



HOME LEARNING

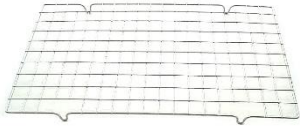




Subject: Home Cooking

Time to complete: 1 hour+

Learning Objective: plan and prepare a menu

Starter: identifying uses of kitchen equipment

What are each of these pieces of equipment used for?

			
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Task1: plan a balanced menu

Think about what you like to eat, and what you think people should try and eat to be healthy. Watch the [Eatwell Guide videos](#). Create a menu showing food and drink for a day that reflects the Eatwell Guide, but including foods that you enjoy, using the menu planner:

Meal	Food	Drink
Breakfast		
Lunch		
Dinner		
Snack		

Challenge: Can you incorporate one of the recipes from these [videos](#) into your menu? Write out the steps involved in the recipe and write down any ‘top tips’ that you might have for people who might make the recipe.

Recipe: _____

Method:

-
-
-
-
-

Task2: prepare a recipe

Choose one of the recipes from this selection of [recipe videos](#) and create it yourself. What were the tricky bits? If you were to make it again, what would you change?

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith Maths 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to me at gmonk@glebe.bromley.sch.uk Thank you