



Cooking

- Make a list of food and meals that you enjoy eating. Find out how to make them. Put the recipes in a folder

Practise cooking some of these basic foods:

Dates	I made
	Eggs - e.g. boiled, scrambled, fried, omelette
	Potato - e.g. baked, mashed, roasted
	Rice
	Pasta
	Vegetables - e.g. boiled, steamed, roasted
	Salad



- Prepare some of your favourite meals. Record what you made here:

Meal	I made...	date
Breakfast		
Lunch		
Dinner		