

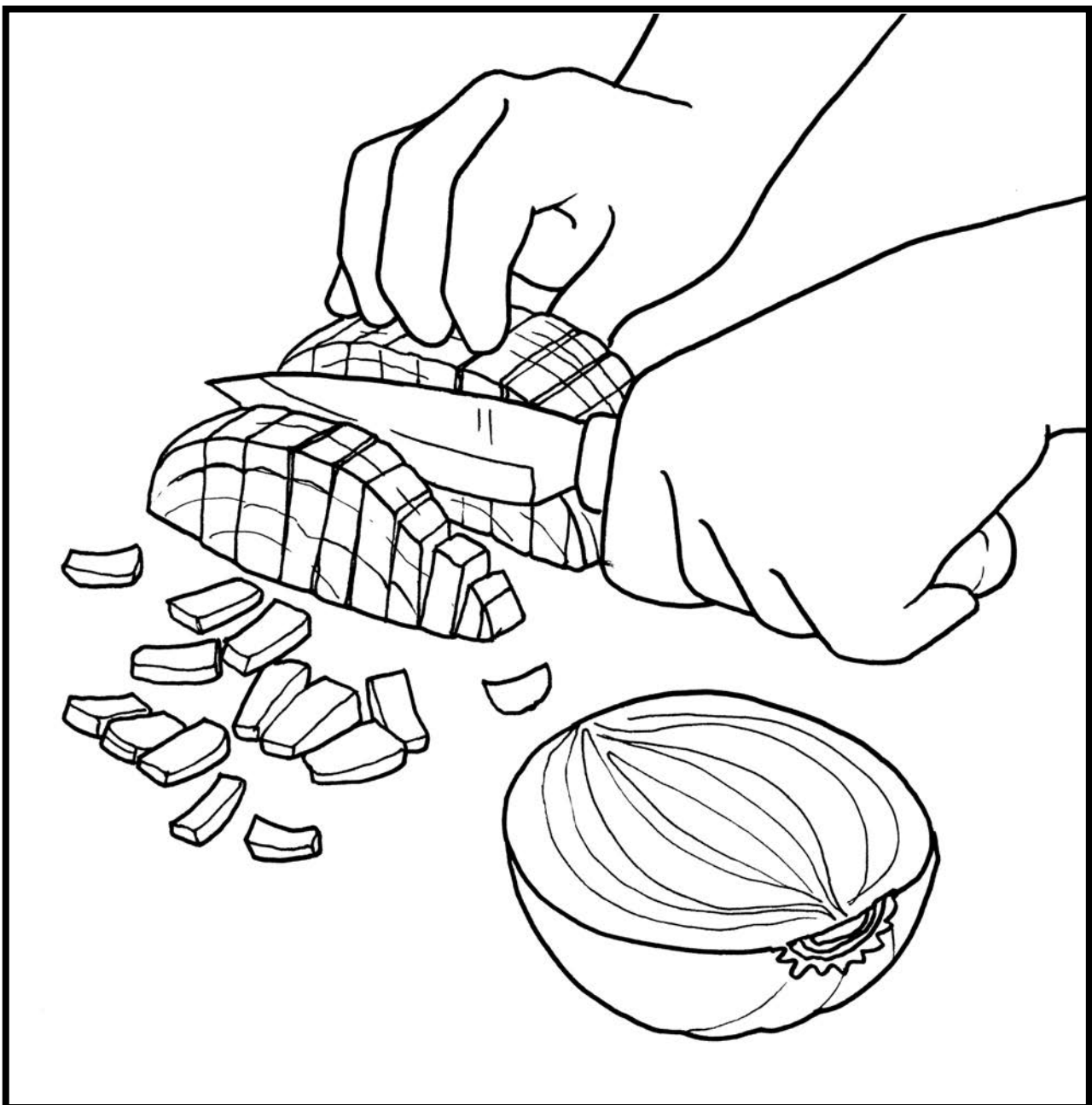
# Carrot Soup



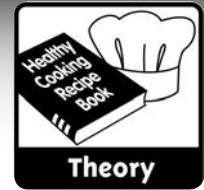


# How to Chop an Onion

It can be very difficult to chop an onion, not least because it can make your eyes water. First of all, you have to peel the onion, you do this by cutting off one end of the onion and peeling off the outer brown layers. Then halve the onion but leave the other end uncut. Place the halved onion flat side down and cut slices in it almost up to the uncut end, but not through it. Turn it 90 degrees and slice it the other way. The uncut end helps to keep the onion together.



# Low Fat – The Healthier Option



Although we all need a small amount of fat, it is easy to get too much of it. If you get too much, it contributes to weight gain, heart disease and some cancers. This is why people talk about low-fat diets being healthier. On top of this, there are good and bad fats. There are “saturated”, “monounsaturated” and “polyunsaturated” fats. The saturated fats are bad for you, as they can raise your cholesterol. These are found in hard fats such as butter and margarine. The monounsaturated and polyunsaturated fats, found in vegetable oils and fish, are better for you. They can, in fact, lower your cholesterol. The key is to replace bad fats with good fats and not eat too much of any type of fat.

# Knives and Safety



**If you drop a knife, don't ever try to catch it.**

Never try to catch a knife if you accidentally drop it. Just get out of the way and let it drop. If you did try to catch it, and didn't move out of the way, you may well catch hold of the blade and cut yourself badly, or the knife may well end up stuck in your foot!



Recipe

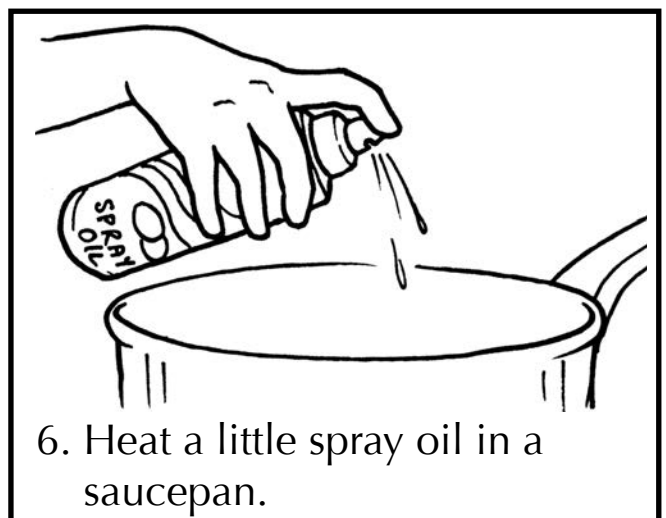
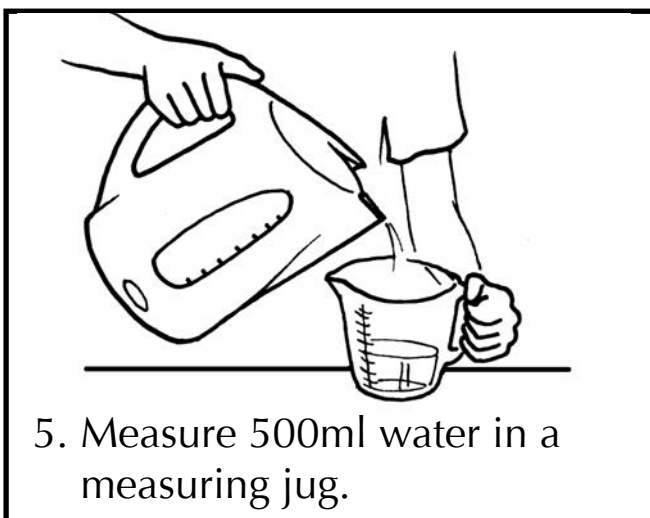
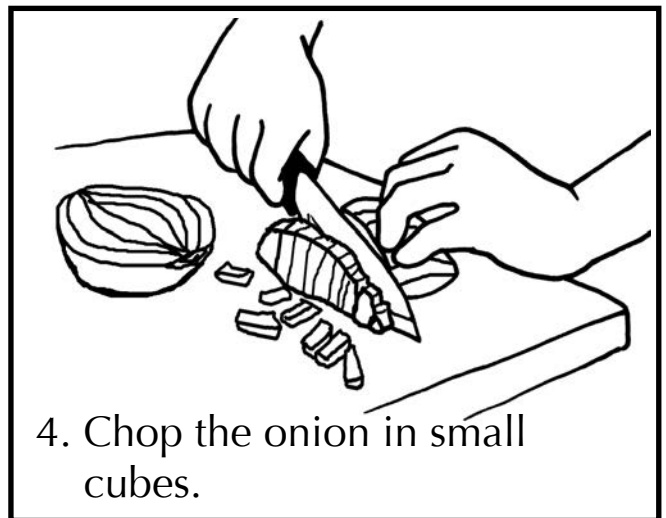
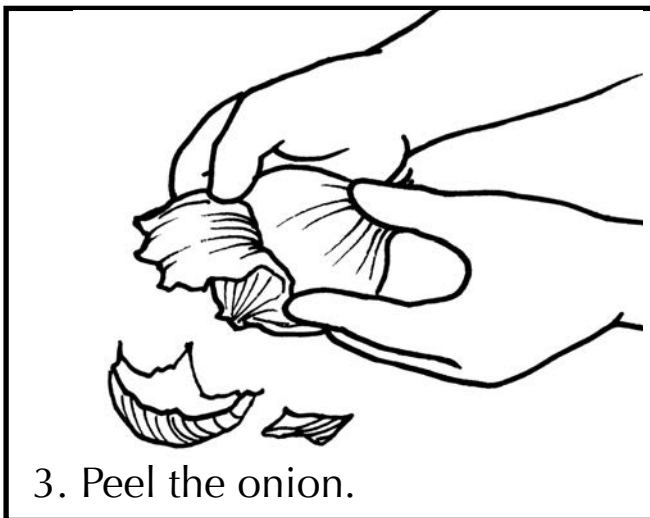
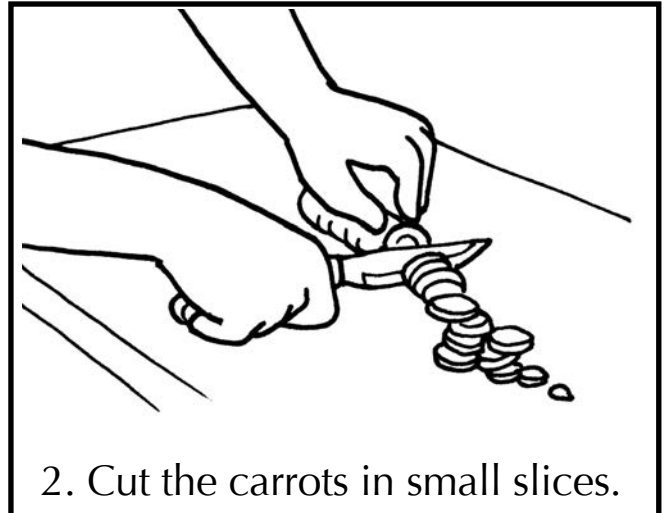
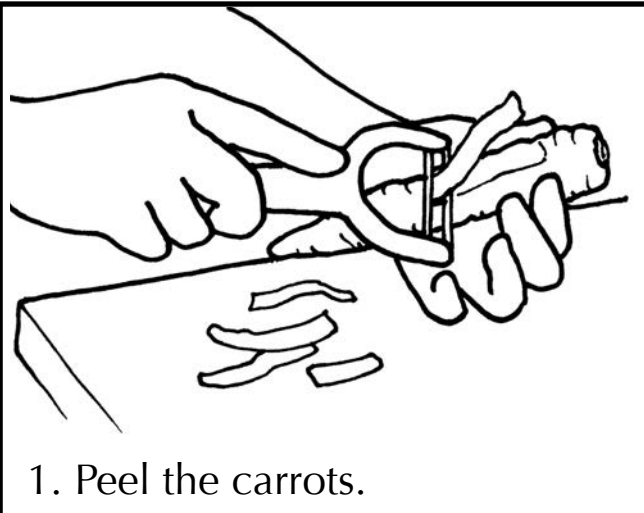
# Carrot Soup

## Ingredients:

1 small onion  
500ml water

3 carrots  
1 tsp nutmeg

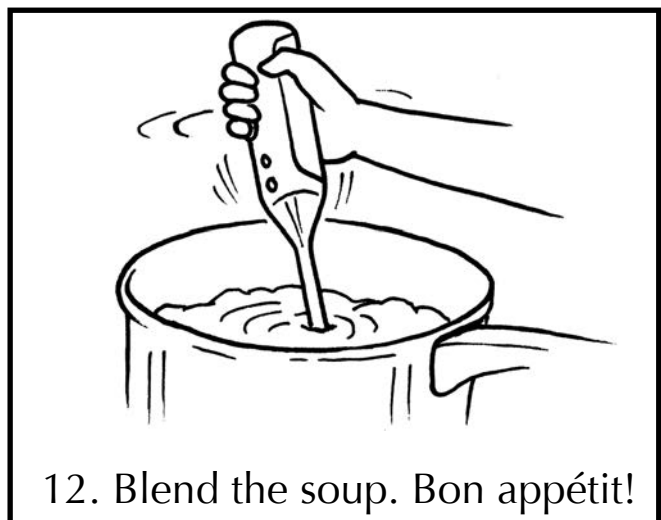
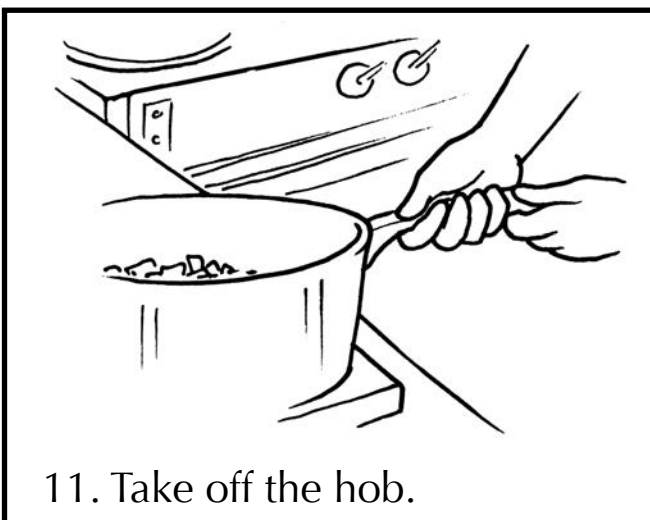
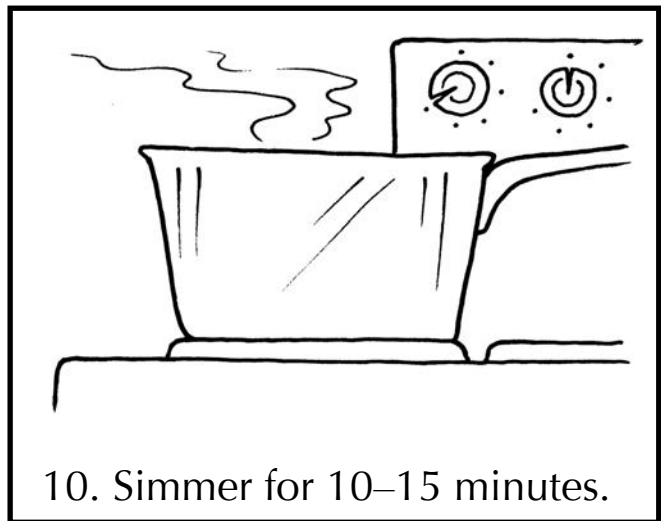
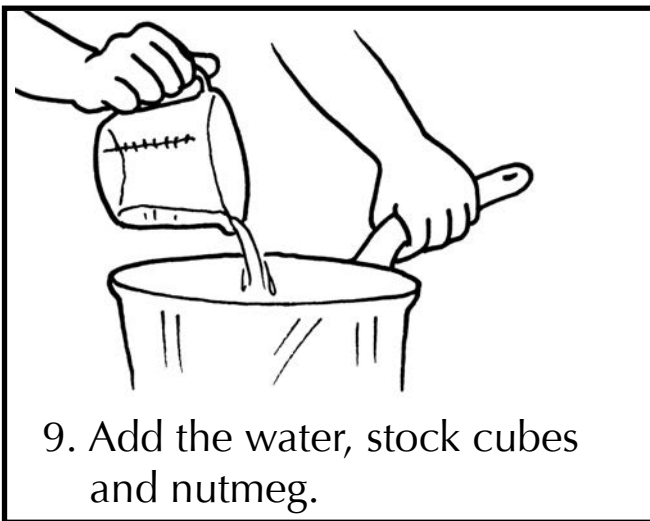
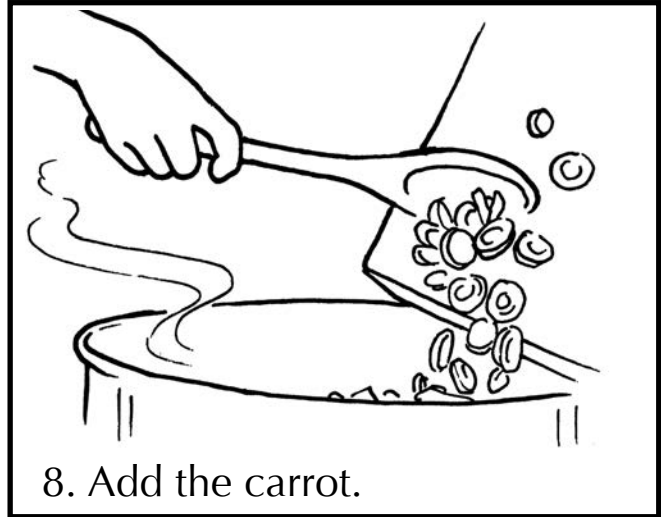
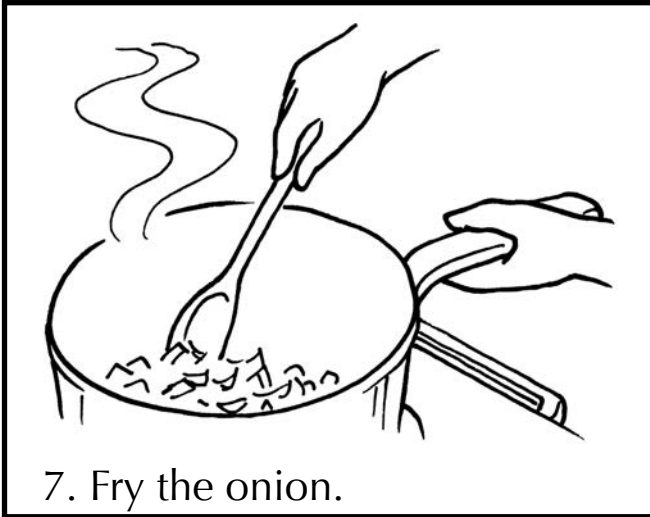
2 stock cubes  
Spray cooking oil



## Carrot Soup (cont.)



**Equipment:** Chopping board   Sharp knife   Saucepan  
Measuring jug   Teaspoon   Peeler   Mixing spoon  
Hand blender





# Carrot Soup

## Ingredients:

1 small onion  
3 carrots  
2 stock cubes  
500ml water  
1 tsp nutmeg  
Spray cooking oil

## Equipment:

Chopping board  
Sharp knife  
Saucepan  
Measuring jug  
Teaspoon  
Peeler  
Mixing spoon  
Hand blender

## Instructions:

1. Peel the carrots.
2. Cut the carrots in small slices.
3. Peel the onion.
4. Chop the onion in small cubes.
5. Measure 500ml water in a measuring jug.
6. Heat a little spray oil in a saucepan.
7. Fry the onion.
8. Add the carrot.
9. Add the water, stock cubes and nutmeg.
10. Simmer for 10–15 minutes.
11. Take off the hob.
12. Blend the soup. Bon appétit!