

# Year 8 Recipe Booklet

Name \_\_\_\_\_

## What is the aim of this Booklet?

The Booklet will help you to keep a note of the knowledge and skills you gain during the unit and will help you to gather evidence for assessment

You will be able to add information to this Homework Booklet as you collect it during the practical session. This may include: recipes, fact sheets, worksheets, helpful hints, nutritional information, references to useful websites, photographs of you demonstrating cooking skills, photographs of food you have cooked, observations/witness statements.

Mr Squires will encourage you to make additions to this record at the end of each practical session. This will enable you to keep an ongoing record of the progress you are making in your cooking skills, what went well in the session, what you would do differently next time.

You must bring this booklet and Ingredients to all lessons.

This will also be useful resource for you to refer to when you are cooking at home for yourself, family and friends

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\* **Important information:**

\* **PLEASE INFORM THE TEACHER IF YOU HAVE ANY FOOD ALLERGIES**

- \* Please wash all fruit and vegetables at home
- \* Please weigh all ingredients at home or the beginning of the day.
- \* Place all perishable items in the fridge at the beginning of the day.
- \* You can only collect your food at the end of the day.
- \* Look at the 'top tips' and see if you can change the basic recipe. Remember no chocolate.
- \* **There will be no excuse for not cooking unless you have a note from parent or carer.**
- \* **Reading though the recipe and bringing your ingredients is part of your homework.**
- \* If there is any reason you cannot provide the ingredients please see your teacher as soon as possible.
- \* Dates are subject to change.

# Lesson 1 - Hygiene and Safety for Cooking

L/O Introduction to the school kitchen and basic health & Safety

1) Before you start your practical sessions, record the ways you will ensure **personal hygiene** when cooking.

## Handwashing rules for preparing food and cooking

Hands must be washed before

- \_\_\_\_\_

Hands must be washed after

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How to wash hands

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Give two reasons why it is important to follow handwashing rules when preparing and cooking food

1. \_\_\_\_\_
2. \_\_\_\_\_

## Clothing and personal presentation

- Hair should be \_\_\_\_\_
- Nails should be \_\_\_\_\_
- Cuts must be \_\_\_\_\_

2) You will need to know rules for **kitchen safety and hygiene** to make sure you are able to prevent accidents and prevent harm to yourself and others.

**What safety rules must be followed when using the cooker?**

- \_\_\_\_\_
- \_\_\_\_\_

**What safety rules must be followed when using electrical appliances?**

- \_\_\_\_\_
- \_\_\_\_\_

**How can slips and falls be avoided in the kitchen?**

- \_\_\_\_\_

**How can fires be avoided in the kitchen?**

- \_\_\_\_\_
- \_\_\_\_\_

**Why is it important to store prepare and cook food safely?**

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**How should raw and cooked food be stored?**

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**What hygiene rules must be followed when preparing meat and fish?**

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## Lesson 2 – Layered Pasta Salad

L/O Weighing and measuring, Knife skills, Ingredient preparation, including meat, fish or alternatives, Use of the hob (cooking pasta, potato, rice), Make a simple dressing (optional), Combining, layering, presenting

### Ingredients

100g pasta shapes  
1 carrot  
100g cooked sliced chicken  
1 baby gem lettuce  
1 tomato  
¼ cucumber  
2 x15ml spoons low fat dressing



### Equipment

Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, spoon, colander, serving dish.



### Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8 – 10 minutes (check the packet instructions).



2. While the pasta is cooking, prepare the other ingredients:

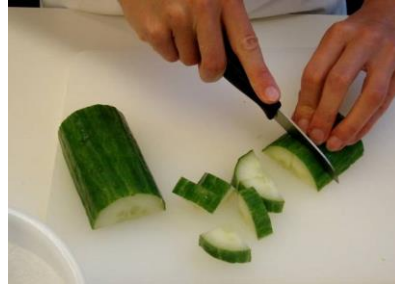
- shred the lettuce;



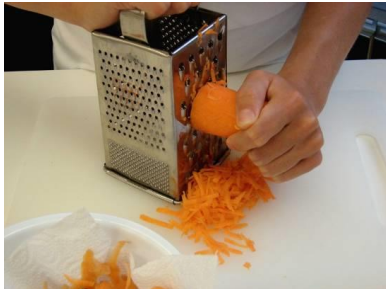
- slice the tomato;



- chop the cucumber into small chunks;



- peel and grate the carrot;



3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.



4. Place the pasta in the serving dish and stir in 1 x 15ml spoon of dressing.



5. Assemble the remaining ingredients over the pasta in layers.



6. Lastly, drizzle over the remaining dressing.



# Lesson 3 – Crumble of your choice or Apple & Sultana

L/O Weighing and measuring, Rubbing-in, Preparation of fillings, e.g. peeling, slicing, Layering ingredients, Using the oven (baking)

## Ingredients

100g plain flour  
50g butter or margarine  
50g oats  
25g sugar  
2 eating apples  
50g sultanas

## Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.



## Method

1. Preheat the oven to 190°C or gas mark 5.



2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.





3. Stir in the oats and sugar.



4. Cut the apples into quarters and remove the core. Slice thinly.



5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.



6. Sprinkle the crumble topping over the apple slices.



7. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.



# Lesson 4 – Scone Based Pizza

L/O Weighing and measuring (flour, sugar, syrup), Using the hob (leading to the melting method), Combining and mixing, Using the oven (baking)

## Ingredients

150g self raising flour  
25g margarine  
1 egg  
50ml milk semi-skimmed  
3 x 15ml spoons of passata sauce  
2 mushrooms  
1 tomato  
½ green pepper  
25g sweetcorn  
50g cheese, e.g. Mozzarella  
1 x 5ml spoon of dried herbs

## Equipment

Baking tray, weighing scales, sieve, mixing bowl, measuring jug, small bowl, fork, palette knife, flour dredger, spoon, chopping board, knife, measuring spoons, grater.



## Method

1. Preheat the oven to 200°C or gas mark 6.



2. Line a baking tray.



3. Sift the flour into a bowl.



4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.



5. Whisk the egg and milk together in a small bowl with a fork.



6. Add the egg mixture to the flour and mix together to form a soft dough.



7. Flatten out the dough on a floured surface to form a large circle.



8. Transfer the dough to the baking tray.



9. Spread the passata sauce over the dough using the back of a spoon.



10. Prepare the vegetables:

- slice the mushrooms;
- slice the tomato;
- remove the core from the green pepper and slice into thin strips.



11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.



13. Sprinkle or place the cheese and herbs over the top of the pizza.



14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.



# Lesson 5 - Mini Carrot Cakes

L/O Weighing and measuring, Combining (all-in-one method), Preparation of fillings, e.g. grating, slicing, crushing, Dividing evenly between cases, Using the oven (baking)

## Ingredients

150g margarine  
250g carrots  
200g sugar  
200g flour  
2 x 5ml cinnamon  
2 x 5ml baking powder  
2 large eggs  
125g sultanas  
50g nuts

## Equipment

Chopping board, knife, vegetable peeler, grater, measuring spoons, weighing scales, small bowl, mixing bowl, wooden spoon, sieve, muffin tray, 12 muffin cases, 2 large spoons, fork.



## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the margarine in the microwave.



3. Top and tail, and then peel and grate the carrots.



4. Combine the carrots, sugar and margarine in the mixing bowl.



5. Sift in the flour, cinnamon and baking powder.



6. Beat the eggs in a small bowl, and then add to the mixture.



7. Mix in the sultanas and nuts.



8. Divide the mixture equally between the muffin cases, using the two metal spoons.



9. Bake for 20 minutes.



# Lesson 6 - Fajitas

L/O Weighing and measuring, Knife, Ingredient preparation, Using a hob (stir-frying)

## Ingredients

- 1/2 lime
- 1 clove garlic
- 1/2 green chilli
- Small bunch coriander
- 1 x 10ml spoon oil
- 1 small chicken breast (or 3-4 thighs)
- 1/2 onion
- 1/2 green pepper
- 1 tomato
- 25g Cheddar cheese
- 2 tortillas
- 1 x 15ml spoon guacamole (or salsa), optional



## Equipment

Juice squeezer, garlic press, 2 chopping boards, 2 knives, small bowl, 2 spoons, weighing scales, grater, measuring spoons, frying pan.



## Method

1. Prepare the marinade:
  - squeeze the lime;



- de-seed and slice the chilli;



- peel and crush the garlic;



- chop the coriander;



- stir everything together with the oil.



2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.



3. Prepare the remaining ingredients with a clean knife on a clean chopping board:

- slice the onion and green pepper;



- chop the tomato;



- grate the cheese.



5. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.



6. Add the onion and green pepper and continue to cook for a further 2 minutes.



7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.



# Lesson 7 – Dutch Apple Cake

L/O Weighing and measuring, Combining (all-in-one method), Preparation of fillings, e.g. grating, slicing, crushing, Dividing evenly between cases, Using the oven (baking)

## Ingredients

100g caster sugar  
100g soft margarine  
2 eggs  
100g self raising flour  
1 x 5ml spoon baking powder  
1 eating apple  
1 x 5ml spoon cinnamon  
1 x 5ml spoon Demerara sugar



## Equipment

Weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, knife, chopping board, measuring spoons, cake tin or foil trays.



## Method

1. Preheat the oven to 180°C or gas mark 4.



2. Grease and line the cake tin or foil trays.

3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.



4. In a small bowl, beat the eggs with a fork.





5. Add the beaten egg, a little at a time, to the margarine and sugar.



6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper.



7. Fold the flour and baking powder into the mixture, a spoonful at a time.



8. Spread the mixture in the cake tin.



9. Core the apple and slice thinly.



10. Arrange the apple slices over the cake mix, and then sprinkle the cinnamon and sugar on top.



11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.



12. Remove from the oven and allow to cool.



# Lesson 8 – Koftas

L/O Weighing and measuring, prepare a range of ingredients for fillings, e.g. peeling; handle ingredients safely, e.g. meat and fish preparation; combine ingredients uniformly to the correct consistency; use a food processor to prepare ingredients; shape and form ingredients; use the oven or grill safely;

## Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander



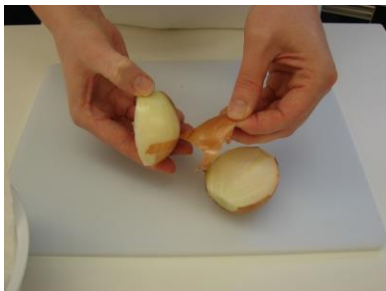
## Equipment

Chopping boards, knife, fork, food processor, flour dredger, skewers.



## Method

1. Peel the onion and cut in half.



2. Peel the garlic.



3. Cut off the top of the chilli and remove the seeds.



4. Put the onion, chilli and garlic into the food processor and blitz.



5. Add the mince, cumin and herbs and blitz together.



6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.



7. Thread the meat balls onto the skewers.



8. Carefully place the skewers onto a grill pan.



9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.).



10. Serve in a pitta with salad.



# Lesson 9 – Ratatouille

L/O Weighing and measuring, Knife skills, Making a tomato based sauce (ragu), Use of hob (boiling, simmering)

## Ingredients

- 1 onion
- 1 clove garlic
- 1 small aubergine
- 1 green pepper
- 1 courgette
- 2 cans chopped tomatoes (800g)
- 1 x 10ml spoon oil
- 1 handful fresh basil

## Equipment

Chopping board, knife, garlic press, measuring spoons, saucepan, wooden spoon, can opener.



## Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;



- dice the aubergine;



- de-seed and chop the green pepper;



- slice the courgette.



2. Fry the onion and garlic in the oil for 5 minutes.



3. Add the aubergine and fry for a further 5 minutes.



4. Add the pepper, courgette and tomatoes.



5. Stir in the torn basil leaves.



6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20 – 30 minutes.





# Lesson 10 – Savoury Rice

L/O Weighing and measuring Knife skills, Preparation of a range of ingredients, Cooking rice, Use of the hob (simmering)

## Ingredients

- 1 onion
- 3 mushrooms
- ½ red pepper
- 1 tomato
- 1 x 10ml spoon oil
- 150g long grain rice
- 550ml water, boiling
- 1 x 5 ml spoon vegetable stock powder or cube
- 50g peas
- 1 x 10ml spoon curry powder



## Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons, kettle.



## Method

1. Prepare the vegetables:
  - Peel and chop the onion;



- dice the red pepper;



- slice the mushrooms;



- chop the tomato.



2. Fry the onion in oil until soft.



3. Add the mushrooms and red pepper and cook for a further 2 minutes.



4. Stir in the rice.



5. Mix the stock powder with the water.



6. Add the stock, peas and curry powder.



7. Simmer for 15 minutes, until the rice is tender.



8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.





# Lesson 11 – Thai Green Curry

L/O Weighing and measuring, Knife skills, Preparation of ingredients, including meat, fish or alternatives, Use of the hob (simmering)

## Thai green chicken curry

### Ingredients

1 x 10ml spoon oil  
3 spring onions  
1 clove of garlic  
80g sugar snap peas  
1 small chicken breast  
2 x 15ml Thai green curry paste  
200ml coconut milk (reduced fat)  
1/2 lime  
Small bunch of coriander

### Equipment

Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.



### Method

1. Prepare the vegetables:
  - slice the spring onions;
  - cut the sugar snap peas in half;



- crush the garlic.



2. On a separate clean chopping board, and using a separate clean knife, cut the chicken into small chunks.



3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.



4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.



5. Pour in the coconut milk and simmer for 15 minutes.



6. Squeeze the lime and pour over the curry.



7. Tear the coriander and add to the curry.



8. Serve.



# Lesson 12 – Lamb Korma

L/O Weighing and measuring, Knife skills, Preparation of ingredients, including meat, fish or alternatives, Use of the hob (simmering)

## Ingredients

- 1 clove
- 1 clove of garlic
- 1 black peppercorn
- 1 cardamom pod
- 1 x 10ml spoon oil
- 200g lamb leg steaks
- 1/2 small cauliflower
- 1/2 green chilli
- 1/2 x 5ml spoon turmeric
- 1/2 x 5 ml spoon ground cumin
- 1/2 x 5ml spoon chilli powder
- 4 x 15ml spoons plain yogurt
- pinch black pepper
- 1 x 15ml spoon coriander

## Equipment

Weighing scales, 2 chopping boards, 2 knives, frying pan, measuring spoons, garlic press, wooden spoon, spoon, small bowl.



## Method

1. Prepare the garlic, chilli and cauliflower:
  - peel and crush the garlic;

de-seed and slice the chilli;



- break the cauliflower into florets.



2. On a clean chopping board, using a clean knife, cut the lamb into cubes.



3. Fry the clove, peppercorn and cardamom in the oil until they sizzle.



4. Stir in the garlic and chilli.



5. Add the lamb and cauliflower, cover and slowly cook for about 10 minutes.



6. Mix the turmeric, chilli powder, pepper and cumin into the yogurt in a small bowl.



7. Increase the heat and stir in the yogurt mix to the frying pan.



8. Allow to cook for a further 10 minutes.



9. Chop the coriander and stir into the korma.



# Lesson 13 – Marble Pear Tray Bake

L/O Weighing and measuring, Combining (creaming method), Fruit preparation, Lining a cake tin, Using the oven (baking)

## Ingredients

100g caster sugar  
100g soft margarine  
2 eggs  
100g self raising flour  
1 x 15ml spoon coca powder  
1 x 5ml spoon baking powder  
½ pear



## Equipment

Baking tin (20cm square) or foil tray, weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, chopping board, knife.



## Method

1. Preheat the oven to 180°C or gas mark 4.



2. Grease and line the cake tin.



3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.



4. In a small bowl, beat the eggs with a fork.



5. Add the beaten egg, a little at a time, to the margarine and sugar.



6. Sieve the flour and baking powder into a bowl.



7. Fold the flour and baking powder into the mixture, a spoonful at a time.



8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.



9. Spoon half of the cake mixture into the tin.



10. Stir in the cocoa to the remaining cake mixture.



11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.



12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.



13. Remove from the oven and allow to cool.



# Lesson 14 – Mushroom Risotto

L/O Weighing and measuring Knife skills, Preparation of a range of ingredients, Cooking rice, Use of the hob (simmering)

## Ingredients

- 1 onion
- 150g chestnut mushrooms
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or cube
- 1 – 1.5 litres water, boiling
- 1 x 15ml spoon parmesan, grated
- 1 x 10ml spoon thyme, chopped



## Equipment

Chopping board, knife. Garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.



## Method

1. Prepare the vegetables:
  - peel and chop the onion;



- slice the mushrooms;



- peel and crush the garlic.



2. Fry the onion and garlic in the oil until softened.





3. Add the mushrooms, and fry for another 2 minutes.



4. Stir in the rice.



5. Mix the stock powder with the water.



6. Add a little of the stock until the rice – a little at a time. Wait for the stock to be absorbed, stirring constantly.



7. Continue adding the stock until the rice cooks – this will take 20 – 25 minutes. The rice should be soft, but still remain a nutty bite.



8. Stir in the parmesan and thyme into the rice.



# Lesson 15 – Sizzling Stir Fry

L/O Weighing and measuring, Knife, Ingredient preparation, Using a hob (stir-frying)

## Ingredients

- 100g noodles
- 1 x chicken breast (or 3-4 thighs)
- 1 clove garlic
- ½ red chilli
- 1cm fresh ginger
- ½ red onion
- 3 mushrooms
- 1/2 yellow pepper
- 1 pak choi
- 1 x 10ml spoon oil
- 1 x 10ml spoon soy sauce (reduced salt)



## Equipment

Saucepan, weighing scales, 2 chopping boards, 2 knives, garlic press, measuring spoons, wok, wooden spoon, colander.



## Method

1. Cook the noodles in boiling water. Check the packet for details.



2. While the noodles are cooking, remove any skin from the chicken and cut into strips. Place in the fridge, covered, until needed.



3. Prepare the vegetables with a clean knife on a clean chopping board:

- peel and crush the garlic;
- de-seed and slice the chilli;



- peel and slice the ginger;



- shred the pak choi.



5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.



7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.



9. Stir in the cooked noodles and cook for 2 minutes until hot.



- slice the onion, pepper and mushrooms;



4. Heat the oil the wok or frying pan.



6. Add the chicken and stir-fry for 3 – 4 minutes. Check that the chicken is cooked.



8. Drain the boiling hot water away from the noodles into a colander in the sink.



10. Serve.



# Lesson 16 – Spicy Bean Burger

L/O Weighing and measuring, prepare a range of ingredients for fillings, e.g. peeling; handle ingredients safely, e.g. meat and fish preparation; combine ingredients uniformly to the correct consistency; use a food processor to prepare ingredients; shape and form ingredients; use the oven or grill safely;

## Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs



## Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.



## Method

1. Preheat the grill.



2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.



3. Cut away the top of the chilli, and then de-seed.



4. Peel the onion.



5. Drain the red kidney beans.

6. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.



7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.

8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.



9. Grill the patties for 8 minutes, turning over after 4 minutes.

10. Serve in a pitta with salad.



# Skills

A wide range of skills are used in cooking. You will be developing these skills by following recipes in this award.

The skills that you will be practising include:

<p><b>Food Preparation eg:</b> Hygienic food preparation Safe food storage Weighing Measuring Following a recipe Knife safety Knife skills - chopping, slicing, cutting, spreading Peeling/coring fruit Preparing vegetables Preparing salad leaves Making a salad dressing Using a pestle and mortar Using a grater Separating eggs Whisking Marinating Liquidising/blending Skewering Shaping (to make burgers, bread) Rubbing in (to make crumble topping) Rolling wraps Mixing Beating mixtures for baking Mashing Kneading and proving dough</p>	<p><b>Cooking eg:</b> Boiling Simmering Steaming Stirring Toasting Frying Grilling Poaching Using a griddle Roasting Baking Scrambling Knowing when food is cooked Timings to prepare a two-course meal</p> <p><b>Presentation eg:</b> Attractive food presentation</p>
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## Keeping a cooking skills record

It is important to complete a record of what you have cooked, the skills you have used and your success. This will help you to see how you are developing your skills and what you need to remember next time you use the recipe.

Use the Cooking Skills Record on the following page.

You will need a new Cooking Skills Record sheet for each recipe.

Your tutor/ teacher will encourage you to complete the record at the end of every practical session.

You should also make a note on the Cooking Skills Records when you have shared the recipes with someone, or practised cooking at home. This will help you with your assessment.

# Skills Record

Recipe \_\_\_\_\_ Date \_\_\_\_\_

## Skills I used in preparation and cooking

\_\_\_\_\_  
\_\_\_\_\_

### My rating:

tasted good  
looked good



quite good



edible



not so good



### Skills I need to practise

\_\_\_\_\_

### Notes to remind when using this recipe:

Choosing ingredients \_\_\_\_\_

Possible alternative ingredients/vegetarian options \_\_\_\_\_

\_\_\_\_\_

Hygiene and safety tips \_\_\_\_\_

Time taken to prepare and cook recipe \_\_\_\_\_

Cooking tips (what I need to remember next time) \_\_\_\_\_

\_\_\_\_\_

Serving suggestions (what could I serve with this?) \_\_\_\_\_

\_\_\_\_\_

Are there ways to economise? \_\_\_\_\_

\_\_\_\_\_

How this contributes to the “eatwell plate”/ nutritional information \_\_\_\_\_

\_\_\_\_\_



## Planning for the meal

**critrion:**

5) Show how the meal contributes to a balanced diet.

a) Include the ingredients for your recipes in the "eatwell" plate below

b) Why is the meal you have planned nutritious?

