

### *Cooking:*

*Use any of the recipes uploaded so far or find a new one using the school recipe books or BBC food.*

### *Recipe Cards:*

*Ask a family member, friend for their favourite recipe or use a recipe you love and create a recipe card.*

### *Create a Menu:*

*Look through your cupboards, see what you have in and try and design a menu based on those foods. Try to create a starter, main and dessert.*

*If you can, you could make your creations*

### *Make a list:*

*List 20 pieces of equipment you have in your draws and cupboards at home. Can you spell their names correctly and can you explain what they are used for?*

### *Draw:*

*Draw your own design for a food product. Think about the shape, flavours, ingredients you would use and textures.*

### *Listen or Read:*

*Listen to a food related podcast  
Or  
Read through a recipe book and discover a dish you could offer to make for tea.*

### *Around the world:*

*Look at the foods you have in your cupboards and fridge. See where these foods come from. What food has travelled the furthest? Think about the impact this might have on the environment.*

### *Keeping healthy at home:*

*Write a list of the foods you have eaten in the last two days and write down which Eatwell Guide food group they fit into.*

### *Hygiene and Safety:*

*Pick a recipe that you enjoy making. Divide a sheet of paper into two. On one side, list all the stages of making the recipe. On the other side, list all the steps you need to take to ensure that you are safe and hygienic when making the recipe. Good luck!*