# Delicious Smoky Chickpeas with Eggs and Bread

**(Healthy Soda recipe included)**

Video Link: <https://youtu.be/4rE_KJvZ4Pw>

**Activity summary:**

In this activity, families will review how to read the new Nutrition Labels, review handwashing steps, and make a healthy, balanced meal that keeps them full.

## Handouts:

Figure 1. “What’s New with the Nutrition Facts Label” (US FDA)



Figure 2. “Wash Your Hands Fact Sheet" (CDC)

**Nutrition:**

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**(Healthy Soda recipe included)**

**per serving for the meal ONLY**

|  |  |  |
| --- | --- | --- |
| Calories | Fiber | Protein |
| ~ 400 | 9g | 22g |

**Time:**

10 – 15 minutes

## Instructions:

* Start with reviewing the CDC’s Wash Your Hands Fact Sheet (page 2)
* Now, wash your hands for **at least twenty seconds.**
* Next, review the What’s New with the Nutrition Facts Label (page 1)
  + What is written in bold?
  + How are the new labels different from the old ones?
  + Can you name **three** differences?

## Materials:

* **Kitchenware**
* Clean, washed hands
* A pitcher
* Forks
* Plates
* Frying pan
* Spoon (for mixing/stirring)
* Small Cups
* Knife and cutting board/large plate
* Bowl
* Toaster, optional
* **Ingredients:** (from BBC GoodFood Website), *Makes 3-4 servings*
* One bottle of a 100% juice
* One liter of unsweetened sparkling/carbonated water
* 1 tsp olive oil or vegetable oil, plus a drizzle
* ½ small red onion, chopped
* Salt & pepper

## Let us take a moment to think about:

* 2-4 tsp of tomato paste (mixed in a ¼ cup of water)
* One can of chickpeas (about 15 oz), drained
* 2 tsp honey
* 2 tsp of vinegar
* 2-4 slices of whole wheat bread
* 2-4 eggs
* Look at *Nutrition Facts Labels* on the ingredients; how the food items are different or similar?

## STEPS:

1. Add half of the sparkling water and half the 100% juice into the pitcher.
2. Make sure to stir for a couple of seconds. Now you have healthy soda!
3. Refrigerate the healthy soda until you finish making the food (you can add ice cubes if you want)
4. Now, heat ½ tsp of the oil in a pan.
5. Tip in the chopped onion and cook until soft, 5-8 mins.
6. Add chickpeas, tomato paste, honey and vinegar.
7. Season with salt and pepper and bubble for 5 mins. Taste and add more seasoning, vinegar, or honey to your liking.
8. Toast the bread in a new pan or using a toaster. Add to a plate.
9. Heat the remaining oil in a frying pan and fry the eggs.
10. Drizzle the toast with a little oil.
11. Top each piece of toast with the chickpeas and a fried egg.
12. Serve the healthy soda in the small cups.

## Discussion (during the meal):

Discuss foods and how to stay healthy. Some discussion questions can include:

* 1. How are these ingredients considered healthy? Refer to “What's New with the Nutrition Facts Label.”
  2. What other meals can you make from the ingredients?
  3. What foods will you buy next time you go shopping? Refer to “What's New with the Nutrition Facts Label.”
  4. What else can you add that is missing from your plate?