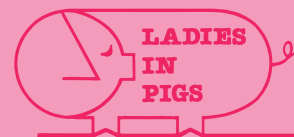


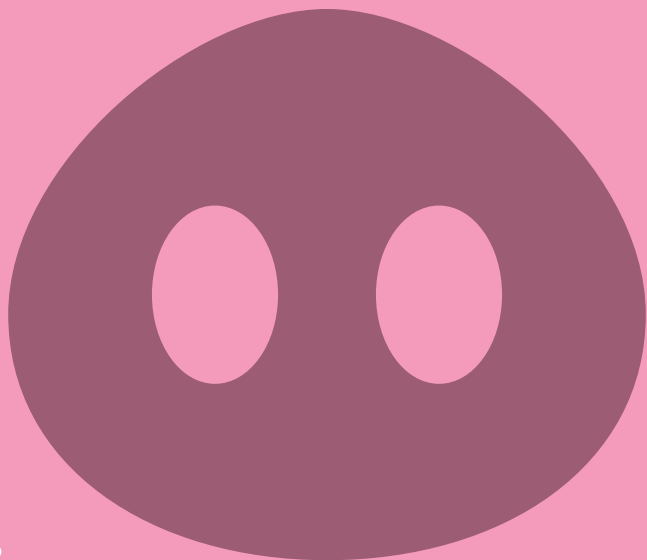
# THE PIG ISSUE

4-7 YEARS

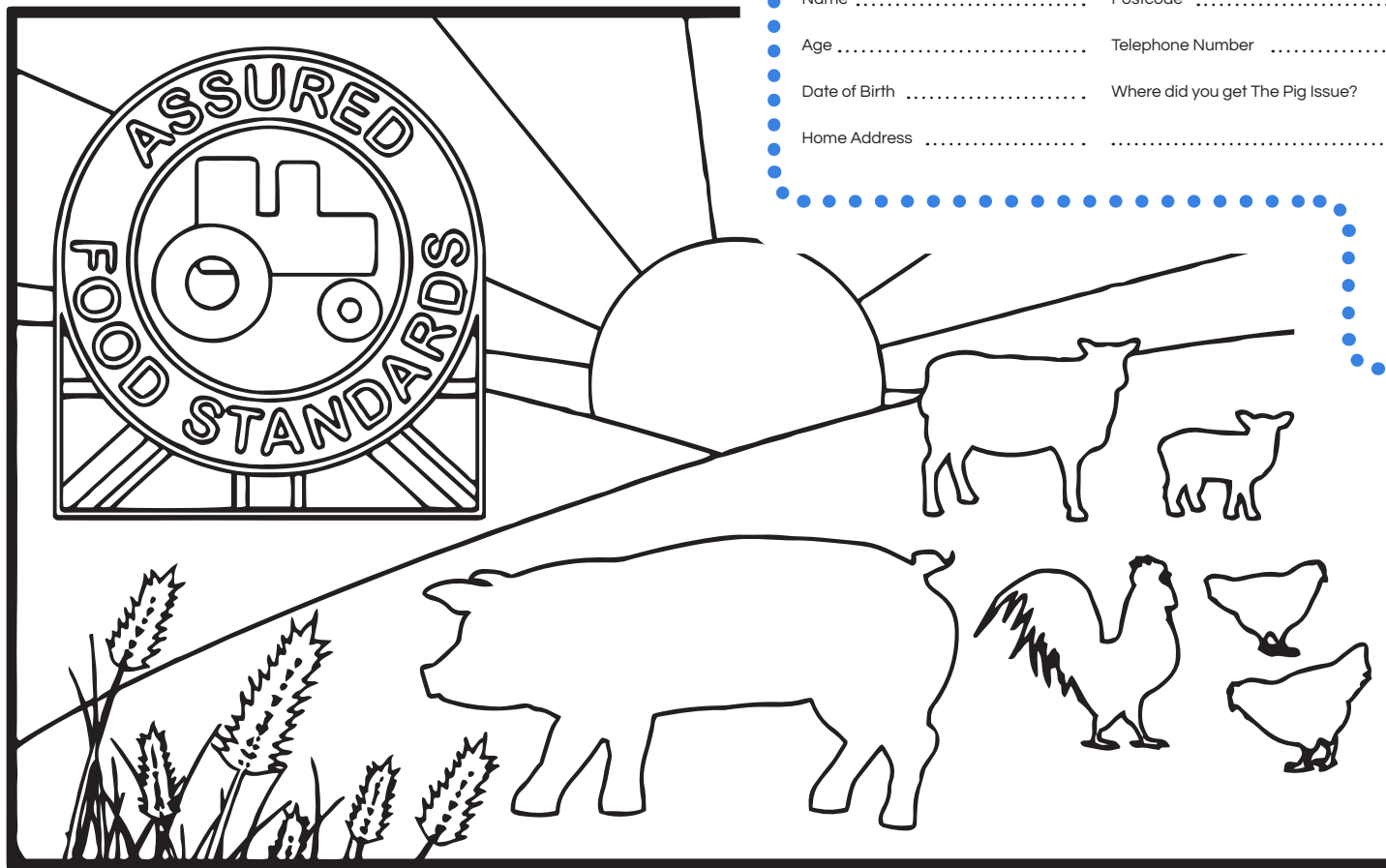
PIGLETS



PUZZLES, PRIZES  
& MUCH MORE  
INSIDE



# COLOURING COMPETITION



## HOW TO ENTER

Colour this picture and enter our competition to win a £50 gift voucher.

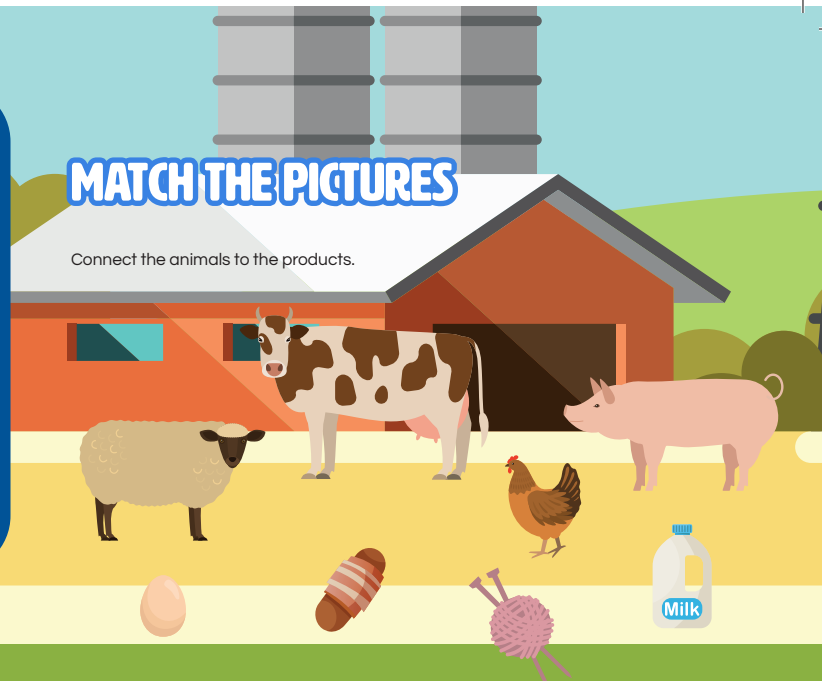
Check with an adult before completing the form on the opposite page. Cut along the dotted line and post to Ladies in Pigs, Southfield Farm, Eastend Road, Preston, Hull, HU12 8SJ.

The competition closes on 31st December 2020. The winner will be notified by 31st January 2021. Entrants should be between 4 and 7 years of age.

Full terms and conditions can be found at [www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)

## MATCH THE PICTURES

Connect the animals to the products.



## DID YOU KNOW?..



Pigs are really fast runners and can run up to 11 miles per hour.

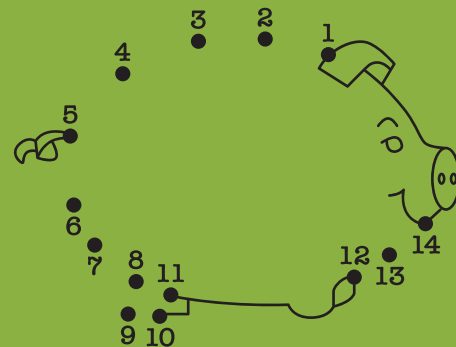


Pigs can't see very well but they have a very good sense of smell.



Pigs can't sweat so they roll in mud to cool down.

*Can you connect the dots to make a pig?*



A wooden cutting board with several 'pigs in blankets' (sausages wrapped in bacon) arranged on it. The board is placed on a dark wooden surface.

## PIGS IN BLANKETS

- 16 small or 8 large chipolata sausages
- 4 rashers of streaky bacon

### Method

1. Preheat the oven to 190°C, 375°F, Gas Mark 5.
2. Using scissors, cut each sausage where they join to separate them.
3. Cut each rasher of bacon in half if using large sausages or ¼ if using small sausages.
4. To make the pigs in blankets, take each piece of bacon and wrap the sausage with it.
5. Place each sausage on a baking tray and with help, put them in the oven and cook for 15-20 minutes or until the sausage and bacon are nicely cooked.
6. Use oven gloves or ask for help to get the tray out of the oven and enjoy!

A white rectangular plate with four golden-brown pasties and a small glass jar of plum jam.

## PORK, PLUM AND SAGE PASTIES

- 1lb (450g) lean mince pork
- 2tbsp (30ml) plum jam
- 3tbsp (45ml) fresh sage, chopped
- Salt and pepper
- 18oz (500g) pre-made shortcrust pastry
- Egg and milk glaze

### Method

1. Preheat oven to 180°C, 450°F, Gas mark 4.
2. Mix pork, plum jam, salt, pepper and sage together in a large bowl.
3. Roll out the pastry and, using a bowl/saucer, cut out 5 circles.
4. Place a large spoonful of the mixture into the centre. Lightly brush the edges with water and fold the pastry around the filling.
5. Press the edges together and seal with a crimp pattern. Brush with egg and milk glaze and place on a non-stick baking tray.
6. Bake for about 25-30 minutes until pastry is golden brown.
7. Damson or apricot jam can be used as an alternative.

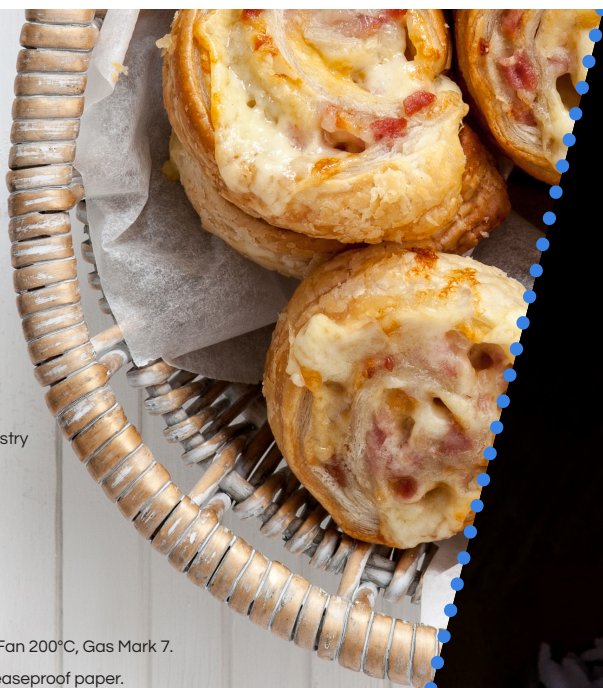


## BACON SWIRLS

- 1 sheet of ready rolled puff pastry
- 200g streaky bacon
- 100g cheddar cheese
- Water to seal

### Method

1. Preheat the oven to 220°C, Fan 200°C, Gas Mark 7.
2. Line a baking sheet with greaseproof paper.
3. With a pair of kitchen scissors, snip the bacon into small pieces. Grate the cheese.
4. Unroll the pastry with the long edges facing towards you, sprinkle the bacon and cheese over the pastry leaving a 2cm gap at the nearest long edge.
5. Brush the clear edge with a little water. Roll the pastry from the farthest edge towards you (like a swiss roll) sealing the filling inside. Press the end of the roll against the dampened pastry edge to seal.
6. Divide the pastry roll into equal pieces about 2.5cm wide. Place the swirls on the baking sheet making sure that there is plenty of room between each for the pastry to expand.
7. Bake for 10-15 minutes until cooked, puffed up and golden.



## SWEET & SOUR PORK MINCE BALLS

### Mince balls

- 1lb (450g) lean mince pork
- 2tbsp (30ml) tomato ketchup
- Black pepper

### Sweet and sour sauce

- 1 onion, chopped
- 1 red pepper, chopped

- 5oz (150g) baby sweetcorn, cut in half
- 1x 430g canned pineapple pieces in natural juice
- 2tbsp (30ml) mango chutney
- 1tbsp (15ml) Worcestershire sauce
- 2tbsp (30ml) tomato purée
- 4oz (100g) frozen peas

### Method

1. Mix the lean minced pork with tomato ketchup and season with black pepper.
2. Shape into 12 meatballs and dry fry in a large lidded non-stick pan for 4-5 minutes until browned.
3. For the sauce: Gently mix all the ingredients (except peas), cover and simmer for 15-20 minutes.
4. During the last 5 minutes, add the frozen peas and stir through.
5. Serving suggestions: Serve with spaghetti, rice or noodles, and perhaps extra peas.



# THE PIG WORD SEARCH

Here are **EIGHT** types of food that come from pigs:

BACON

CHOP

CRACKLING

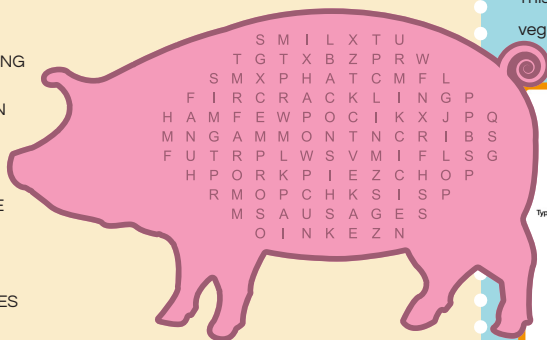
GAMMON

HAM

PORK PIE

RIBS

SAUSAGES



Can you find them?



## DID YOU KNOW?..

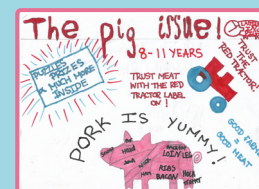
Pig farmers have high farming and welfare standards. When buying food, look for the Red Tractor mark that tells you the food has been produced by farmers to the highest standards.

## DID YOU KNOW?..

To have a healthy balanced diet, it is important to eat foods from each of the four food groups. You should aim to have at least five portions of fruit and vegetables a day, either with your meals or as a snack.

This can include fresh fruit juice, baked beans, frozen or tinned fruit, vegetables and dried fruit.

**Winning cover design.**



## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

|  | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) |
|--|---------------|---------|------------------|-------------|
| Example                                    | 200           | 10      | 20               | 10          |
| Typical values (as sold) per 100g/500g/1kg |               |         |                  |             |
| 15%  | 4%            | 7%      | 38%              | 15%         |

Choose foods lower in fat, salt and sugars

Typical values (as sold) per 100g/500g/1kg

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

Choose unsaturated oils and use in small amounts

Choose unsaturated oils and use in small amounts



Water, lower fat milks, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

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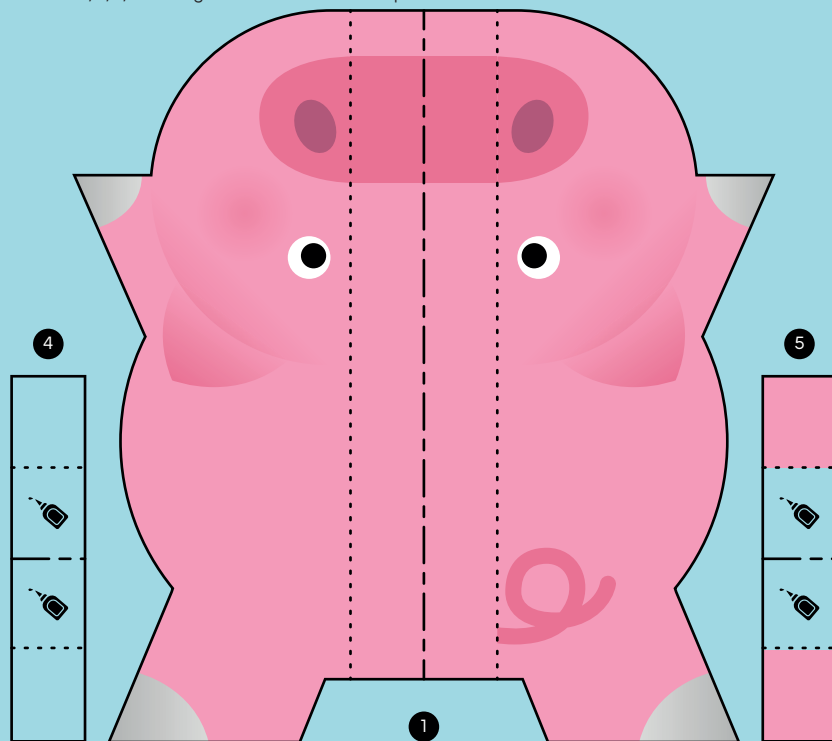
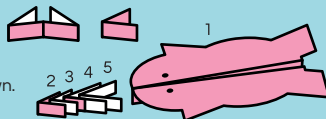
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.

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1. Cut along the solid lines.
2. Fold each part downwards along the dotted lines and upwards along the dashed lines and glue the backs of 2, 3, 4, and 5 as shown.
3. Glue 2, 3, 4, and 5 together and attach to the tip of 1.



## PHOTOGRAPHY COMPETITION

### How to enter

Pick one of the recipe pictures below and, following the recipe in the middle pages, see how close your dish looks to our picture.



The closest looking picture (in the opinion of the judges) will win a gift voucher worth £50.

Entries close on 31st December 2020. The winner will be notified by 31st January 2021. Entrants should be between 8 and 11 years of age. Email your entry, plus your name and age, to:

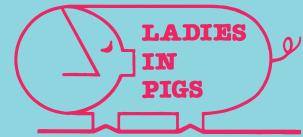
[ladiesinpigs@gmail.com](mailto:ladiesinpigs@gmail.com)

Full terms and conditions can be found at: [www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)

# THE PIG ISSUE

8-11 YEARS

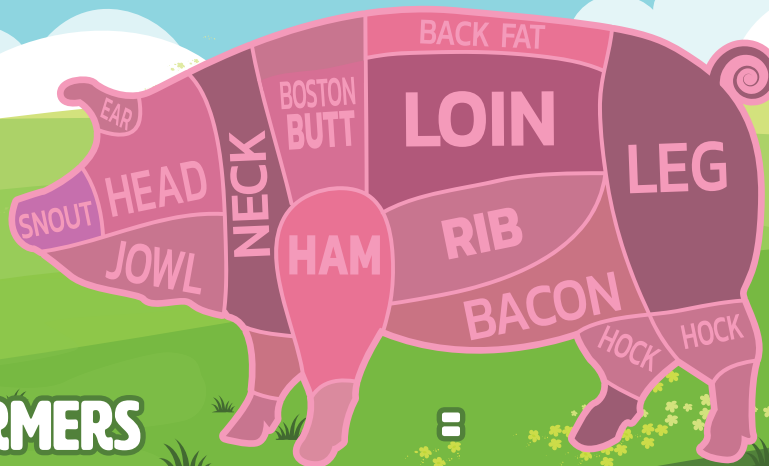
GROWERS



PUZZLES, PRIZES  
& MUCH MORE  
INSIDE

*"pork is yummy"*

TRUST THE RED  
TRACTOR!



GOOD FARMERS

=

GOOD MEAT