

What are we having for tea tonight?

Open your cupboards and choose 8 ingredients to use to cook a meal for your family.

In this project you can focus on:

Designing and planning the meal:

- *What can I cook? What do we have in the cupboards? What is suitable for tea tonight? Can I find a recipe online that can inspire me? How will I change it?*
- *Think about what makes a healthy meal as part of a varied diet. (You can research this online.)*
- *Plan what you will cook: talk to your grown ups; draw some pictures.*
- *Where do the ingredients that you will use come from?*

Making the meal:

- *Think about the tools and equipment you will need. How will you use them safely? What are they used for?*
- *Evaluate what you have made. What was your meal like? Did everyone enjoy it? How could you improve it?*

Plan, prepare, cook and evaluate your meal.

Write a recipe so that you can use it again.

