

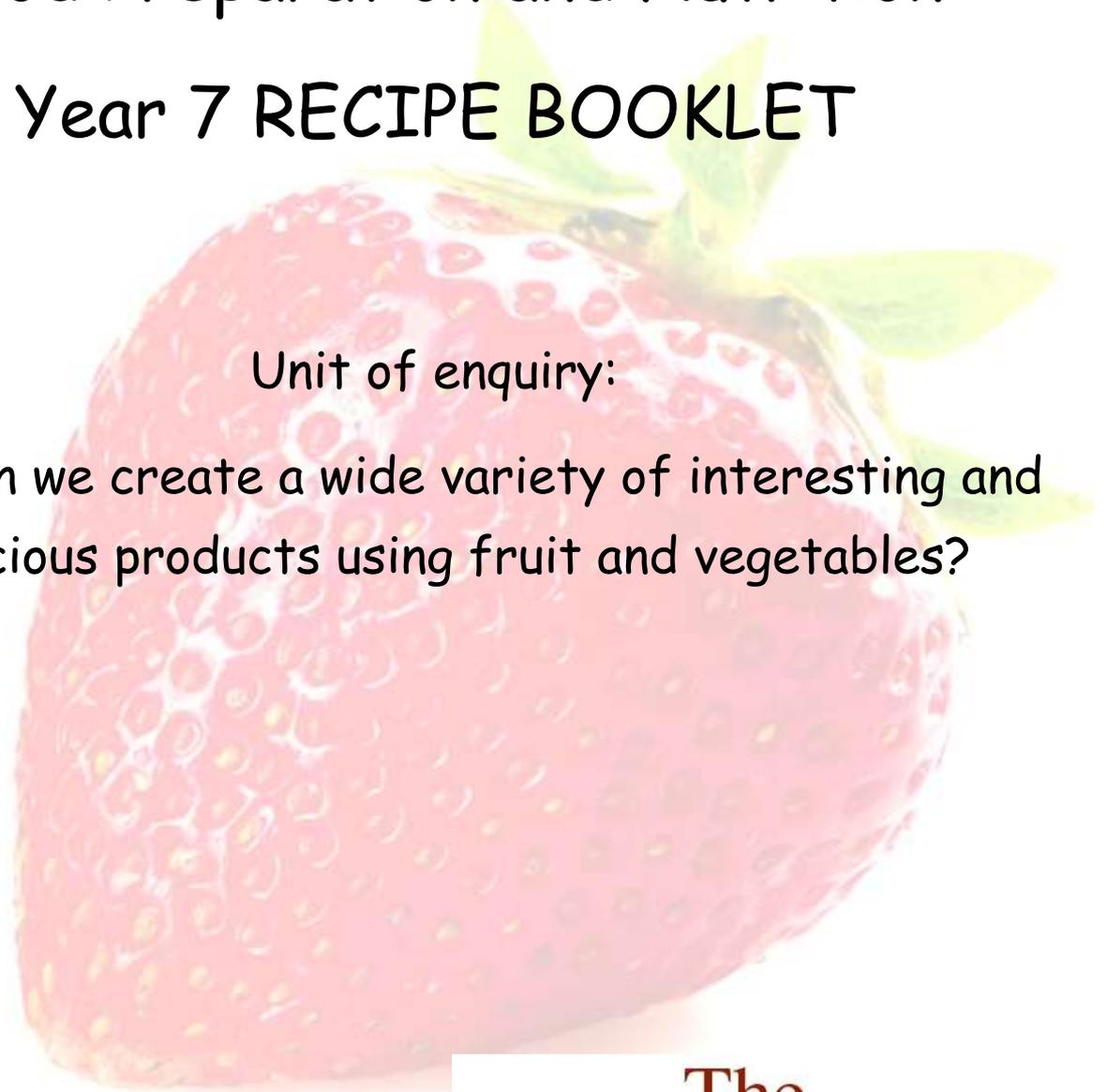
Name:
Tutor Group:
D&T Teacher:

# Food Preparation and Nutrition

## Year 7 RECIPE BOOKLET

Unit of enquiry:

How can we create a wide variety of interesting and delicious products using fruit and vegetables?



# Introduction to Food Preparation and Nutrition

In Year 7, you will learn about how to eat a balanced diet, and you will make a selection of different food products for yourself and your family. The foods you make will be healthy, tasty and nutritious.

Knowledge and understanding:	The How and why of healthy eating	Knife Skills, Bridge hold and Claw Grip.
Practical work	<b>Cooking methods Food Science Investigation</b>	Knife Skills: and use of grater. Peeling, chopping and grating potato, then pan frying, microwaving, oven baking, boiling.
Knowledge and understanding:	Eatwell Guide Macro nutrients: Carbohydrates	Function of Carbohydrates in the body.
Practical work	<b>Fruit Salad</b>	<b>Practical work</b> - Use of hob, Knife Skills:
Knowledge and understanding:	Macro Nutrients: Protein.	Demonstration of use of food processor
Practical work	<b>Jar of Pesto</b>	Use of food processor: How can we create a pasta sauce using a food processor safely?
Knowledge and understanding:	<b>Pasta Salad: Using macro nutrients (Protein, Carbohydrates and Fats/oils) and micro nutrients (Vitamins and minerals).</b>	Design a colourful pasta salad that will appeal to you and your family, it should also contribute to your '5 a day'.
Practical work	<b>Pasta Salad</b>	Use of Hob, Knife skills
Knowledge and understanding:	Nutrition labels.	Using nutrients to create a nutrition label for the pasta salad. HL to analyse the label.
Practical work	<b>Traditional scones</b> Teacher demonstration of rubbing in and the safe use of the oven	Use of Oven, Rubbing In, rolling, shaping.
Knowledge and understanding:	<b>Sensory Analysis - Dips and Dippers.</b> Teacher will provide dips and dippers to taste for sensory analysis.	Sensory analysis and vocabulary Demonstrate safe use of hand held blender. Dip tasting and recording of sensory words.
Practical work	<b>Dips and dippers</b>	Use of Oven, Food Processor, Hand Held Blender, Knife Skills
Knowledge and understanding:	<b>Preparing, cooking and storing food safely</b>	Microbes and pathogens. Food Safety and Hygiene. High risk foods. Food temperature controls
Practical work	<b>Healthy muffins</b>	Use of Oven, hand mixer, melting method, even batch
Knowledge and understanding:	<b>Micro Nutrients (vitamins and minerals)</b>	To understand why eating vegetables is necessary to stay healthy.
Practical work	<b>Stuffed vegetables</b>	Use of oven, hob, knife skills:
Knowledge and understanding:	Nutrition labels.	Create a nutrition label for the stuffed vegetable. Analyse the label.
Practical work (If there is time left over)	<b>Fruit crumble</b>	Rubbing in, peeling, knife skills.
	<b>Cheddar biscuits</b>	Rubbing in, shaping, Mise en place.

Dear Parent/carer,

We have listed the work we are planning to cover in your son/daughter's food preparation and nutrition course, and we would like to explain how you can help.

Our curriculum is based on healthy eating and the government recommendation as explained in the Eatwell Guide. We plan our practical lessons to allow some flexibility so that recipes can be adapted to cater for family likes and dislikes and any other dietary needs. We always encourage pupils to plan practical lessons with considerations given to cost and seasonality of foods.

Time in practical lessons is limited, so we encourage pupils to weigh ingredients at home with parental supervision.

Your child will also have to wash up and dry the equipment they have used during the lesson without the aid of a dishwasher! Extra practice at home would be helpful as some pupils find this challenging.

Part of home learning tasks will be for the family to provide 'sensory analysis' (tasting comments) on the products that have been made in school. If you can provide comments regarding the flavour, texture and appearance of the food by completing a sensory analysis chart that would be appreciated. An example is found at the front of this booklet.

If a pupil is absent we ask that they find out what they have missed and if they need ingredients for the following week, you can find them in this booklet. We are not able to provide any ingredients or containers.

For every practical lesson your child must bring a plastic container to take their food home in, clearly labelled with their name and tutor group.

Please sign this booklet, to indicate that you have read and understood the above.

**I confirm that I have read and understood the above concerning the arrangements for practical work with food.**

Signed \_\_\_\_\_ Name (please print) \_\_\_\_\_

**My son/daughter should not eat the following foods:**

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Thank you for your co-operation.

## Food Preparation and Nutrition Practical Lessons



1. Upon arrival in school, take your ingredients to the Food Room. Perishable ingredients **MUST** be stored in the fridges. All items must be labelled with your name.
2. Mise en place. At the start of the lesson, take off your blazer and place it under the table with your school bag, roll up your shirt sleeve, tie long hair back, wash your hands and put on an apron. Put ingredients on a white tray.
3. Ensure you have your recipe booklet on the table to ensure you can be independent. Follow the instructions on the recipe.
4. Work as a team to organise the tidying and clearing up. Stack all dirty dishes next to the sink in one place. Work from dirty to clean in one line. Divide up tasks between all members of the team. (Rinsing, washing, drying, putting away, wiping tables, scraping waste into the bin)
5. Washing up: Fill one of the sinks with hot soapy water. Rinse waste off before placing into the water. Stack clean equipment upside down to allow water to run off.
6. Drying up: Dry all equipment using a tea towel and stack for the person to put away.
7. Putting away: Ensure everything goes back in the correct place. Knives will be counted in.
8. Wiping down: Use a damp dishcloth and wipe the tables, all work surfaces, the top of the cooker and the sink. Ensure there is no water left in the sink.
9. Cooked food can be put into the blast chiller and then to be moved to the fridge to be stored.
10. Dirty dishcloths and tea towels to be put into the washing basket.



Throughout the lesson, consideration must be given to hygiene. You do not nibble as you go along, lick bowls or spoons. When you need to taste for seasoning, you use a clean spoon for each taste.



# CHECKLIST FOR PRACTICAL LESSONS:

Check	
	I have weighed and measured out all ingredients at home.
	I have a dish to cook my food in.
	I have a plastic container with name label.
	I have my recipe booklet.
	I have a sensory chart to complete.

Sensory analysis of .....

Name of chef .....

	Aroma/10	Texture/10	Flavour/10	Appearance/10	<b>Sensory words:</b> (Choose from: crumbly, light, fluffy, creamy, hard, hot, spicy, cool, lumpy, smooth, acidic, tangy, sweet, juicy, aromatic, bland, soft, dry, crunchy, meaty, salty, bitter, thick, sugary, sour, colourful, rich, fatty, fruity, nutty, sloppy, flaky, bubbly, rubbery, moist, shiny, slippery, crispy, ripe, plain, runny, etc etc)
Person 1					
Person 2					
Person 3					
Person 4					
Person 5					
Person 6					
<b>Total Score:</b>					

Further comments and suggestions for improvements:

# FRUIT SALAD

Serves 4

## Ingredients

A minimum of 5 different coloured fruits  
for example:

- 1 red apple
- 1 pear
- 1 orange
- 1 banana
- 50g seedless grapes
- 1 kiwi fruit

- 1 lemon
- 2 table spoons of caster sugar



**You will need a plastic container with a lid to take the fruit salad home in.**

## Method

1. Prepare self, put ingredients on a white tray. Apron on, wash hands, tie hair back.
  2. Use a peeler to remove 5 or 6 strips of zest from the lemon.
  3. Measure 100ml of water and put in a small saucepan. Add the strips of zest and sugar.
  4. Place the pan on the hob. Heat on medium setting until water boils and sugar has dissolved.
  5. Turn off hob.
  6. Cut the lemon in half and use a squeezer to remove the juice.
  7. Pour lemon juice into your container.
  8. Start by preparing the apple/pear/banana and other fruits.
  9. Wash the fruits such as apple, pear and grapes.
  10. Cut the apple and pear into quarters. Remove the core and then slice the fruit. Toss in the lemon juice to prevent browning.
  11. Peel and slice the banana. Toss in lemon juice with the apple and pear.
  12. Cut grapes in half lengthwise and add to the other fruits.
  13. Peel the orange, removing as much pith as possible. Separate the segments and cut each into two or three smaller pieces.
  14. Using a sharp knife, peel the kiwi fruit thinly. Slice and add to the other fruits.
  15. Mix the fruits carefully to avoid breaking.
  16. Add the syrup when it has cooled down.
- Fruits can be varied according to season and taste. Consider the colour of the chosen fruits and either select a variety of colours or plan a fruit salad based on a single colour eg. green grapes, kiwi fruit, green skinned apple and banana.

# PESTO (Using a food processor safely)

Makes 1 jar

## Ingredients

- 50 g pine nuts
- Large bunch of basil
- 50 g Parmesan cheese
- 150 ml olive oil
- 3 cloves of garlic
- 1 empty jam jar, labelled with your name and tutor group.



## Method

- **Put** the pine nuts into a frying pan and **toast** until they go golden brown, **stirring** all the time.
- **Add** all ingredients to a food processor (Or **use** a handheld blender in a measuring jug)
- **Process** until smooth.
- **Put** in a jar and **keep** in the fridge until needed.
- A dash of lemon juice **may be added**. (Modal verb).

Use the imperative verbs highlighted above to make a list of equipment you will need:

Step	Equipment
1	
2	
3	
4	

# Using a Food Processor Safely:

I watched a demonstration on how to use a food processor safely on:

.....(date) Teacher: .....

Label up the parts of the food processor (Use the following words: **Blade - lid - controls - bowl**)



.....

.....

.....

.....

Complete the chart to identify how you can stay safe!

Hazard	Risk Level	Risk	Control
Danger of electrocution	Danger of death	Wires trailing over a cooker or stretched too tightly	Ensure food processor is away from cookers. Wires in tact and not stretched. Check they have been tested.
Danger of cutting yourself on the blade	Danger of injury		
Danger of breaking the machine	Broken machines, inconvenient and expensive		

Tips for assembling and using the processor:

.....

.....

.....

# PASTA SALAD

Serves 4

## Ingredients

150 g pasta

3 - 5 Options from the list below:

1 red, yellow or green pepper

1 stick of celery

$\frac{1}{4}$  of a cucumber

2 small beetroots

A handful of olives

A few small tomatoes

A tin of tuna

1 carrot

Salami or similar cooked sausage

A tin of sweetcorn

2 rashers of cooked bacon

1 bunch of spring onions

1 hard boiled egg



5 tablespoons of a suitable dressing. (You can make this yourself if you prefer or use some of the pesto you made last week)

**You will need a plastic container with a lid to take your pasta salad home in. Label it with your name and tutor group.**

## Method

1. Prepare self, get equipment and ingredients out.
2. Half fill a pan with water and bring to the boil.
3. Wash vegetables.
4. When water boils add pasta. Return to boil then simmer.
5. Prepare all ingredients as appropriate (peeling, chopping, grating, slicing).
6. When pasta is cooked drain and run under cold water to cool.
7. Make dressing if necessary.
8. Combine all ingredients - mix gently.
9. Put into container or serving dish.

### Making a dressing:

Mix together 1 tbsp white wine vinegar and 3 tbsp olive oil.

Add flavourings, such as 1 tsp of honey and 1 tsp of mustard, or mayonnaise.

Mix well.

# SCONES

Makes approximately 6 large ones

## Ingredients

200g self raising flour  
1 level tsp baking powder  
40g margarine  
125ml milk  
2 tbsp milk for glazing



**Additional ingredients: (Choose from one of these selections, or make up your own)**

25g caster sugar and 75g dried fruit (currants or sultanas)  
25 g of caster sugar, 2 teaspoons of cinnamon and 2 apples, finely chopped  
75g of grated Cheddar cheese, a handful of watercress.  
Pesto, walnuts and 50g of grated Cheddar cheese.

**You will need a plastic container to take your scones home in.**

## Method (Rubbing in method)

1. Prepare an oven, Gas 7 or 220°C. Grease a baking tray.
2. Sieve the flour into a mixing bowl. Add the baking powder, rub in the margarine.
3. Add the sugar and dried fruit to the flour mixture.
4. Using a fork, gradually mix in the milk. The mixture should form a soft dough (it will become sticky if too much milk is added).
5. Lift the dough onto a floured table top and knead VERY gently.
6. Roll the dough out - it should be 1 to 1.5cm thick.
7. Cut into rounds using a medium pastry cutter and place on the baking tray.
8. Brush with milk and bake for 12 to 15 minutes or until golden brown.
9. Cool on a wire rack.

## Variations:

- Use glacé cherries or one of the less common varieties of dried fruit eg. Chopped apricots.
- Use honey, golden syrup or brown sugar instead of caster sugar for a different flavour.

# DIPS AND DIPPERS

Choose one of the dips to make, and bring a selection of celery sticks, carrots, red pepper or flatbreads which can be cut into dippers.

## HUMMUS

A traditional Greek or Turkish starter.

### Ingredients

1 medium tin chick peas  
2 cloves of garlic  
1 lemon  
1 tbsp olive oil  
2 tbsp tahini paste (Peanut butter can be used as well)  
salt and black pepper  
paprika to garnish



### Method

1. Drain the chick peas and place in a food processor bowl.
2. Squeeze the lemon and crush the garlic.
3. Add lemon juice, garlic and remaining ingredients to the processor. Process until smooth.
4. Adjust consistency if necessary by adding a little more oil.
5. Transfer to a serving dish and sprinkle with paprika.

Note:

- Tahini paste is made from sesame seeds. It can be bought from health food shops and large supermarkets. It may be omitted in which case a little more oil may be needed. Or you may use peanut butter instead.



# DIPS AND DIPPERS

## SALSA

A spicy and nutritious Mexican dip

### Ingredients

4-6 medium tomatoes, chopped into small chunks

1/2 medium red onion, very finely chopped

1 small garlic clove, crushed

1 fresh red chilli, very finely chopped

Small splash of white wine vinegar

Squeeze of lime juice

Handful of fresh coriander, roughly chopped

Salt and pepper to taste



### Method

1. Ensure all ingredients are very finely chopped.
2. Mix all ingredients together in a medium bowl, using a fork. Then refrigerate until needed to serve.
3. If you prefer a smoother effect, you could use a hand held blender to make it smoother.

### Variations:

- Fresh mango is a great addition and could even replace the tomatoes in this recipe.

# DIPS AND DIPPERS

## GUACAMOLE

A healthy Mexican dip

### Ingredients

large ripe tomato  
3 avocados, very ripe but not bruised  
Juice of 1 large lime  
1 small red onion, finely chopped  
1 chilli, red or green, deseeded and finely chopped  
Salt and pepper to taste



### Method

1. Chop the tomato very finely on a board until the mixture is almost a pulp, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.
2. Tip all the other ingredients into the bowl, then season with salt and pepper. Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed.

## DID YOU KNOW THAT?

Crudités is the french word given to vegetables cut into strips which can be used as dippers. Examples are strips of cucumber, celery sticks, carrot batons.

# DIPS AND DIPPERS

This basic recipe forms the base for 2 or 3 different dips.

## Basic Dip Ingredients

200g low fat fromage frais  
100g low fat soft cheese  
2 tbsp mayonnaise pepper

**Choose 2 or 3 of the Flavourings to add to the basic dip:**

### Dip 1: Blue Cheese Dip

50g finely grated Danish blue cheese

### Dip 2: Curry Dip

1 tsp curry powder  
1 tbsp chutney - preferably the fine sandwich variety

### Dip 3: Cheese and chives

50g finely grated Cheddar cheese  
a small bunch of chives - snip with scissors



## Method

1. Mix together the basic dip ingredients in a small bowl. The consistency should be that of stiff cream.
2. Prepare flavouring ingredients by grating or chopping very finely as appropriate.
3. Divide the basic mixture into two or three portions. Mix one type of flavouring with each.
4. Check seasoning and adjust if necessary. Chill.
5. Prepare crudités. Cut vegetables into strips slightly larger than match sticks.
6. Check consistency of dips. If the mixture is too soft add grated cheese or cream cheese. If too stiff add extra mayonnaise or some lemon juice.
7. Spoon into small serving dishes and garnish with paprika, chopped chives etc. Place the dish containing the dip in the centre of a large plate.
8. Arrange the crudités around the outside radiating from the centre.

# DIPS AND DIPPERS

## DIPPERS and CRUDITÉS

Serve these with your dips.

Ensure all vegetables are washed.

3 carrots, peeled and cut into batons

2 sticks of celery, cut into batons.

Half a cucumber cut into batons

Red and yellow pepper, deseeded and cut into batons.

Tortillas or Wraps, cut into wedges, brush with oil and place on a baking tray. Bake in a preheated oven at 175°C for approximately 5 minutes.

A baking potato, cut into wedges, brushed with oil, sprinkled with salt and pepper, placed on a baking tray and baked in a preheated oven at 175°C for approximately 30 minutes.



# HEALTHY MUFFINS

Makes 6

## Ingredients

150g plain flour  
50g caster sugar  
50g margarine  
2 teaspoons baking powder  
1 egg  
100g carrots **Peel and grate the carrots at home**  
1 tsp (teaspoon) of cinnamon  
100 ml milk



**Also bring 6 muffin cases and a container to take them home in.**

## Method (Melting Method)

1. Prepare oven, Gas 6 or 200°C. Place 6 muffin cases in muffin tin. (Share with partner)
2. **Peel and grate the carrots.** (Do this at home in advance!)
3. Sieve flour and baking powder into a large mixing bowl. Add grated carrot and cinnamon.
6. Place margarine in saucepan and gently melt on the hob on a medium setting.
7. In a measuring jug, mix together the milk, egg, sugar, and melted margarine.
8. Use a table spoon to fold the wet mixture into the dry ingredients. **DO NOT BEAT.**
9. Spoon or pour mixture into muffin cases.
10. Bake on a high shelf in the oven until well risen and brown, and the mixture springs back when gently pressed. (About 20 minutes)
11. Remove muffins from oven and lift onto a cooling rack.

**FROSTING/ICING to be made and applied when the muffins have cooled down: at home.**

100g low fat soft cheese

50g icing sugar

Beat together the soft cheese, and icing sugar.

Spread or pipe onto the top of the cold muffins.

## Variations:

- Add lemon zest or orange zest.
- Add sultanas or chopped up walnuts.
-

# STUFFED VEGETABLES

## STUFFED GREEN or RED PEPPERS

Serves 2

### Ingredients

- 2 green peppers of even size
- 100g minced lamb
- 50g long grain rice
- 1 tbsp tomato puree
- $\frac{1}{2}$  tsp mixed herbs
- $\frac{1}{4}$  tsp allspice or nutmeg
- salt and pepper
- 100g grated cheese (Cheddar or feta)



**Small oven proof dish or aluminium foil to take it home in.**

**To make it suitable for vegetarians, cooked lentils (or tinned lentils), or chickpeas, or Quorn mince could be used to replace the mince.**

### Method

1. Prepare an oven, Gas 4 or 180°C.
2. Half fill a small pan with water, add a pinch of salt and bring to the boil.
3. When the water boils, add the rice, return to boil then reduce heat and simmer for 10 to 12 minutes until rice is soft.
4. Place the mince in a small pan and cook over gentle heat until brown. Stir occasionally.
5. Carefully slice the tops off the peppers and remove the seeds.
6. Add the tomato puree, herbs and spice to the mince in the pan. Add 40 ml of water, and cook for 10 minutes.
7. Drain the rice and add to the meat.
8. Use the rice and mince mixture to fill the peppers. Place the peppers in the oven proof dish and cover with foil.
9. Bake for 30 minutes until peppers are tender.

### Note:

- if the peppers topple over, make a collar to support them using crumpled foil.

### Variations:

- use different varieties of meat and/or add finely chopped vegetables.



# STUFFED VEGETABLES

## TUNA STUFFED TOMATOES

Serves 4

### Ingredients

- 4 large (beefsteak) tomatoes
- 15g margarine
- 15g flour
- 125ml milk
- 50g cheese
- 100g sweetcorn
- 1 small tin of tuna
- salt and pepper

**Small oven proof dish**



### Method

1. **Prepare** oven, Gas 4 or 180°C.
2. **Cut** a 1cm slice off the top of the tomatoes.
3. **Scoop** the flesh from the centre of the tomatoes (this could be used in a casserole or soup).
4. **Grate** the cheese. **Drain and flake** the tuna.
5. **Place** the milk, flour and margarine in a small saucepan.  
**Place** over **gentle heat** and **bring** to the boil **stirring** all the time. Once thick, **reduce heat** to lowest setting and simmer for 1 minute.
6. **Add** cheese, tuna and sweetcorn to the sauce.
7. **Spoon** sauce into the tomatoes. **Place** in an oven proof dish and **cover**.
8. **Bake** for 20mins, or until the tomato has softened.

**Use the imperative verbs highlighted above to make a list of equipment you will need and to make sure you understand what you need to do.**

Step	Equipment
1	Prepare oven: switch it on
2	Cut = knife
3	
4	
5	
6	
7	

Variations:

- try pea and ham or bacon and mushroom instead of tuna and sweetcorn.
- for a vegetarian option use mushrooms and extra cheese instead of the tuna.

# FRUIT CRUMBLE

Serves 3 to 4

## Ingredients

- 500g cooking apples
- 25g granulated sugar (to add to the apples)
- 100g plain flour
- 50g margarine
- 50g caster sugar (for the topping)



**Small oven proof dish**

## Method

1. Prepare an oven, Gas 6 or 200°C. Lightly grease the oven proof dish.
2. Place the flour in a mixing bowl and rub in the margarine until the mixture looks like breadcrumbs.
3. Stir in the caster sugar.
4. Peel the apples. Cut into quarters and remove the core. Slice thinly.
5. Place the fruit in the oven proof dish sprinkling the granulated sugar between the layers.
6. Sprinkle the crumble mixture over the apple and level without pressing down.
7. Bake for 25 to 30 minutes until the apple is soft and the crumble golden brown.

## Variations:

- The crumble topping can be made in a food processor. Fit the chopping blade and place flour, margarine and sugar in the bowl. Process for 1 to 2 minutes, until fine crumbs are formed.
- Use different varieties of fruit according to season. Rhubarb, plums, blackberries and black currants all make a good crumble.
- Try to make the topping healthier or more interesting. Add 50g rolled oats, a few chopped nuts or use whole-meal flour.
- Desiccated coconut can be added for an exotic flavour.

# CHEDDARS

## Ingredients

250g plain flour  
150g butter (cut into cubes)  
150g grated, strong Cheddar cheese  
1 egg

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon chilli flakes  
 $\frac{1}{2}$  teaspoon mustard powder



Poppy seeds, chopped nuts, or sesame seeds are optional

**Oven temp: 200°C Gas 6**

**Cooking time: 10 - 12 mins**

## Method

1. Prepare an oven, Gas 6 or 200°C. Grease a baking tray.
2. Place the flour, salt, chilli flakes and mustard powder, in a bowl and rub in the butter.
3. Using a fork, mix in the cheese, then add the egg to bind the mixture together. A bit of cold water may be added if the mixture is too dry.
4. Shape into a thick sausage, approx. 5 cm in diameter.
5. Put flour on the work surface and roll out the dough to 1 cm thickness.
6. Use a biscuit cutter to cut out shapes.
7. Place well apart on a baking tray. Chill the tray for approximately 10 mins.
8. Bake until lightly golden. (Approx . 10 - 12 minutes)
9. Remove from the oven
10. Leave to cool for a few minutes before moving them onto a cooling rack.

## Variation:

- Replace 50g of flour with 50g semolina or corn flour to give a slightly different texture
- Press chopped nuts, sesame seeds or poppy seeds into the surface of the biscuits
- Replace 50g of flour with porridge oats

## Skills Builder:

	Date Achieved:
Knife skills: being able to cut a wide range of fruits and vegetables into julienne and baton.	
Knife skills: using the bridge hold and claw grip at all times.	
Knife skills: accurate chopping of all ingredients to be uniform.	
Accurate weighing and measuring of ingredients.	
Able to assemble and use a food processor independently.	
Being able to tell when water boils.	
Able to decide when pasta is cooked.	
Making a dough using rubbing in method.	
Accurate rolling out.	
Using cutters to make identical products.	
Using the hob independently and confidently.	
Able to adjust the temperature on the hob to avoid burning.	
Confident use of the oven.	
Able to tell when food is cooked in the oven.	
Able to use a hand held blender safely.	
Able to use an electric hand mixer safely and confidently.	
Able to wash up in available time in a hygienic manner.	
Fast and independent..	
Regular practising at home.	
Able to support others.	

**All recipes chosen as they are suitable to be completed within a one hour lesson.**

**Pictures taken from Google.**

