

# Year 9 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 – Lemon Cheese Cake

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



150g Digestive Biscuits  
75g Butter  
200g Cream Cheese (Philladelphia or stores own brand,  
NOT LOW FAT)  
50g Caster Sugar  
1 Lemon  
150ml Double Cream(NOT LOW FAT)  
Any Decorations for the top  
Sandwich tin or something similar  
Container to take it home in

### Method

1. Crush the biscuits ( in a plastic bag, using a rolling pin)
2. Melt the butter in a saucepan and mix together with the crushed biscuits.
3. Tip mixture into your tin and press into the bottom and sides.
4. Whip the double cream until thick (do not over whip).
5. Add the cream cheese, sugar, juice and rind (rind -grate the top layer skin of the lemon).
6. Mix thoroughly.
7. Spoon onto the biscuit crust and spread over.
8. Decorate.
9. Then refrigerate.

## Lesson 3 – Ham Pasta Bake

L/O Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, pasta or rice, Use of the hob (simmering) and /or use of the oven (baking)



100g macaroni  
100g Cheddar cheese  
75g Ham  
1 clove of garlic  
1 tomato  
25g plain flour  
25g butter  
250ml milk  
Black pepper

### **Oven proof dish**

### **Container to take it home in**

### **Method**

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.

2. Grate the cheese, slice the tomato, crush the garlic and chop the ham.

While the pasta is cooking, make the sauce.

Place the butter or margarine, flour and milk into a small saucepan.

Bring the sauce to a simmer, whisking it all the time until it has thickened.

Reduce the heat and allow to simmer for 2 minutes.

Stir in 75g of the grated cheese.

Add the crushed garlic

Add the chopped ham

4. Preheat the grill.

5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese and ham sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

**Top tips**

Try different varieties of pasta shapes, such as rigatoni or shells.

Add fresh herbs to the sauce, like chopped parsley or basil.

During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.



# Lesson 4 – Swiss Roll

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

## Ingredients

75g self raising flour  
3 eggs (medium)  
75g caster sugar  
Extra sugar for rolling up  
2-3 x 15ml spoons jam

## Equipment

Swiss roll tin, electric hand mixer, weighing scales, greaseproof baking paper, pencil, scissors, pastry brush, palette knife, sieve, mixing bowl, large metal spoon, cooling rack and sharp knife.

## Method

1. Preheat the oven to 200°C or gas mark 6.
  2. Line and grease the Swiss roll tin, 22cm x 30cm with baking parchment.
  3. Whisk the eggs and sugar together until thick, creamy and white (and leaves a trail).
  4. Sift the flour into the bowl.
  5. Gently fold in the flour, using the metal spoon.
  6. Pour the mixture into the Swiss roll tin. Use the spatula to scrape the bowl clean.
  7. Bake for 10– 12minutes, until golden brown and firm to the touch. (Do not overcook.)
  8. While the Swiss roll is baking, place the piece of greaseproof paper on top of the clean damp tea towel and sprinkle the extra sugar on top of the paper.
  9. Warm the jam, either in the microwave or in the glass bowl over hot water.
  10. When the Swiss roll is cooked, tip it onto the sugared paper.
  11. Carefully peel off the lining paper from the cake.
  12. Trim the edges with the sharp knife.
  13. Spread the jam over the sponge with the palette knife right to the edge.
  14. Roll up the Swiss roll from the top short edge, using the paper and tea towel to grip and guide the Swiss roll.
- Stand on the cut edge on the cooling rack.





# Lesson 5 – Curry of Your Choice

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

## Ingredients

- 1 onion
- 1 clove garlic
- 1 large potato
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 1 can chopped tomatoes (400g)
- 1 can chickpeas (410g), drained
- 3 handfuls of fresh spinach

## Equipment

- Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.



## Method

1. Prepare the onion, garlic and potatoes:
  - slice the onion;
  - peel and crush the garlic;



- peel and cut the potatoes into 1cm cubes.



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



3. Stir in the curry paste, potatoes and water.



4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.



5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.





# Lesson 6 - Truffles

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

## Ingredients

1 Swiss roll  
150g milk or plain chocolate  
Chocolate sprinkles for coating or any other decorations.  
Pack of petit four cases  
Container to take them home

## Equipment

Saucepan, Mixing Bowl, Wooden Spoon, Sweet Cups

## Method

1. Mash Swiss roll in a bowl.
2. Put the chocolate into a bowl and gently melt over a saucepan of boiling water.
3. Once the chocolate has melted remove the bowl from the saucepan.
4. Tip the mashed Swiss roll into the chocolate and mix well.
5. Take a teaspoon of the mixture and roll it into a ball.
6. Scatter chocolate sprinkles on a board and roll the balls in it.
7. Repeat until all the mixture is used.
8. Leave to harden in the fridge.

# Lesson 7 – Fish and Vegetable Stack

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 carrot
- ½ a courgette
- 1 piece of fresh fish e.g. salmon (approx 200g)
- 25 g cheddar cheese
- 1 spring onion
- ½ slice bread e.g. granary
- 1 x 5ml dried mixed herbs
- Black pepper

## Equipment

Chopping board, knife, peeler, oven proof/foil dish, baking tray, food processor, grater, spoon, oven gloves, weighing scales.



## Method

1. Preheat the oven to 200c or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.



3. Lay the fish on top of the vegetables.



4. Grate the cheese.



5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.



6. Stir in the cheese, herbs and a few twists of black pepper.



7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.



8. Serve.







# Lesson 8 – Dutch Apple Cake

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 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 9 – Enchiladas

L/O Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, pasta or rice, Use of the hob (simmering) and /or use of the oven (baking)

## Sauce

- 1 tbsp vegetable oil
- 1/2 onion chopped
- 1 garlic clove, crushed
- 1 tin chopped tomatoes
- ½ tbsp tomato puree
- ½ tsp dried herbs

## Filling

- 1 tbsp vegetable oil
- 1/2 onion chopped
- 1 garlic clove, crushed
- 1 pepper, finely chopped
- 1 courgette, diced (optional)
- 4 chopped mushrooms (optional)
- 1-2 chicken breasts( please dice at home)
- 75g grated cheese
- 4 tortillas

## Oven proof dish

## Container to take it home in



## Method

### Method

1. Prepare all the vegetables
  2. Chop chicken into small chunks
  - .To make the filling:
    - fry the onion and garlic in the oil for a few minutes
    - add the chicken and fry for a few minutes
    - add the other chopped vegetables fry until the chicken is white & cooked thoroughly.
    - Remove from heat & stir in half the cheese.
  3. To make the sauce:
    - fry the onions & garlic in the oil for a few minutes &
    - add the chopped tomatoes, puree, herbs and seasonings.
- Bring to the boil and spoon over the tortillas. Sprinkle with the remaining cheese. Place in oven Gas Mark 4 180-c for 15-20 minutes until golden brown
- Fill each of the tortillas with the mixture & roll up. Place in ovenproof dish.

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# Lesson 10 – Classic Tomato Ragu

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 x 15ml spoon oil
- 2 x 400g canned chopped tomatoes
- Handful of fresh basil
- Black pepper



## Equipment

- Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon.



## Method

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



- Peel and crush the garlic.



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

- Peel and crush the garlic.



3. Fry the onion and garlic in the oil for 5 minutes, until soft.



4. Add the tomatoes and tear in the basil leaves.



5. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).



You may wish to serve the tomato ragu with pasta if so:

- after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until *al dente*. Drain;



Mix the cooked pasta and tomato sauce together.







# Lesson 11 – Marble Pear 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 12 – Shepherds Pie Recipe

L/O Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, pasta or rice, Use of the hob (simmering) and /or use of the oven (baking)

## Ingredients

1 onion  
1 carrot  
3 medium potatoes (700g)  
¼ Savoy cabbage  
250g lean minced lamb  
1 x 15ml spoon plain flour  
1 x 15ml spoon tomato purée  
1 x 15ml spoon Worcestershire sauce  
300ml water, boiling  
1 x 5ml stock cube  
150ml semi-skimmed milk



## Equipment

Chopping board, knife, vegetable peeler, weighing scales, measuring spoons, saucepan, non-stick frying pan, wooden spoon, measuring jug, colander, potato masher, ovenproof dish/foil tray, baking tray.



## Method

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



- peel and dice the carrots;



2. Prepare the vegetables:

- chop the onion;



- peel and cut the potatoes into chunks;



- shred the cabbage.



4. Meanwhile, in a non-stick frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.



6. Add the stock cube to the water to make up the stock.



8. During the last 5 minutes of cooking the potatoes add the cabbage.



10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into an ovenproof dish and spoon the mash over the top.



3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.



5. Stir in the flour, tomato purée and Worcestershire sauce.



7. Add the stock to the meat mixture, bring to the boil and then simmer for 5 – 10 minutes, until the carrot is soft.



9. Drain the potatoes in a colander over the sink and mash with the milk.



11. Cook for 20 – 25 minutes, until golden brown, or take home and cook in the oven for this amount of time.



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# Lesson 13 – Spaghetti Bolognese

L/O Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, pasta or rice, Use of the hob (simmering) and /or use of the oven (baking)

## Ingredients

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 1 x 15ml oil
- 250g lean minced beef
- 1 can chopped tomatoes (400g)
- 1 x 15ml spoon tomato purée
- 100ml water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 150g spaghetti

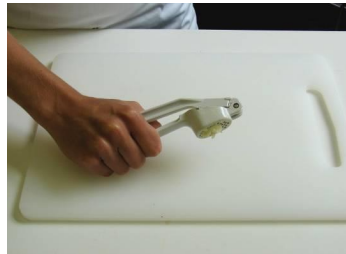
## Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander.



2. Prepare the vegetables:

- peel and chop the onion



- peel and slice the carrot;



- finely slice the celery.





2. Fry the onion, garlic and carrot and celery in the oil.



3. Add the meat and cook until the mince is lightly browned.



4. Add the tomatoes, tomato purée, mixed herbs and water and mix all the ingredients together. Then add a few sprinkles of black pepper.



5. Bring to the boil, then simmer for 20 minutes.



6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 – 12 minutes or until the spaghetti is *al dente* (tender).



7. Drain the boiling water away from the spaghetti into a colander in the sink.



8. To serve pour some of the bolognese sauce over the spaghetti.



# Lesson 14 – 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 15 – Meat Dish of your choice**

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;

## **Lesson 16 – Pasta Dish of your choice**

L/O Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, pasta or rice, Use of the hob (simmering) and /or use of the oven (baking)

## **Lesson 17 – Fruit Dish of your choice**

L/O Knife skills (Bridge hold/Claw grip), Basic equipment, Fruit and vegetable preparation, e.g. peeling

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



## 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

**critterion:**

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?

