



Healthy Eating

While You Study
From Home

Ideas and recipes from the Avila College Food Technology Kitchens

Brain Food

Here are some brain food suggestions to ensure you're at your best as you study from home...



EGGS

Eggs are one of the most versatile foods on earth. Fried, boiled, scrambled or poached, eggs are healthy and good brain food.

They're a great way to start the day, and are more likely to leave you feeling full than sugary cereals or pastries.

Just one egg contains vital nutrients, Omega 3 fatty acids, Vitamins A, D, E, and B12, antioxidants.



DARK LEAFY VEGETABLES

Dark leafy greens (spinach, kale, broccoli just to name a few), are a vital source of vitamins in the process of making your study as effective as possible.

All dark greens are packed with Vitamin K, which helps build pathways in the brain, as well as naturally occurring nitrates and antioxidants.

You'll also get a healthy amount of Vitamins B6 and B12 from some of these vegetables, which are associated with improvements in alertness and memory.



OILY FISH

Salmon, sardines and tuna are among the healthiest types of fish, as they contain lots of protein and Omega 3, which is essential to keeping a functioning brain working well.



PEANUT BUTTER

Peanut Butter contains healthy fats and lots of protein per serving. This means that as a brain food, just a little can keep you full for a long time.

If you'd rather have porridge in the morning instead of eggs, try mixing some peanut butter into your morning bowl, a delicious way to start the day.

Nuts, in general, are also an extremely good brain food, so stock up on snacking packs before your study session



FRESH FRUIT

If you need a sugar boost, the naturally occurring sugars in fresh fruit are going to be much more useful than a chocolate bar or two.

Darker coloured fruits, such as blueberries, are thought to contain more antioxidants, but you'll feel the benefits of eating any fruit, whether it's a banana, an orange or even a slice of melon.

Healthy Habits

Try and build some healthy habits into your daily routine to help your body and mind...



EAT PROPER MEALS

Meals with slow release carbohydrates will help fuel your revision. If you study during the day, make sure you have a good breakfast and lunch. If you're a night owl, make sure you have a good lunch and dinner.

Some examples include:

Breakfast:

- Eggs/Baked Beans on Wholemeal toast
- Baked vegetarian eggs
- Breakfast smoothie
- Granola with fresh fruit and yoghurt



KEEP HYDRATED

Drink plenty of fluid. Go for plain water – mix it up a bit and try adding:

- Sliced cucumbers
- Berries
- Slices of orange/lemon

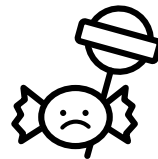


EAT PLENTY OF FRUIT AND VEGETABLES

Use fruit and vegetables as a healthy snack instead of crisps, chocolate or fizzy drinks.

Cut up some carrots, cucumber, celery and/or capsicums ready for a snack when you need them.

Grab an apple or banana as a fruit snack



AVOID TOO MANY 'TREATS'

Don't overindulge on fatty foods, sugary snacks (crisps and chocolate) or fizzy drinks.

HANDY HINT

If you need a chocolate fix, take a small amount of chocolate and cut it up into smaller pieces, place it in a bowl – eat slowly to avoid overindulging.

Need a break from study...try making some of these recipes...

Avila's Famous Berry Muffins



A firm favourite from Year 8 Food Tech, pack these muffins full of all kinds of berries for a warm and delicious snack!

INGREDIENTS

- 1 cup frozen berries
- 2 cups self raising flour
- ½ cup choc chips
- 1 egg, lightly beaten
- 3 tablespoons melted butter or vegetable oil
- 1 ¼ cup buttermilk
- ½ cup castor sugar

METHOD

Preheat oven to 180C.

Place muffin cases in muffin tin.

Combine the sifted flour, sugar and choc chips in a medium size bowl.

Mix egg, buttermilk and melted butter/oil until just combined.

Combine wet ingredients with the dry ingredients until just combined.

Gently fold in the frozen berries.

Spoon mixture evenly into muffin pans.

Bake in a moderate oven for 15-20 minutes or until golden brown

Try substituting ½ cup of self raising flour with ½ cup wholemeal self raising flour for added fibre

Use: ½ cup of grated apple or ½ cup mashed banana instead of berries.



Warm Crusty Cafe Pizza

Missing the pizza from the Avila Cafe? Don't fret! You can recreate your own at home with a variety of different healthy toppings.

INGREDIENTS

- 1 cup self raising flour
- Pinch salt
- ½ cup plain yoghurt
- 1 tablespoon vegetable oil
- ¼ cup pasta sauce
- ½ cup grated mozzarella cheese
- ½ capsicum, sliced
- 2-3 sliced mushrooms
- 2 slices sliced ham
- 2-3 olives (optional)



METHOD

Preheat oven to 200°C and grease baking tray.

Mix flour, salt and yoghurt in a bowl and mix to a soft dough.

Roll dough out to fit baking tray.

Spread pizza base with tomato sauce

Add your pizza toppings

Bake for approximately 20 minutes until the crust is light brown and toppings are cooked.

TASTY TIPS

Include your favourite vegetables for added nutrients.

Add some baby spinach for extra iron.

No time to make the pizza base? Use pita bread as your base and bake until toppings are cooked through.

Creamy Dips & Veggie Sticks

One of the simplest yet nutritious and refreshing snacks you can prepare in advance and then enjoy throughout the day.



CREAMY TUNA DIP

- 1 x 95g can tuna, drained
- 1 x 140g tub cream cheese

Flake out tuna with a fork in a small bowl.
Add cream cheese and mix well.

SWEET CHILLI CREAM CHEESE DIP

- 1 x 140g tub cream cheese
- ½ cup sour cream
- ¼ cup sweet chilli sauce
- 2 tablespoons chopped coriander (optional)

Beat cream cheese and sour cream in a small bowl. Mix in sweet chilli sauce and coriander until combined.

BEETROOT DIP

- 1 x 425g can of sliced beetroot, drained
- 2-3 tablespoons sour cream
- ½ tablespoon lemon juice

Blend/process all ingredients until smooth

GUACAMOLE

- 1 medium avocado, mashed
- ¼ red onion, finely chopped
- 1 small tomato (seeded) finely chopped
- ½ tablespoon lemon juice
- 2 tablespoons chopped coriander

Mash avocado and stir in remaining ingredients

Serve with carrot, cucumber, zucchini, beans and capsicum sticks as a healthy afternoon snack while you study.

TIP Store dips in fridge for up to one week.

Mixed Berry Burst Smoothie

Packed full of flavour and goodness, this smoothie helps you kick start the day or can be used as an energy boosting snack.

INGREDIENTS

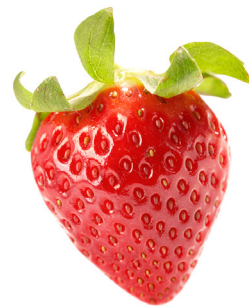
- 1 cup milk
- ½ cup yoghurt
- ½ cup frozen berries
- 1-2 tablespoons rolled oats
- 1 heaped tablespoon peanut butter
- 1 small banana, mashed

METHOD

Combine all the ingredients together in a blender. Blend until smooth. Pour into a glass.

TASTY TIPS

Use any left over liquid to make smoothie icy poles. Pour into moulds and freeze.



Crunchy Low GI Health Bars

Looking for a low carb snack that tastes delicious? Try these health bars with extra crunch!

INGREDIENTS

- ½ cup almonds
- 2 ½ cups rolled oats
- 50 g butter
- ¼ cup light olive oil
- ½ cup honey

METHOD

Preheat oven to 160°

Line rectangular pan (20cm x 30 cm) with baking paper.

Roughly cut up nuts, and combine with oats in a bowl.

Heat butter, oil and honey in a saucepan until smooth.

Add to oat mixture and mix well.

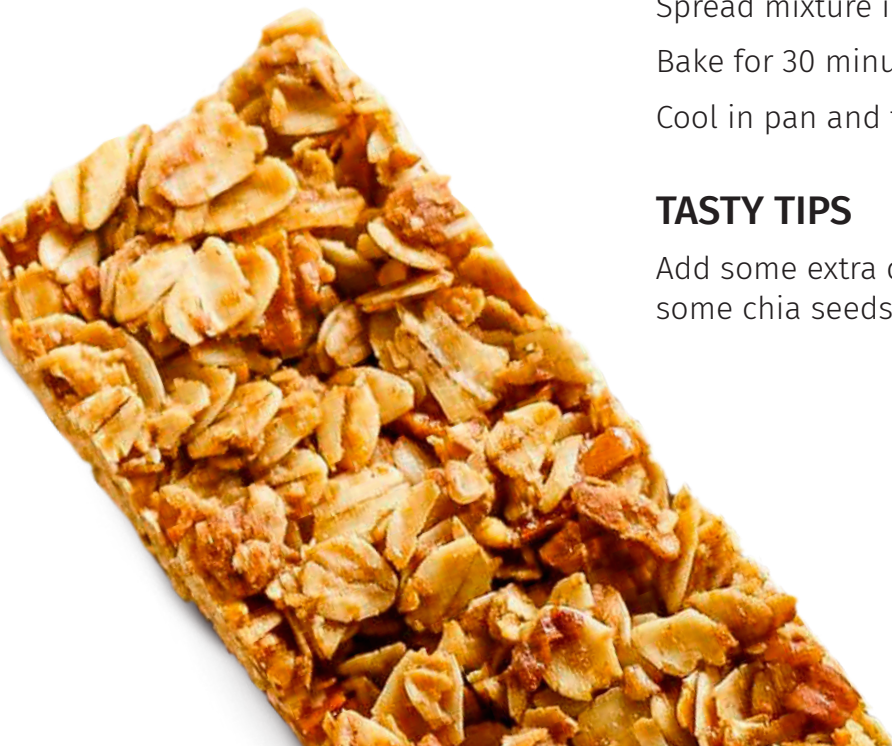
Spread mixture into pan and press down firmly.

Bake for 30 minutes or until golden.

Cool in pan and then cut into small bars.

TASTY TIPS

Add some extra dried fruit for added fibre or toss in some chia seeds or sesame seeds.



Nut & Fruit Clusters

Sometimes you just need a little bit of creamy milk chocolate! These clusters give you a chocolate boost with fruit and nuts.

INGREDIENTS

- 150g milk chocolate
- ¼ - ½ cup mixed nuts (pistachios, cashews, almonds, walnuts)
- ½ cup sultanas

** You could also substitute the nuts with dried apricots, apples, banana chips

METHOD

Line a baking tray with baking paper.

Place chocolate in a heatproof bowl over a small saucepan of simmering water, stir until chocolate melts.

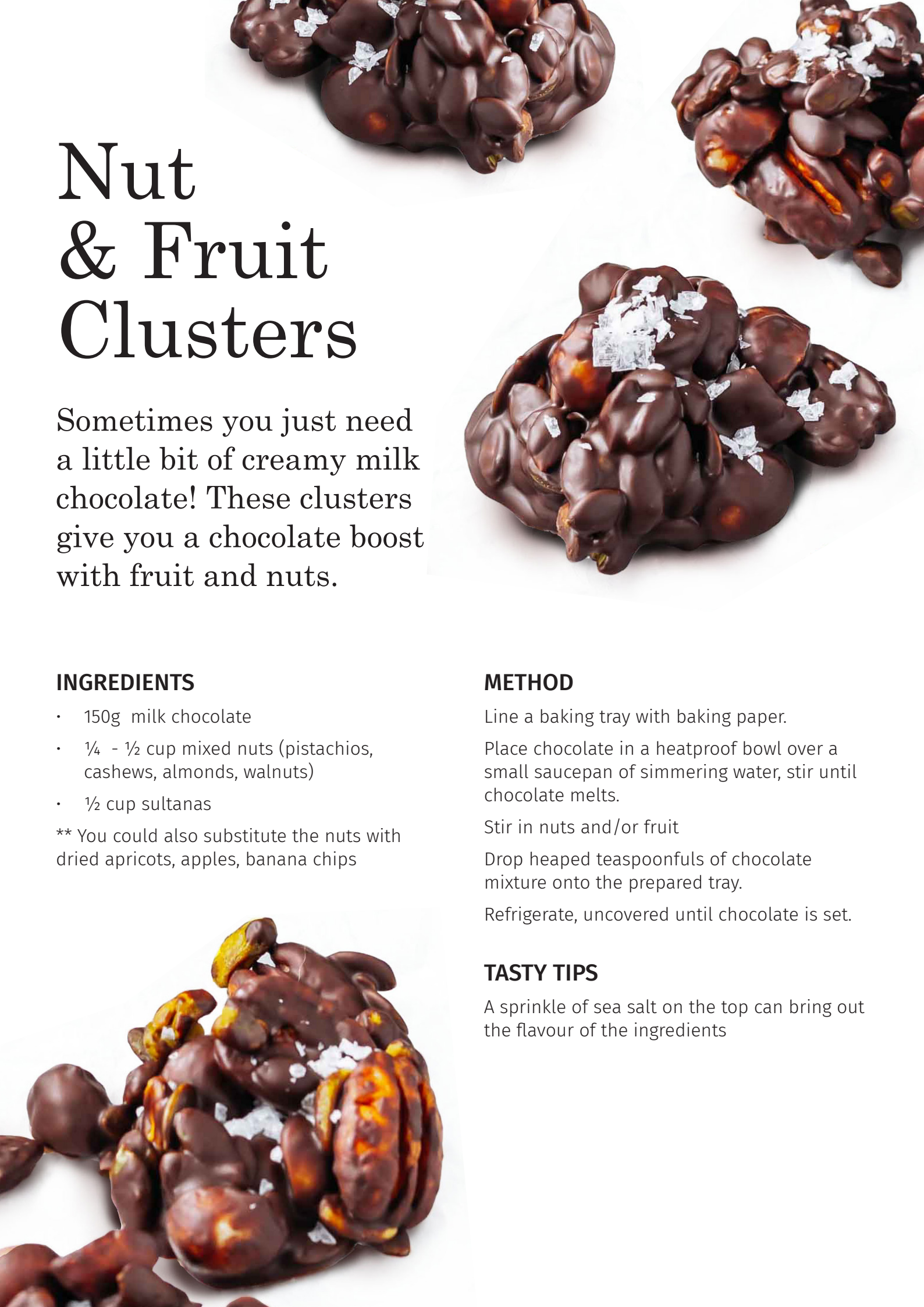
Stir in nuts and/or fruit

Drop heaped teaspoonfuls of chocolate mixture onto the prepared tray.

Refrigerate, uncovered until chocolate is set.

TASTY TIPS

A sprinkle of sea salt on the top can bring out the flavour of the ingredients



Dr Cotter's Favourite Cupcakes

Everyone knows that Dr Cotter likes cookies and a chat - but these are her favourite morning or afternoon tea treats!



INGREDIENTS

- ¼ cup (65g) butter, softened
- ¼ cup castor sugar
- 1 egg, beaten
- 1 teaspoon vanilla essence
- ¾ cups self raising flour
- 3 tablespoons milk

METHOD

Preheat the oven to 200°C. Place paper cases in cupcake tray.

Cream butter and sugar until light and fluffy.

Add egg and vanilla essence until combined.

Add flour and milk alternating. Stir gently and thoroughly.

Place mixture into pans, only half-filling each one.

Bake for 12-15 minutes until golden brown.

TASTY TIPS

Chocolate Cupcakes Follow the recipe above

- add 3 tablespoons cocoa powder sifted with flour.

Apple Cupcakes Follow the recipe above

- add 1 teaspoon apple puree to the cupcakes before baking.





Avila
College