold Coast Student Centre
  (G33) 1.42
  Phone: (07) 5552 8734

- Logan Community Place (L04)
  Phone: (07) 3382 1159

- Mt Gravatt Auditorium (M23) 1.210
  Phone: (07) 3735 5669

- Nathan Sewell (N12) 1.56
  Phone: (07) 3735 7470

- South Bank (QCA) Webb Centre
  (S02) 2.08
  Phone: (07) 3735 7470

- South Bank (QCGU) Queensland Conservatorium
  (S01) 1.10
  Phone: (07) 3735 7470

**CHAPLAINCY**
Chaplains offer people of any faith or belief a place to talk confidentially about:
- the meaning of life
- questions of faith
- how to live in this world
- things that are important in our daily lives

We also provide opportunities to explore with others, in a supportive environment, matters around spirituality, prayer, social justice issues and scripture study.

- Email: chaplain@griffith.edu.au
- Phone: (07) 3735 7113
- Homepage: www.griffith.edu.au/studentservices ... and click on Chaplaincy

**STUDENT EQUITY SERVICES**
Student Equity Services delivers integrated, specialist support services to assist students from equity groups and staff working with students.

Our student-focused program and services include:
- Uni-Key – a structured transition program for commencing students from identified equity groups.
- Disabilities Service – support for students who identify as having a disability that will impact on their ability to participate in their educational activities.

For further information visit the Student Equity Services website: www.griffith.edu.au/studentservices/equity
Nutritious foods and an active lifestyle can help achieve optimal health throughout life. Adopted from the Australian Dietary Guidelines, the table below highlights the important food groups and provides a recommendation of the optimal number of serves required daily to support good nutrition and health. The numbers of serves that you should eat on an average day depends on your body size and activity level, but try to aim for the following:

You may want to adapt the recipes depending on how much time you have available, your taste and food preferences or ingredients that you have on hand. Use the table below to help adapt the number of serves you will achieve by making changes to the recipes:

<table>
<thead>
<tr>
<th>HOW MANY SERVES OF THESE FOODS SHOULD WE EAT ON AVERAGE EACH DAY?</th>
</tr>
</thead>
</table>

### Females

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Vegetables</th>
<th>Legumes/Beans</th>
<th>Fruit</th>
<th>Grain (cereal) foods, mostly wholegrain</th>
<th>Lean meat &amp; poultry, fish, eggs, nuts and seeds, and legumes/beans</th>
<th>Milk, yoghurt, cheese &amp;/or alternatives (mostly fat reduced)</th>
<th>Approx. number of additional serves from the five food groups or discretionary choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>14–18 years</td>
<td>5</td>
<td>2</td>
<td>7</td>
<td>2.5</td>
<td>3.5</td>
<td>0–2.5</td>
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</tr>
<tr>
<td>19–50 years</td>
<td>5</td>
<td>2</td>
<td>6</td>
<td>2.5</td>
<td>2.5</td>
<td>0–2.5</td>
<td></td>
</tr>
<tr>
<td>51–70 years</td>
<td>5</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>0–2.5</td>
</tr>
<tr>
<td>70 +</td>
<td>5</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>5</td>
<td>0–2.5</td>
</tr>
<tr>
<td>Pregnant</td>
<td>5</td>
<td>2</td>
<td>8.5</td>
<td>3.5</td>
<td>2.5</td>
<td>2.5</td>
<td>0–2.5</td>
</tr>
<tr>
<td>Lactating</td>
<td>7.5</td>
<td>2</td>
<td>9</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
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*Includes an allowance for unsaturated spreads or oils, nuts or seeds (2 serves [14–20g] per day for adolescents 14–18 years; 4 serves [28–40g] per day for men less than 70 years of age; 2 serves [14–20g] per day for women and older men).
WHAT IS A SERVE?

Here are some useful examples:

VEGETABLES AND LEGUMES
(Choose a variety)

½ cup of raw or cooked orange (carrots or pumpkin) or cruciferous (broccoli, cauliflower, or cabbage) vegetables.

½ cup cooked or canned (no added salt) beans, peas or lentils.

1 cup green leafy vegetables or green salad vegetables (raw)

1 small-medium tomato

1 small or ½ a medium potato, sweet potato, sweet corn, taro or cassava

FRUIT

A serve of fruit is about 150g (350kJ). For example:

1 piece medium sized fruit e.g. apple, orange, mango, mandarin, banana, pear etc.

2 pieces of smaller fruit (apricot, paw, plum, fig)

About 8 strawberries

About 20 grapes or cherries

½ cup fruit juice

¼ medium melon (e.g. rockmelon)

Dried fruit (4 dried apricots)

1½ tbsp. sultanas

1 cup diced pieces/canned fruit

GRAIN (CEREAL) FOODS

A serve of the grain food group (500kJ) is equal to:

1 slice of bread or ½ medium bread roll or flat bread (about 40g)

½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur, quinoa or cornmeal (75–120g)

½ cup cooked porridge (120g)

⅔ wheat cereal flakes (30g) or ¼ cup muesli (30g)

3 crispbreads (35g)

1 crumpet (60g) or a small English muffin or plain scone (35g)

LEAN MEAT AND POULTRY, FISH, EGGS, NUTS AND SEEDS, LEGUMES/BEANS

65g cooked lean meats (about 90-100g raw weight of beef, veal, lamb, pork, kangaroo or goat)

80g cooked poultry such as chicken (about 100g raw weight)

100g cooked fish fillet (size of palm, about 115g raw weight) or small can of fish

2 large eggs (120g)

1 cup (170g) cooked (dried) beans, lentils, chick peas, split peas, tofu or canned beans (no added salt)

30g nuts/seeds or peanut butter, tahini or other nut/seed paste (no added salt or added sugars)

DISCRETIONARY FOODS

Discretionary choices are not an essential or necessary part of our dietary patterns. Discretionary choices are high in saturated fat (natural or added) and/or added sugars or salt or alcohol. These foods and drinks can contribute many kilojoules and displace other more nutritious foods from the diet.

Many have low levels of essential nutrients. Consumption of foods and drinks high in saturated fat, added sugars, added salt or alcohol may be associated with increased risk of obesity and chronic disease such as heart disease, stroke, type 2 diabetes, and some forms of cancer. However, when consumed in occasional small amounts, these foods and drinks can add to variety and enjoyment.

(Eat For Health, Australian Dietary Guidelines, 2013)

What is a serve of discretionary choices?

A serve of discretionary choices provides about 500kJ.

Examples are:

2 scoops (75g) ice-cream

2 slices (50–60g) processed meats, salami or mettwurst

1 ½ thick or 2 thin (50–70g) regular-sausages

½ snack size packet (30g) salty crackers or crisps

2–3 (35g) sweet biscuits

1 (40g) doughnut

1 slice (40g) plain cake or small cake-type muffin

5–6 (40g) sugar confectionery/ small lollies

1 tbsp. (60g) jam/honey

½ small bar (25g) chocolate

How much unsaturated spreads and oils can I include in my diet?

4 serves (28–40g) per day for men less than 70 years of age

2 serves (14–20g) per day for women over 18 years of age and men older than 70 years of age

2 serves (14–20g) per day for adolescents 14–18 years of age

What is a serve of unsaturated spreads and oils (250kJ)?

10g polyunsaturated spread

7g polyunsaturated oil, for example olive or canola oil

10g tree nuts or peanuts or nut pastes/butters.

MILKS, YOGURT, CHEESE & ALTERNATIVES

A serve (500-800kJ) is equal to:

1 cup (250ml) fresh, UHT long-life or reconstituted dried milk

1 cup (250ml) buttermilk

½ cup (120g) evaporated milk

40g (2 slices or 4 3x2cm piece) hard cheese or ½ cup (120g) ricotta cheese

¼ cup yoghurt (200g)

1 cup soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

If you do not eat any foods from this group, try the following foods which contain about the same amount of calcium as a serve of milk, yoghurt or cheese (note: the kj content of some of these serves (especially nuts) is higher so watch this if trying to lose weight).

100g (about ½ cup) almonds with skin

½ cup pink salmon with bones 60g sardines, canned in water

a serve of the grain food group (500kJ) is equal to:

2 tbsp. (40g) cream

1 tbsp. (20g) butter

200ml wine (2 standard drinks; but note this is 1 glass for most Australian wines)

60ml spirits (2 standard drinks)

400ml regular beer (1 ½ standard drinks)

60ml light beer (1 ½ standard drinks)

200ml wine (2 standard drinks; which contain about the same amount of calcium as a serve of milk, yoghurt or cheese (note: the kj content of some of these serves (especially nuts) is higher so watch this if trying to lose weight).

100g (about ½ cup) almonds with skin

½ cup pink salmon with bones 60g sardines, canned in water

About 8 strawberries

About 20 grapes or cherries

½ cup fruit juice

¼ medium melon (e.g. rockmelon)

Dried fruit (4 dried apricots)

1½ tbsp. sultanas

1 cup diced pieces/canned fruit

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2 scoops (75g) ice-cream

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½ small bar (25g) chocolate

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10g polyunsaturated spread

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1 cup (250ml) fresh, UHT long-life or reconstituted dried milk

1 cup (250ml) buttermilk

½ cup (120g) evaporated milk

40g (2 slices or 4 3x2cm piece) hard cheese or ½ cup (120g) ricotta cheese

¼ cup yoghurt (200g)

1 cup soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

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2 scoops (75g) ice-cream

2 slices (50–60g) processed meats, salami or mettwurst

1 ½ thick or 2 thin (50–70g) regular-sausages

½ snack size packet (30g) salty crackers or crisps

2–3 (35g) sweet biscuits

1 (40g) doughnut

1 slice (40g) plain cake or small cake-type muffin

5–6 (40g) sugar confectionery/ small lollies

1 tbsp. (60g) jam/honey

½ small bar (25g) chocolate

How much unsaturated spreads and oils can I include in my diet?

4 serves (28–40g) per day for men less than 70 years of age

2 serves (14–20g) per day for women over 18 years of age and men older than 70 years of age

2 serves (14–20g) per day for adolescents 14–18 years of age

What is a serve of unsaturated spreads and oils (250kJ)?

10g polyunsaturated spread

7g polyunsaturated oil, for example olive or canola oil

10g tree nuts or peanuts or nut pastes/butters.
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MY GO-TO BREAKFAST  
Emma Sivewright

- 1 egg
- 1 tbsp. sugar
- 1 cup milk
- Self-raising flour (as much as required)
- 2 tbsp. butter

1. In a large bowl whisk eggs and milk together. Add pinch of salt & pepper.
2. Fry bacon, onion and capsicum in a pan over medium heat until cooked. Add to egg mix.
3. Pour mix into a greased oven-proof pan and bake for 35 minutes on 180°C.
**WHAT IS IT?**

**Motivation:** means finding the motives to stimulate interest in moving forward toward a goal that brings a sense of accomplishment and reward. So, to be motivated, it is important to understand what motivated or drove you to come to University. It may be important to re-visit your motives, to see if they have changed or altered, if you are concerned about your motivation levels. Check in with what your basic desires are at the moment – they may have changed since you first enrolled at University.

An important notion here is that ideally, to be motivated, it is important that your interest in studying is being actively stimulated. If this interest falls it could be that you are losing your sense of moving forward. You may be stuck or blocked in some way. Sometimes it is difficult and frustrating to see what it is that is causing motivation to be blocked.

**If so, check in with what is your experience now – what are you aware of?** How are you feeling now? If you are concerned about how you are feeling it could be that one of the following fears is blocking your motivation:

- Fear of failing
- Fear of rejection
- Fear of asking for help
- Anxiety
- Depression
- Frustration
- Confusion

If these and other feelings are blocking your motivation, it may well be that you are now procrastinating, or at least hesitating in your approach to your studies. This is like an internal conflict – “Yes I will!” as against “No I won’t!”

**WHAT TO DO?**

1. **Ask yourself,** do you have any doubts about what you are doing at University? Is this Degree to your liking? Do you know where the Degree will take you in your life? If the doubts, fears or anxiety here are strong, **seek help** – approach your subject convenor, Head of School or Student Services for assistance. Student Services provides information on careers, problem solving if you feel you are doing the wrong course, and counselling if your difficulties are jeopardising your position at university. If you are concerned that you may be lacking in ‘study skills’ approach the Learning Skills centre in the library of the Academic Support Office for International Students (G06, Room 1.02).

2. In similar situations in the past what have you done to re-motivate yourself? Can you adopt a similar approach now? Who did you approach then? What happened?

3. **Activate yourself:** Ask questions in lectures, tutorials, etc. This helps to clarify and provides a focus. Study in ‘study groups’ with peers to develop further interest in your studies and to see you are not alone with the concerns and difficulties you have.

4. **Be assertive. Sometimes confusion about a topic or assessment item can effect your motivation. Seek clarification about the topic and present a draft version to clarify your focus. Lecturers and tutors are people too.** Ok, so the first time you do it, it may seem scary, but often the fear exists only in your mind. Clarifying your confusion about what direction to take can assist motivation.

5. Ultimately, **develop movement for yourself.** If you feel stuck in your studies talk to someone you trust or take a risk and talk to someone you believe you could trust. **Isolation, or sitting on the problem** serves only to delay valuable time that could have been used to productively deal with the matter. If the block is causing you real concern you need to act. Be aware of your procrastination techniques (we all have them!) and increase awareness of when you are using them.

6. **Break it down** – set goals. Set short study sessions; break a big task into smaller, achievable goals with time limits and deadlines. Avoid having to get everything perfectly right. Reward yourself when you complete your smaller task (go see a movie or visit a friend). Set goals for each study session. This can help the ‘big task’ not look as overwhelming and can help to prevent ‘putting it off’. Start with enjoyable, interesting subjects to stimulate you and that allow you to begin study (but ensure you do get to the harder ones!)

7. **13 weeks versus 3 years!** It helps to remind yourself that each semester is only 13 weeks in duration, and correspondingly you can set your short term goal around this versus 3 years and the long term goals involved.

8. **Long term goals.** Remind yourself why you are here at university. Why are you doing this course? What do you want to achieve? Lack of clarity about what you want in this regard can erode motivation. Student Success Unit Career and Employment staff and resources can assist to help you work on your career path. Use the Career and Employment library to research your Degree and to examine graduate outcomes.

9. **Is the rest of your life in balance?** Balance in diet, exercise, relaxation, leisure, health, social activities, work, study, family and friends is very important. Poor eating habits, binge drinking, addictions, family conflicts and a lack of creative and social outlets can lead to an imbalance in lifestyle and seriously impact on your motivation. Internal imbalance such as low self-esteem, anxiety and fear can seriously effect your motivation. Perhaps some important needs are being neglected and hence it can be difficult to put all your energy into one area. A need suggests action to deal with putting more balance in that aspect of your life.

10. **Develop a dream for your life and make plans to achieve it.** Your unique individual experiences are valuable. Don’t expect to be the same as everyone else, give yourself permission to be who you want to be, not just ‘one of the herd’.

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**BREAKFAST SMOOTHIE**
Beck Stanbrough

1 banana
17g uncooked oats (couple of spoonfuls)
1 tray of ice
40g protein shake, or plain milk

Place all ingredients in a blender until smooth.

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**GET MORE SLEEP…**

It will make you feel better. Most adults need between 8–9 hours a night.

Create a room that’s ideal for sleeping and then go to bed and get up at the same time every day. The effects of caffeine, nicotine, alcohol and other drugs can take hours to wear off and disturb quality sleep. Do the same things each night getting ready for bed, such as taking a shower and dimming the lights. This signals to your body and mind that it’s time to wind down. Relaxing activities promote better sleep. Some research suggests that TV or other media use before bedtime can interfere with sleep.

---

Add mango slices, passionfruit or strawberries to increase your daily fruit intake.

Don’t throw away over-ripe bananas. Pop them in the freezer and use them when making a smoothie instead.
### Stuffed Spuds

Lara Mainwood 🌼

<table>
<thead>
<tr>
<th>Prep</th>
<th>Cook</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 min</td>
<td>70 min</td>
<td>4</td>
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</tbody>
</table>

4 potatoes, medium
420g baked beans (choose a baked beans brand that states ‘gluten-free’)
½ cup cheddar cheese, grated
1 tbsp. olive oil

1. Preheat moderate oven to 180°C.
2. Wash and dry potatoes, pierce skin a number of times with a fork.
3. Brush baking dish with oil and spread potatoes evenly on the tray.
4. Bake uncovered for 1 hour (potatoes are cooked if a skewer will pierce them easily).
5. Cut the tops off the potatoes and scoop out the middle.
6. Increase oven temperature to 200°C.
7. Spoon baked beans into the hole of the potatoes. Sprinkle cheese on top.
8. Bake uncovered for a further 10 minutes, or until cheese has melted.

Top with diced tomatoes or fresh herbs.

### Apple & Peanut Protein Balls

Kelly Collins 🌼

<table>
<thead>
<tr>
<th>Prep</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 min</td>
<td>12 balls</td>
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</tbody>
</table>

1 apple (finely chopped)
¼ cup crunchy peanut butter
¼ cup course almond meal
¼ cup whey protein powder
½ cup shredded coconut
½ tsp. vanilla extract

1. In a large bowl mix all the ingredients together.
2. Add a little bit of water to help combine mixture and make it stick together.
3. Roll into balls, and then roll through coconut.
4. Store in fridge and eat as a snack.

### Falafels

Nicole Pereira 🌼

<table>
<thead>
<tr>
<th>Prep</th>
<th>Cook</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 min</td>
<td>5 min</td>
<td>4</td>
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</tbody>
</table>

1 can chickpeas
½ cup flour
½ brown onion
2 tsp. cumin
1 tsp. garlic
½ cup fresh coriander
2 tbsp. olive oil

1. In a large bowl mash together all the ingredients. A potato masher is handy.
2. Using your hands, shape approximately a tablespoon of the mix into round balls until you have used up all the mixture.
3. Heat oil in a frying pan, then add the balls and fry for 2–3 minutes each side.

Use as a sandwich filler with sliced tomato, spinach leaves and hummus.

### Great Tasting, High Protein Oat Bars

Mattias Ljung 🌼

<table>
<thead>
<tr>
<th>Prep</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 min</td>
<td>8 bars</td>
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</table>

200g oat flour
200g protein powder
8 tbsp. coconut flour
2 tsp. ground vanilla bean powder / vanilla extract
2 tbsp. honey
200g 70–80% dark chocolate

1. Preheat oven to 180°C.
2. Prepare muffin tin with paper liners.
3. In a large bowl, combine all the dry ingredients.
4. In a separate bowl combine all the wet ingredients.
5. Combine the two and mix by hand until just blended.
6. Evenly spread mix into the prepared muffin tray and bake for 20 minutes, or until golden brown.

You can substitute the flour with any type you prefer, or with what you have in the pantry, as long as it equals 1½ cups in total.

### Time and Money Saving Tip

Cook in bulk and freeze meals.
PHYSICAL FITNESS

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.
— John F. Kennedy

VOGE DIPPERS

Emma Stewright

1 carrot
1/2 cucumber
1/2 cup low fat cottage cheese
2 tsp. pesto

You can use a variety of vegetables such as snow peas, celery sticks, green beans or capsicum.

CHOP CHOP….

Do a methodical, repetitive task that involves physical activity but no mental or emotional input – such as chopping up vegetables and fruit for a juice or a salad. This might be soothing in times of stress and can provide a sense of satisfaction – not to mention a healthy snack.

PROTEIN BALLS

Mona Hecke – Guest Contributor. Author of ‘The Lunchbox Revolution’.

Looking for a snack to keep your energy levels in check? Then indulge in these crunchy, healthy, antioxidant rich protein balls. These energy hits are great for growing bodies and busy minds, and fabulous for those looking for healthy lifestyle options.

1 cup almond meal
2 tbsp. protein powder (vanilla flavour works best)
½ cup goji berries
½ cup shredded coconut
½ cup chia seeds
10 medjool dates (pitted)
2–3 tbsp. agave syrup or honey
Tahini to bind dry ingredients
Desiccated coconut for rolling

1 Place all dry ingredients into a food processor until blended.
2 Add agave/honey and tahini until mixture is dense and can be formed into snack size balls.
3 Roll in desiccated coconut and refrigerate.

Note: Nutritional yeast is a great way for vegetarians to increase their Vitamin B12 intake.
HALOUMI AND LENTIL SALAD

Holly Thompson

2 x 400g cans brown lentils (drained and rinsed with water)
1 small red onion, thinly sliced
1 cucumber, halved, sliced
2 tomatoes, chopped (or 250g of cherry tomatoes)
½ cup mint leaves, shredded
1⅓ tbsp. lemon juice
1 tbsp. extra-virgin olive oil
250g haloumi cheese
2 tbsp. plain flour
2 tbsp. vegetable oil

1 Combine lentils, onion, cucumber, tomatoes, mint, lemon juice and oil in a bowl. Toss to combine.
2 Cut haloumi lengthways into 8 slices. Pat dry with paper towels. Dust lightly with flour then shake off excess.
3 Heat oil in a non-stick frying pan over medium heat. Cook haloumi in batches for 2 minutes each side or until golden brown.
4 Drain haloumi on paper towel to absorb excess oil.
5 Serve lentil salad topped with warm haloumi.

PUMPKIN & CHICKPEA SPINACH SALAD

Chântélle Coldham-Fussell

¼ small jap pumpkin
120g baby spinach
1 can chickpeas
6 dried figs (optional)
Handful of pine nuts
Cumin (to your taste)
Coriander seeds (to your taste)
1 tbsp. olive oil

DRESSING
1 tbsp. lemon rind
2 tbsp. lemon juice
2 cloves of garlic, crushed
¼ cup white wine vinegar
Salt & pepper

1 Preheat oven to 180°C.
2 Cut pumpkin into 1–2cm cubes. Place in large bowl and season with salt & pepper, cumin and coriander seeds. Add oil and toss.
3 Pour onto an oven tray and roast in the oven for 20–25 minutes.
4 Toast pine nuts in a dry saucepan over medium heat until lightly browned. Be careful as they burn easily.
5 Drain the liquid from the chickpea can and toss in a bowl with the spinach and figs, if you are using them.
6 For the dressing, mix lemon rind and juice, crushed garlic, white wine vinegar and salt & pepper together.
7 Once pumpkin is roasted remove from oven and allow to cool.
8 In a large serving bowl add the chickpeas, spinach, figs and pine nuts and toss together. Layer the pumpkin on top and drizzle with dressing.

EAT A WIDE VARIETY OF FRUIT SUCH AS:

FRUIT

The quickest, healthiest, easiest snack!

Fruit is a good source of vitamins, including vitamin C and folate. Fruit also provides potassium, dietary fibre and carbohydrates in the form of natural sugars. Edible skins are especially high in dietary fibre, but dietary fibre is also in the fruit flesh.

CHOOSE FRUITS IN SEASON FOR BETTER VALUE, QUALITY AND AVAILABILITY.

Adolescents and adults are recommended to eat 2 serves of fruit per day or occasionally as a substitute for other foods in the group.

WHAT IS A SERVE OF FRUIT (350kJ)?

A serve of fruit is about 150g, eg:
1 medium apple, banana, orange or pear
2 small apricots, kiwi fruits or plums

1 cup diced or canned fruit (no added sugar)
½ cup (125ml) 100% fruit juice (no added sugar)
30g dried fruit (for example 4 dried apricot halves or 1½ tbsp of sultanas)

HAVE YOU HAD A SERVE OF FRUIT TODAY?

*Information taken from the Australian Dietary Guidelines, 2013

FRUIT

CITRUS
Grapefruit
Lemon
Lime
Mandarin
Orange
Tangerine

POME
Apple
Loquat
Pear
Quince

TROPICAL
Banana
Guava
Mango
Melon
Pineapple
Paw Paw
Rambutan

BERRY
Blackberry
Blueberry
Loganberry
Raspberry
Strawberry

STONE
Apricot
Cherry
Nectarine
Peach
Plum

OTHER
Feijoa
Fig
Grapes
Kiwi
Lychee
Melons
Passionfruit
Pomegranate

SUPER SALADS

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Money Saving tip: Buy items such as rice, flour and washing powder in bulk and share between a group of people.

Pumpkin & Chickpea Spinach Salad

Chântélle Coldham-Fussell

¼ small jap pumpkin
120g baby spinach
1 can chickpeas
6 dried figs (optional)
Handful of pine nuts
Cumin (to your taste)
Coriander seeds (to your taste)
1 tbsp. olive oil

Dressing
1 tbsp. lemon rind
2 tbsp. lemon juice
2 cloves of garlic, crushed
¼ cup white wine vinegar
Salt & pepper

1 Preheat oven to 180°C.
2 Cut pumpkin into 1–2cm cubes. Place in large bowl and season with salt & pepper, cumin and coriander seeds. Add oil and toss.
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OTHER
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Fig
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Passionfruit
Pomegranate

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8 In a large serving bowl add the chickpeas, spinach, figs and pine nuts and toss together. Layer the pumpkin on top and drizzle with dressing.
**THAI BEEF SALAD**  
Tanika Neville

- 2 lean cuts of steak (400g)
- 1 capsicum
- 1 tomato
- 1 cucumber
- Handful of bean sprouts
- 200g baby spinach
- Small bunch of mint
- Small bunch of coriander

**SAUCE**
1 tsp. fish sauce  
½ tsp. oyster sauce  
2 tsp. lime juice  
Garlic (to your taste)  
Ginger (to your taste)  
Sweet chilli sauce (to your taste)

1. Cook steak to personal preference, then slice into strips.
2. Slice all vegetables and herbs into small pieces.
3. Combine all the sauce ingredients together in small bowl.
4. Add everything into one large bowl and mix together.

**BROWN RICE SALAD**  
Emma Morgan

- 1 x pack family sized microwave brown rice (or 2 cups cooked brown rice)
- ½ red capsicum
- 2 shallots (use the white and the green sections)
- 2 celery sticks
- ¼ cup sultana’s (or one small bowl)
- ⅓ cup salted peanuts
- 2 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt & pepper

1. Prepare rice as per instructions on the packet, allow rice to cool.
2. Finely chop the vegetables, place in a large mixing bowl with the rice, sultana’s and nuts, mix thoroughly.
3. In a separate bowl whisk vinegar and oil with a fork.

**ROASTED PINE NUT AND GOATS CHEESE SALAD**  
Gabrielle Vikman

- 50g pine nuts
- 100g goat cheese
- 1 red onion
- 1 punnet cherry tomatoes
- 2 cups mixed spinach & rocket
- 1 red capsicum
- 300g chicken tenderloins
- Salt & pepper
- Olive oil

1. In a frying pan over medium heat, cook the chicken.
2. In a separate small frying pan over medium heat, toast the pine nuts for 1–2 minutes. Be careful as they burn easily.
3. Half the cherry tomatoes and slice the capsicum and onion.
4. Place all the ingredients into a serving bowl and break the goat’s cheese into chunks over the top.

**CHICKPEA SALAD**  
Holly Thompson

- 2 x 400g cans of chickpeas (rinse with cold water then drain)
- 250g cherry tomatoes, halved
- 1 large green cucumber (400g), chopped coarsely
- 1 medium red onion (170g), chopped finely
- ⅓ cup finely shredded fresh mint leaves
- ⅓ cup (60ml) lime juice
- ¼ cup (60ml) olive oil
- 2 tsp. dijon mustard
- ⅛ tsp. sugar
- 2 cloves of garlic, crushed
- Salt & pepper

1. Combine chickpeas in a large bowl with tomato, cucumber, onion and mint.
2. Combine lime juice, olive oil, dijon mustard, sugar and garlic to make salad dressing.

**EASY COUSCOUS SALAD**  
Casey Reid

- 2 tomatoes
- ¼ cup couscous
- ½ red onion
- ⅓ red or green capsicum
- 1 tbsp. lime juice
- 1 tbsp. parsley
- 1 tbsp. mint
- 1 tsp. butter
- Salt & pepper

1. Add a boiled egg, or can of tuna/salmon to increase your daily number of serves for the meats and alternatives food group.

**MANDARIN, PINEAPPLE & COCONUT SALAD**  
Jourdan Lofthouse

- 250ml light sour cream
- 1 can pineapple pieces, or when in season use fresh pineapple
- 1 can mandarin slices, or when in season use fresh mandarin
- 125–250g coconut, desiccated
- A handful of fresh mint

1. In a large bowl mix together the sour cream and coconut.
2. Add pineapple and mandarin slices and gently mix, trying to avoid breaking the fruit apart.
3. Serve with fresh mint sprinkled over the top.

**ADD A NIGHT TO RECIPE**

- 300g chicken tenderloins
- Salt & pepper

Serve on a bed of couscous to increase your daily grain (cereal) food requirements. Remember ½ a cup of couscous equals 1 serve of grain (cereal) foods.

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Serve with pan-fried chicken or grilled lamb. Remember approximately 100g of chicken or lamb is equal to 1 serve of poultry/meat. This is about the size of the palm of your hand.
WHAT IS SELF-ESTEEM?
In a nutshell, self-esteem describes the way that you feel about yourself as a person. The way you feel about yourself is determined by your beliefs, thoughts and opinions about yourself. Therefore if your beliefs about yourself are negative then you will feel badly about who you are (I’m not loveable = depression). Whereas if you are able to identify your strengths and hold positive beliefs about yourself then you will feel confident in who you are (I am a valuable and worthwhile person = confidence).
Healthy self-esteem means that you are able to accept yourself for who you are which means that you accept your areas of weakness (I’m not great at sports) but acknowledge areas of strength (I have a Distinction average across my courses).

WHAT DOES LOW SELF-ESTEEM LOOK LIKE?
- Not being able to accept a compliment or minimising it
- Low motivation to achieve goals
- Feeling miserable
- Having trouble believing that your friends really like you

WHERE DOES LOW SELF-ESTEEM COME FROM?
- Telling yourself negative things “You are so stupid, fat, ridiculous etc.”
- Continuing to believe the hurtful messages that others may have sent you when you were younger
- Not attempting things that might be a challenge or learning something new
- Brooding over all the bad things that have happened to you
- Hanging around people who tease you or put you down
- Believing that you don’t have any control over what happens in your life and are powerless to change anything

HOW CAN I IMPROVE MY SELF-ESTEEM?
- Start accepting compliments and just say thank you!
- Ease up on yourself, you are your toughest critic
- Everyday tell yourself 3 things that you like about your talents, personality, appearance etc.
- Be willing to step outside of your comfort zone, you might be surprised what you learn about yourself
- Break down your long-term goals into short goals that you can start working towards now e.g. Long-term goal: saving $5000 for overseas travel; Short-term goal: start saving $50 per week
- Accept responsibility for yourself and your actions

Everyone has both strengths and weaknesses!

WHAT DOES HEALTHY SELF-ESTEEM LOOK LIKE?
- Accepting who you are as a person
- Believing in yourself
- Feeling confident that you have control over your life and can make changes
- Acknowledging your successes, even the small ones
- Respecting others differences
- Looking to the future with hope

WARM EGGPLANT, CANNELLINI & PINE NUT SALAD WITH SESAME ENCRUSTED TOFU

Emily Prentice

FOR THE TOFU
500g firm tofu
3 tbsp. tahini
3 tbsp. soy sauce
½ cup water
4 tbsp. sesame seeds
4 tbsp. almond meal
½ tsp. lemon rind
½ tsp. salt
A couple of dashes of freshly ground black pepper
1 tsp. olive oil (for frying)

FOR THE DRESSING:
1 tbsp. balsamic vinegar
1 tbsp. freshly squeezed lemon juice
1 tsp. olive oil
1 small clove of garlic (crushed)

1. Slice the tofu into eight even slices. Drain and set aside.
2. Dry-roast the pine nuts on medium-low heat until slightly browned, set aside.
3. Toss the spinach, tomato, onion and beans together in a large salad bowl. Make the dressing by placing all the ingredients in a lidded-container, give it a good shake and set aside.
4. Mix the tahini and soy sauce together, work with a little water to a consistency thick enough to stick to the tofu. Mix the sesame seeds, almond meal, lemon rind, salt & pepper together in a separate bowl. Coat tofu slices with tahini mixture and dip into the sesame seed mix covering completely, set aside.
5. Heat 1 tsp. olive oil in a frying pan and add the eggplant and cook at medium-high heat for 3–4 minutes, stirring consistently. Allow to soften, add the salt & pepper, continue to cook until quite soft and browning on the edges. Before removing from the heat add the basil leaves for no more than 5–10 seconds. Place cooked eggplant in a covered container, set aside.
6. Return the frying pan to the heat and add another teaspoon of olive oil. Cook the tofu for approx 2–3 minutes on each side, ensuring a nice crust and holding together but not too brown. Place on a serving plate.
7. To finish, toss the dressing through, then layer the eggplant/basil mix over the top. Sprinkle with pine nuts and it’s ready to serve.

START ACCEPTING COMPLIMENTS AND JUST SAY THANK YOU!
**EASY PEASY PASTA**

**LET SOMETHING GO......**

If you feel over committed, drop something, or make a commitment to say no to things that you don’t want to do, or don’t have time to do. Pay attention to the time you spend on social media, it can be a great way to procrastinate.

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**TUNA, PEAS & CHILLI PASTA**

*Shona Smith*

- 500g spaghetti
- 425g can tuna in oil, or chilli oil
- 2 cups peas, frozen
- 1 cup cheddar cheese, grated
- 1 red onion, diced
- 1 tbsp. dried chilli

1. Boil a large pot of water, add pasta and cook following directions on packet.
2. Grate the cheese.
3. Finely dice the red onion.
4. Put frozen peas in a microwave safe dish and cook for 5 minutes.
5. Drain water from pasta once it is cooked.
6. Add peas, onion, cheese, tuna (with oil from tin) and chilli to pasta. Stir through and serve.

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**ASPARAGUS PASTA**

*Alexandra Griffani*

1. Trim ends off asparagus and cut into approximately 3cm pieces.
2. Roughly cut ham.
3. Finely dice onion and garlic.
4. Heat oil in pan, add garlic and onion and cook until soft and golden.
5. Add ham and turn down to low heat for 5 minutes.
6. Cook pasta in salted boiled water until soft, then drain.
7. Add asparagus to mix and cook for 5 minutes.
8. Stir through drained pasta, add a pinch of salt & pepper.

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**MOGO’S NAPOLITANA PASTA SAUCE**

*Nicole Lykissas*

- 4 cans whole Italian tomatoes
- ½ onion
- 1 carrot
- 1-2 celery sticks
- 2 tsp. beef stock
- 2 tsp. sugar
- 1 tbsp. olive oil

1. In a large pot, lightly heat olive oil, add finely diced onions, carrot and celery and cook until soft.
2. Add the tomatoes, using a wooden spoon to gently break the tomatoes apart.
3. Add beef stock and sugar and stir through.
4. Gently bring to the boil, then reduce heat and simmer for approximately 30 minutes. You may need to use a food blender if you like a smoother consistency.

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**TRADITIONAL CREAMY CHICKEN TOMATO FETTUCCINE**

*Christina Casimir*

- 500g chicken breast
- 1 jar semi sundried tomatoes
- 2 zucchini
- 1 packet fettuccine pasta
- 2 tbsp. tomato paste
- 300ml thickened cream
- 2 garlic cloves
- 4 rashers of middle bacon
- 4 truss tomatoes
- 1 brown onion

1. Finely dice onion, bacon and garlic and cook in a pan over medium heat with a splash of olive oil.
2. Bring a large saucepan of water to boil and cook pasta as directed on packet.
3. Chop chicken into small pieces and add to the pan.
4. Add chopped zucchini, semi-dried tomatoes, truss tomatoes, tomato paste and cream to pan and stir through.
5. Drain cooked pasta and top with creamy tomato chicken sauce.
Buy fresh produce in season – for better value, availability and quality.

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**2-STEP PIZZA BASE**

**Tanya O’More**

- 1 cup self-raising flour
- 1 cup natural yoghurt

Pizza toppings of your choice:

1. In a large bowl, combine flour and yoghurt together.
2. Knead mixture with hands until smooth.
3. Flour the kitchen bench, and roll the dough out until even. Add pizza toppings of your choice.
4. Place on a baking tray and bake for 20–25 minutes at 180°C.

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**WATER IS ESSENTIAL FOR LIFE.**

It is required for digestion, absorption and transportation, as a solvent for nutrients, for elimination of waste products and to regulate body temperature. Water is constantly lost from the body and needs to be replaced.

Australian tap water is an ideal drink – it is inexpensive, tastes good and is safe in most areas of the country.

The amount of water we need varies depending on individual factors including diet, climate and levels of physical activity.

**WATER RECOMMENDATIONS:**

**ADOLESCENTS**

About 6-8 cups per day

**WOMEN**

About 8 cups per day

**MEN**

About 10 cups per day

*Information courtesy of The Australian Dietary Guidelines, 2013*

Use only as a general guide. It is best to drink to thirst, and remember fluid intake is not only from beverages, but includes fluids obtained from food too.

Choose water instead of drinks with added sugars or alcohol.

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**HAVE YOU HAD A GLASS TODAY?**

Life motto: Don’t look for rewards, look for good deeds!

---

**OVEN ROASTED CHORIZO Gnocchi and Chicken**

**Craig Hillerby**

- 500g gnocchi
- 1 chorizo sausage (or Italian sausage)
- ½ chicken breast
- 1 jar napoli pasta sauce
- Handful of baby spinach
- Garlic (as much as you like)
- 1 onion
- Salt & pepper
- Knob of butter
- Olive oil
- Parmesan (to serve)

1. Preheat oven to 180°C.
2. Slice chorizo, chicken, garlic and onion.
3. Put a large pot of water with pinch of salt on stove and bring to the boil.
4. In a hot frying pan, add butter, oil and chicken, stirring until chicken is cooked.
5. Once the water is boiling in the pot, add the gnocchi and stir quickly until the gnocchi floats to the top, then drain the water using a colander.
6. Add the chorizo to the pan with the chicken and cook for a minute before adding the gnocchi.
7. Stir until mixed together, then place in an oven-proof dish and bake in the oven for 5–10 minutes, or until slightly browned.
8. Once out of the oven, stir in the heated napoli sauce, and add spinach.
9. Season with salt & pepper and top with parmesan cheese.

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**MEDITERRANEAN PASTA**

**Jackson Hill**

- 1 jar sundried tomato pasta sauce
- 1 double chicken breast
- 1 packet fettuccine pasta
- 1 red onion
- 1 bag mushrooms
- 300ml thickened cream
- 1 tbsp. dried oregano
- 1 tsp. garlic
- 1 tsp. dried mixed herbs
- 1 tbsp. olive oil

1. Cut chicken breast into strips and fry in lightly oiled pan until cooked.
2. Bring large pot of water to boil and cook pasta as directed on packet.
3. Slice onion and mushrooms and add to pan.
4. Add cream and pasta sauce and herbs to pan and stir through.
5. Simmer for 3 minutes.
6. Add herbs and stir through.
7. Add to cooked pasta. Eat!

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*Information courtesy of The Australian Dietary Guidelines, 2013*
**LOW-COST LIVING**

**TOM’S CHEAP CHICKEN CURRY**
Thomas Holwes

- 600g chicken, diced
- ½ jar green curry paste
- 1 onion, diced
- 1 green capsicum, chopped
- 1 carrot, chopped
- Pumpkin, chopped (as much as you have on hand)
- 400ml coconut cream
- 1 chilli
- 2 cups cooked rice
- Olive oil, splash

1. In a frying pan over medium heat fry the onion, carrot and capsicum in olive oil until soft.
2. Add the chicken and cook until sealed.
3. Add half the jar of curry paste, coconut cream, chilli and pumpkin to the pan and allow to simmer for 20 minutes.
4. In the meantime cook rice in either rice cooker, stove top or microwave.
5. Serve curry with rice.

You can double the mixture to serve more by spreading mixture over two loaf tins.

**MELISSA’S ZUCCHINI SLICE**
Melissa Spratt

- 3 zucchini, coarsely grated
- 1 onion, finely diced
- 180g self-raising flour
- 3 large, or 4 small eggs, lightly beaten
- 1¼ cup cheese, grated
- ½ cup rice bran oil
- Salt & pepper
- 2 tomatoes, sliced

Optional: Add 2–3 rashers of bacon or ham.

1. Preheat oven to 200°C and lightly grease (9cm x 19cm) loaf tin. Line the base and sides with baking paper.
2. Combine all ingredients, except tomato, in a large bowl and season to taste.
3. Pour mixture into prepared baking tin. Add tomato slices on top.
4. Cook in oven for 60 minutes or until a skewer comes out clean.
5. Leave in tins to slightly cool, then turn out and cut into thick slices. Serve warm.

**CAULIFLOWER COTTAGE PIE**
Sebastian Kath

- 1 large cauliflower
- 500g lean beef mince
- 2 carrots
- 1 can corn (or fresh corn off the cob)
- 1 can diced tomatoes
- 1 brown onion
- 100g tasty cheese
- Knob of butter

1. Preheat oven to 180°C.
2. Roughly chop cauliflower.
3. Finely dice carrots and onion.
4. In a pan, add onion and carrots and a small amount of butter and fry until soft.
5. Add minced meat and stir until cooked.
6. Add tomato and corn and simmer for 5 minutes.
7. Meanwhile, bring a pot of water to boil and add cauliflower and cook until soft.

8. Once cooked, drain water and mash cauliflower with half of the cheese.
9. Place mince and sauce mixture into a casserole dish and top with cauliflower mash.
10. Top with remaining cheese.
11. Bake in an oven at 180°C, or until golden brown.

Replace mince meat with a can of brown lentils and have a ‘meat-free’ day.

**Life motto:** Forget about the money, think of what you really want to do…then do that.

**Cauliflower Cottage Pie**

Sebastian Kath

1. Preheat oven to 180°C.
2. Roughly chop cauliflower.
3. Finely dice carrots and onion.
4. In a pan, add onion and carrots and a small amount of butter and fry until soft.
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9. Place mince and sauce mixture into a casserole dish and top with cauliflower mash.
10. Top with remaining cheese.
11. Bake in an oven at 180°C, or until golden brown.

Replace mince meat with a can of brown lentils and have a ‘meat-free’ day.
These fritters are lovely hot or cold and are great served with fresh salad and topped with yoghurt relish.

1. In a large bowl, mix together all the ingredients.
2. Roll into even balls.
3. In a saucepan over medium heat add a splash of oil and fry until golden brown.
4. Ready to serve.

Self-delusion is pulling in your stomach when you step on the scales.
— Paul Sweeney
SUNDRIED TOMATO CHICKEN
Gina Holland

500g chicken breast
250g cream cheese
200g sundried tomatoes
200g bacon
1 onion
Small bunch basil
Parmesan cheese (to top)

1 Cut chicken into small pieces.
2 In a pan over medium heat brown onion and bacon for 2–3 minutes.
3 Add chicken and cook for 5 minutes.
4 Stir through cream cheese and sundried tomatoes and let simmer for 5 minutes.
5 Remove from pan and serve topped with fresh basil and parmesan cheese. Great served with rice.

FRENCH BEEF HOTPOT
Sylvia Collins

2.5 <1 2 <1

800g chuck steak
1 can tomatoes
2 onions
2 garlic cloves
3 carrots
3 potatoes
1 cup red wine
2 tbsp. plain four
2 tsp. paprika
1 sprig rosemary
1 tbsp. fruit chutney
Salt & pepper

1 Cube onions, carrots and potatoes and steak.
2 Finely chop rosemary.
3 Place flour and paprika in a plastic bag, add steak and shake to coat.
4 Add all the ingredients to a casserole dish and place in the oven for 90 minutes on 180°C. Enjoy!

LEMON BASIL CHICKEN
Grace Hortle

2 chicken breasts sliced into serve size portions
A bunch basil, roughly chopped
Juice and rind of ½ lemon
¼ cup parmesan cheese (grated)
½ cup bread crumbs

1 Preheat oven to 180°C.
2 Mix all ingredients (except chicken) in a bowl.
3 Toss chicken in mixed ingredients and spread evenly on baking tray, with any extra mix placed on top.
4 Bake for 30 minutes at 180°C.

THE AUSTRALIAN DIETARY GUIDELINES RECOMMENDATIONS FOR CHOOSING AND STORING FOOD:

- If buying packaged food, check its “best before” or “use-by” date.
- Chill foods in the fridge to slow growth of microorganisms. Keep cool food cool and frozen food frozen.
- Keep fridges at or below 5°C and the freezer between -1.5°C and -18°C.
- Keep your fridge and freezer clean. Don’t leave shrivelled old vegetables or “left-overs” in the fridge for too long.
- If you are not going to eat cooked dishes and foods straight away, put them in the fridge as soon as you can.

RECOMMENDATIONS FOR PREPARING FOODS SAFELY:

- Wash your hands before touching food, and after going to the toilet, touching animals, changing nappies or blowing your nose. Use soap and warm running water and dry your hands on a clean towel.
- Wash fruit and vegetables thoroughly with clean water before you eat or prepare them.
- Foods, particularly poultry and meats, need to be cooked thoroughly, and at the right temperature.
- Avoid preparing foods if you are sick. Put a band-aid on any cuts or sores.

GET INSPIRED…

Look for things, images, people and messages that make you feel motivated, happy and inspired. Put them on your wall, in your wallet, send them as reminders to yourself and share them with others.
SPINACH AND RICOTTA DUMPLINGS
Holly Thompson

1 Preheat oven to 180°C.
2 Spray a shallow 20x30cm ovenproof dish with cooking oil.
3 Squeeze excess liquid from spinach and put in a large mixing bowl with ricotta, parmesan, egg, flour, sultanas, onion, almonds and salt. Mix well until combined.
4 Roll mixture into (walnut sized) balls with wet hands and put a single layer in the base of the prepared ovenproof dish.
5 Pour pasta sauce over balls and sprinkle with parmesan, egg, flour, salt & pepper. Mix well until combined.

Serve on its own or enjoy with pasta or salad.

Add extra vegetables that you may have in your fridge to increase your daily vegetable intake.

LIME BIRYANI
Angela Little

1 Finely grate 1 lime for 1½ tsp. zest, then, juice both limes.
2 In a saucepan, combine 3 tbsp. of the lime juice, quinoa, water, 1 tbsp. of the olive oil, curry powder and ½ tsp. salt and bring to the boil.
3 Reduce heat, cover and simmer for 15–20 minutes, or until quinoa is transparent and liquid is absorbed. Cool and transfer to a large bowl.
4 Add carrots, chickpeas, onions, almonds and sultanas. Toss together.
5 In a bowl, combine remaining lime juice, zest, oil, salt & pepper. Whisk well to combine juice and oil.
6 Pour over quinoa mixture, toss and enjoy!

2 chicken breasts
2 mangoes
2 carrots
2 red capsicums
1 can of coconut milk
2 tsp. curry powder
2 cups rice

SPINACH AND FETA PASTRY ROLLS
Shona Smith

1 bunch of fresh spinach
250g (1 packet) feta cheese
1 red onion
4 eggs (3 for mixture and 1 for brushing on pastry)
4 sheets puff pastry
Salt & pepper

8 Once you have what looks like a large sausage roll, cut it into 4 or 5 smaller rolls. Brush rolls with egg to help them turn golden brown.
9 Repeat process for remaining mixture.
10 Place on oven tray and bake for 20–30 minutes or until golden brown.

Lovely served with an easy garden salad.

MANGO CHICKEN CURRY
Alfred Joly

1 Take the pastry sheets out of the freezer and leave on bench to soften.
2 Wash spinach and chop into small pieces.
3 Cut feta cheese into small cubes.
4 Finely dice the red onion.
5 Crack the 3 eggs in a small bowl and lightly whisk together with a fork.

Pour pasta sauce over balls and sprinkle with parmesan, egg, flour, salt & pepper. Whisk well to combine juice and oil.

Optional: This dish is great served with couscous.

IRANIAN STYLE STEW
Shahrazad Seyed Mohammad Shahi

1 onion
250g your choice of meat (chicken, lamb or beef)
1 potato
1 tomato
1 carrot
1 squash
1 eggplant
2 cabbage leaves
1 tbsp. olive oil
1 tsp. turmeric (plus 1 tsp cumin for added flavour)
Salt & pepper

1 Slice all the vegetables into medium to thin slices.
2 Cut meat into small pieces.
3 In a large pot, add the olive oil and fry the onion until soft, then add the meat. Place the lid on the pot and simmer on low heat for 10 minutes.
4 Sprinkle the turmeric, salt & pepper over the meat.
5 Add the vegetables to the pot in layers. Begin with the potato, then carrot, squash and eggplant. Leave the tomato and cabbage until the last layers. You do not need to add water to pot.
6 Place the lid on the pot and let it simmer on a low heat for 30 minutes.

Add some meat-free meals each week – Try using eggs, legumes such as beans and tofu, nuts and seeds.
GREAT REASONS TO BE ACTIVE
Being active is good for you in so many ways. It can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way to relax and enjoy the company of your friends.

REGULAR PHYSICAL ACTIVITY CAN:
- Help prevent heart disease, stroke and high blood pressure;
- Reduce the risk of developing Type II Diabetes and some cancers;
- Help build and maintain healthy bones, muscles and joints reducing the risk of injury; and
- Promote psychological well-being

PHYSICAL ACTIVITY GUIDELINES FOR ADULTS
There are four steps for better health for Australian adults. Together, steps 1–3 recommend the minimum amount of physical activity you need to do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve best results, try to carry out all three steps and combine an active lifestyle with healthy eating.

Step 4 is for those who are able, and wish, to achieve greater health and fitness benefits.

STEP 1
THINK OF MOVEMENT AS AN OPPORTUNITY, NOT AN INCONVENIENCE
Where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.

STEP 2
BE ACTIVE EVERY DAY IN AS MANY WAYS AS YOU CAN
Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.

STEP 3
PUT TOGETHER AT LEAST 30 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY ON MOST, PREFERABLY ALL DAYS.
You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.

STEP 4
IF YOU CAN, ALSO ENJOY SOME REGULAR, VIGOROUS ACTIVITY FOR EXTRA HEALTH AND FITNESS
This step does not replace Steps 1–3. Rather, it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.

Great Reasons to be Active

Being active is good for you in so many ways. It can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way to relax and enjoy the company of your friends. Regular physical activity can:

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Step 4 is for those who are able, and wish, to achieve greater health and fitness benefits.
Cycle:
A convenient and practical way to incorporate physical activity in your busy day is cycling. Ride to uni, work or for short neighbourhood trips.

What’s the cost? Cycling 10km each way to work/uni each day will save about A$1700 per year in transport costs (including all running costs and depreciation). Also, bicycle parking is usually free, easily accessible and more convenient than car parking.

Dance:
Put on some music and dance. You could practice some new moves whilst cleaning – the mop or broom could prove a great dance partner...

Grow Herbs:
Start a herb garden – grow in pots in a sunny position and use fresh herbs instead of salt to add extra flavour to your meals.

Garden:
Get out and try some gardening – if you don’t have the space, join a local community garden and grow your own fresh produce.

Try Something New:
There are a wide variety of activities on offer. Try tai chi or yoga as a stress relief. Join a local parkrun on a Saturday morning, or go for a swim. Mix it up and have fun.

Skip:
Skipping is good for the heart, bones, flexibility and coordination. It is not expensive; all you need is a skipping rope, a pair of trainers and a safe space.

More snacktivity ideas can be found:
www.facebook.com/getactivegc

*Note: If you are pregnant, have been previously inactive, or suffer any medical conditions it is recommended that you seek medical advice before commencing vigorous physical activity.
STAY IN THE PRESENT…

Well-being gets worn away when we get sucked into focusing on what used to happen in the past, or start fretting about what might happen in the future. Without realising we can be caught in a vicious cycle of negative thoughts, which seem to grow on their own. Not only do these thoughts sink our mood, after a while we start to think they're the truth. Step back and consider where your thoughts, feelings and behaviours are coming from. Are there better options for you than your current patterns? You can challenge your negative thoughts as untrue and change them for thoughts that make you feel better.

MUG CAKE
Michael Dawes

- prep 2 min
- cook 3 min
- serves 1

¾ cup flour
½ cup milk
½ an egg (beaten)
1 tbsp. butter
¼ cup sugar

1. Mix all ingredients together in a large microwave proof mug.
2. Cook in microwave for 2–3 minutes.
3. Instant cake!

APPLE CRUMBLE
Rebecca Magri

- prep 20 min
- cook 30 min
- serves 6

1 cup plain flour
½ cup brown sugar
100g butter
½ cup rolled oats
½ cup walnuts
800g tinned apples
Ground cinnamon to taste

1. Preheat oven to 180°C.
2. Line a round cake tin with non-stick baking paper.
3. Combine flour, sugar, butter, and oats in a bowl.
4. Mix butter into dry ingredients with hands until mixture resembles breadcrumbs.
5. In a separate bowl, mix apples and cinnamon together.
6. Spread apples evenly over the base of the cake tin.
7. Spread wet mixture evenly on top. Try to make a smooth layer.
8. Bake for 20–30 minutes or until golden brown.

THE BLENDED GYPSY
Sophie Anne Lawrence

- prep 15 min
- cook 25 min
- serves 8

1 cup sugar
4-5 eggs
½ cup cocoa
1 can chickpeas
1 cup dark chocolate, grated
½ tsp. baking powder
½ tsp. bicarbonate soda
1 tsp. vanilla essence
½ cup walnuts

1. Preheat oven to 175°C.
2. Blend chickpeas using a blender.
3. Add beaten eggs and blend until smooth.
4. Add cocoa, sugar, bicarbonate soda and baking powder and blend.
5. Add chocolate and vanilla essence and continue to blend until mixture is smooth.
6. Add walnuts to mix and pour into greased cake tin.
7. Bake for 45 minutes or until cooked.

Optional: Add shredded coconut.

LISTEN TO YOUR BODY…

It knows what you need, be it a better diet, more sleep, or to pamper yourself a bit more. Your body will keep talking to you until you listen – it gives you messages about your stress, moods, fitness, diet and emotional health.

APPLE MUFFINS
Erica Cunningham

- prep 15 min
- cook 25 min
- serves 8

¼ cup almond meal
¼ cup coconut flour
2 tbsp. coconut butter
½ tsp. baking soda
¼ cup honey OR maple syrup
3 eggs
3 large bananas (mashed)

1. In a bowl, combine all the wet ingredients and beat together.
2. In a separate bowl, mix all the dry ingredients together.
3. Combine the wet and dry ingredients and mix well.
4. Evenly pour into a greased muffin tin.
5. Cook for 25 minutes or until slightly brown on edges at 180°C.

Optional: Add a handful of choc chips.

Grinding your own almond meal makes it cheaper.
**SUPER EASY 3 INGREDIENT SCONES**

Michelle Freeman

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5 cups self-raising flour
300ml cream
300ml lemonade (room temperature)

1. In a large mixing bowl use your hand to combine all ingredients to form a dough.
2. Turn the dough onto a floured surface and knead until the no longer sticky. Sprinkle flour over dough to reduce stickiness.
3. Using a rolling pin or equivalent, roll dough out to approx. 2cm thickness.
4. Using a cookie cutter, cut the dough into scone shapes.
5. Knead leftover dough and roll out again into 2cm thickness, and cut into shape. Continue process until all the dough has been used.
6. Line oven tray with baking paper and place scones evenly on tray.
7. Bake at 180°C for approx. 15–20 minutes, or until golden brown.
8. Allow to cool, then serve.

**VANILLA BAKED CHEESECAKE**

James Davies

500g cream cheese
1 packet digestive biscuits (or similar type)
2 large knobs of butter
3 eggs
300ml thickened cream
200g sugar
1 tsp. vanilla essence

1. Crush the biscuits into fine crumbs.
2. Add butter to biscuits and combine well.
3. Press biscuit mix into the base of cake tin and put in fridge for one hour.
4. Whisk cream cheese and sugar together until smooth.
5. Add cream and eggs and mix well.
6. Pour mixture over biscuit base and bake for 30 minutes or until firm.

**5 CUP TEA CAKE**

Tia Moore

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1 cup apricots
1 cup self-raising flour
1 cup sugar
1 cup coconut, desiccated
1 cup milk

1. Mix all ingredients together until there are no lumps.
2. Pour into greased cake tin.
3. Bake at 180°C for 45 minutes or until golden.

**IMPOSSIBLE PIE**

Angie Yu

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4 eggs
½ cup butter, melted
½ cup plain flour
1 cup sugar
1 cup coconut, desiccated
1 cup milk
1 tsp. vanilla essence

1. Preheat oven to 170°C. Prepare a pie tin.
2. In a large bowl, mix all the ingredients together.
3. Pour mixture into pie tin. It may seem too runny, but if you have followed the recipe correctly it will work.
4. Bake in oven for 60 minutes or until firm.

**LAUGHTER IS THE BEST MEDICINE…**

Take a dose daily. Make time to play and laugh. Spend time with people you love, like and respect and who feel that way about you.

**BUST A MOVE….**

Put on some music and dance around the lounge room – it’s a sure fire mood and energy boost. Or go for a walk, run, skip, hop or jog. Just move.

**GET OUTSIDE….**

Take some time to be in the nature, or at least just step outside. Relax and enjoy some sunshine. Take some deep breaths and notice the fresh air – it can make you feel more alert, as well as more relaxed.

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WE WOULD LIKE TO THANK EVERYONE INVOLVED IN THE PRODUCTION OF THIS RESOURCE:

THE GOLD COAST CITY COUNCIL, THE GOOD GUYS, STUDENT REPRESENTATIVE COUNCIL AND THE STUDENTS AND STAFF OF GRIFFITH UNIVERSITY WHO CONTRIBUTED THEIR RECIPES. TO THE STAFF OF STUDENT SERVICES FOR THEIR IDEAS, DRIVE AND ENTHUSIASM IN BRINGING THIS ALL TOGETHER, AND A SPECIAL THANK YOU TO SHONA SMITH FOR HER VALUABLE NUTRITIONAL GUIDANCE AND DIRECTION AND TO MONA HECKE FOR HER VERY HEALTHY RECIPE CONTRIBUTIONS AND TASTY COOKING DEMONSTRATIONS AND SAMPLES.