

# Stay Fit, Stay Healthy, Stay Happy

## Tips and Tricks!

Haris says “buy Masala Curry packets and use Seeing Eye Artificial Intelligence (AI) to read the ingredients and method. This is easier because things like garlic and ginger powder are already in the masala mix, so you don’t have to buy them separately.”

Top Tip from Nana Mary’s Fat Free Fruit Cake recipe. To identify if the cake is cooked through, poke a skewer into the middle of the cake and pull it out. If the skewer is sticky, it needs a bit longer to cook. If the skewer is dry, the cake is ready to come out of the oven.

When weighing butter, place a piece of kitchen roll in the bottom of the bowl so you can just lift it out and nothing gets stuck or stays behind when you weigh dry ingredients.

Use a syringe for millilitres when adding liquid or flavourings.



*Photos from the ASUK Foodie Fun Friends Club*

Use a toaster pocket when cooking vegetables on the contact grill. It keeps them in one place and makes it easy to remove the vegetables.

When identifying cereals, have a peg with a braille label telling you what the cereal is, instead of opening, feeling and tasting.

Use different shaped foil dishes for different batch cooked products so you do not have to make braille or large print labels which often fall off in the freezer.

Place brown bananas in the freezer and add to your smoothie, straight from the freezer.



Place store cupboard items, like flour and sugar, into rigid containers; add a braille label and a scoop for easy access.

Use a hot water dispenser to get a hot drink or quick snack. This saves having to pour hot water and prevents spillages.

Be food safe and use a talking food probe to check the temperature of food. It's safe to eat at 75 degrees C.

Use Alexa to read out your recipes. Try the recipe speak app.



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