

Easy Pizza

MAKES 1 PIZZAS/ SERVES 2

INGREDIENTS

For the base either bring...
A ready made pizza base or
use a French stick/ ciabatta
or pitta breads
(For an extra challenge
make your own dough at
home!)

For the pizza sauce
Either tube of tomato puree
Or make your own sauce...

- 50 ml passata plus 1
tbsp. tomato puree
- 1 small clove garlic
- 1/2 tsp herbs fresh or
dried

Toppings choose from..

- Cheddar or mozzarella
- Red onion
- Cooked ham/chicken or
chorizo
- Mushrooms
- Peppers
- Jalapeños
- Pineapple
- Sweetcorn

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates
- ⇒ Fat

METHOD

1. Preheat oven to 200c or gas mark 6.
2. Chop and prepare all of your pizza
toppings on a green chopping
board.
3. Grate the cheese.
4. Mix up the ingredients for your pizza
sauce in a small bowl.
5. Put the base on a baking tray.
Smooth over the sauce and sprinkle
with cheese and toppings. Bake for
10-12 minutes.
6. Wash up whilst your pizza is cooking.
7. Cut into slices and store in the fridge
once cooled if you are taking if
home for tea!



EQUIPMENT NEEDED

- ◇ Sharp knife &
green Chopping
board
- ◇ Large baking tray
- ◇ Spoon
- ◇ Grater

PRACTICAL SKILLS

- ◇ Knife skills (bridge
and claw)
- ◇ Baking
- ◇ Grating
- ◇ Presenting

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin .

Use oven gloves when putting trays in and out of the oven

Check work tops and equipment are clean.

Any dairy/meat is stored in the fridge.



Spaghetti Bolognese Sauce

Serves 4

METHOD

INGREDIENTS

- ♦ Minced beef, turkey or Quorn
- ♦ 1 onion
- ♦ 1 clove garlic
- ♦ 1 tin of tomatoes and/or carton of passata
- ♦ 3 tbsp. tomato puree
- ♦ 1 stock cube

Other ingredients.. choose from

- ♦ Mushrooms
- ♦ Carrot
- ♦ Pepper
- ♦ Fresh parsley or basil

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Vitamin C
- ⇒ Fat
- ⇒ Iron

1. Chop the vegetables on your green/white chopping board.
2. Add the onion to your pan with a splash of oil and switch onto a medium heat.
3. Add the meat. Make sure you put the meat packaging in the bin and wash your hands.
4. Stir the meat well. Bash it up with your wooden spoon to break it down into small pieces and fry until brown. Quorn does not take as long to cook so this can be added after the onion is cooked.
5. Add crushed garlic and stir in.
6. Add any other vegetables and continue to fry for a few more minutes until they soften.
7. Now add your tinned tomatoes and tomato puree or passata.
8. Add 1/4 of the tin filled with water.
9. Crumble your stock cube into the pan and add any other seasoning. E.g. salt, herbs.
10. Let the sauce simmer for another 8 minutes. If it starts to become very thick, loosen the sauce with another splash of water.
11. Serve at home with cooked spaghetti and grated cheese or parmesan!

EQUIPMENT NEEDED

- ♦ Sharp knife
- ♦ green chopping board
- ♦ Sauce pan
- ♦ Wooden spoon
- ♦ Garlic crusher

PRACTICAL SKILLS

- ♦ Knife skills (bridge and claw)
- ♦ Simmering
- ♦ Chopping
- ♦ Measuring

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after touching meat

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Gas hobs lit correctly/ don't switch pans on that are empty

Tomato Pasta Sauce

Serves 4

INGREDIENTS

- ◆ 1 onion
- ◆ 1 clove garlic
- ◆ 1 tin of tomatoes and/ or carton of passata
- ◆ 1 tbsp. tomato puree
- ◆ 1 stock cube
- ◆ Herbs and or spices

Optional ingredients.. choose from

- ◆ Mushrooms
- ◆ Carrot
- ◆ Pepper
- ◆ Courgette
- ◆ Fresh parsley or basil
- ◆ Jalapeños
- ◆ Paprika
- ◆ Chorizo

KEY NUTRIENTS

- ⇒ Vitamin C
- ⇒ Vitamin A
- ⇒ Fibre

METHOD

1. Chop all the vegetables on your green/white chopping board.
2. Add the onion to your pan with a splash of oil and switch onto a medium heat. Fry the onions and stir until they soften.
3. Add crushed garlic and stir in.
4. Add any other vegetables and continue to fry for a few more minutes until they soften.
5. Now add your tinned tomatoes and tomato puree or passata.
6. Crumble your stock cube into the pan and add any other seasoning. E.g. pinch of salt, herbs, paprika .
7. Let the sauce simmer for another 8 minutes. If it starts to become very thick, loosen the sauce with a splash of water.
8. For a smoother texture, let the sauce cool slightly and blend using a hand blender. You can leave it chunky if you like!
9. Serve at home with cooked pasta and grated cheese or parmesan! Or serve with cooked chicken.



EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ green chopping board
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Garlic crusher

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Simmering
- ◇ Chopping
- ◇ Measuring

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin

Check work tops and equipment are clean.

Gas hobs lit correctly/ don't switch pans on that are empty

Don't switch pans on that are empty.

Mexican Bean Soup

Serves 4

INGREDIENTS

- ♦ 1 small onion
- ♦ 1 clove garlic
- ♦ 1 tin of tomatoes
- ♦ 1 stock cube
- ♦ Herbs and or spices
- ♦ 1 tin of red kidney beans or mixed beans

Optional ingredients..
choose from

- ♦ Pepper
- ♦ Paprika
- ♦ Chorizo
- ♦ Fresh chill
- ♦ Coriander
- ♦ Cumin

METHOD

1. Chop all the vegetables on your green/white chopping board.
2. Add the onion to your pan with a splash of oil and switch onto a medium heat. Fry the onions and stir until they soften.
3. Add crushed garlic and stir in.
4. Add any other vegetables and continue to fry for a few more minutes until they soften.
5. Now add your tinned tomatoes and approx. 300ml water.
6. Crumble your stock cube into the pan and add any other seasoning. E.g. pinch of salt, herbs, spices.
7. Drain the beans and rinse. Add to the pan.
8. Let the soup simmer for another 8 minutes. If it starts to become very thick, loosen the soup with a splash of water.
9. For a smoother texture, let the soup cool slightly and blend using a hand blender. You can leave it chunky if you like!

KEY NUTRIENTS

- ⇒ Vitamin C
- ⇒ Vitamin A
- ⇒ Fibre



EQUIPMENT NEEDED

- ♦ Sharp knife
- ♦ green chopping board
- ♦ Sauce pan
- ♦ Wooden spoon
- ♦ Garlic crusher

PRACTICAL SKILLS

- ♦ Knife skills (bridge and claw)
- ♦ Simmering
- ♦ Chopping
- ♦ Measuring
- ♦ Blending

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin

Check work tops and equipment are clean.

Gas hobs lit correctly/ don't switch pans on that are empty

Don't switch pans on that are empty.



Pasta Salad

Serves 4-

INGREDIENTS

- ◆ 300g dried pasta

Other ideas.....choose any you like!

- ◇ Tuna
- ◇ Sweetcorn
- ◇ Cooked ham or chicken
- ◇ Tomatoes
- ◇ Peppers
- ◇ Onion
- ◇ Cheddar cheese
- ◇ Feta cheese
- ◇ Tuna
- ◇ Peppers
- ◇ Cucumber
- ◇ Carrot
- ◇ Olives

Dressing e.g
3 tbsp. pesto and 1 tbsp
olive oil
or mayonnaise or salad
cream!

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Calcium

METHOD

1. Place a large pan of water on the hob to boil (around 1/2 full). Wait until the water is bubbling before you add the pasta. The pasta should take around 12 minutes to cook.
2. On a green chopping board, chop all of your vegetables into small bite size pieces.
3. Put the vegetables in a large mixing bowl and combine with either pesto or mayonnaise. Season with a pinch of salt and pepper and add any other ingredients e.g tuna/sweetcorn.
4. When your pasta is ready drain using a colander and run under the cold tap to cool the pasta down.
5. Pour the pasta into the mixing bowl and combine with all your other ingredients.

Store in the fridge until ready to eat!

EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green chopping board
- ◇ 1 Sauce pan
- ◇ Container
- ◇ Colander

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Simmering
- ◇ Chopping
- ◇ Measuring
- ◇

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Check gas hobs are lit correctly.

Don't switch pans on that are empty as they will smoke and burn.



Fruity Chicken Curry

Serves 4

INGREDIENTS

- 2-3 chicken breasts
- 1 onion
- 1 apple
- 1 chicken stock cube
- 2 tsp curry powder
- 1 tsp ground or fresh ginger
- 2 tbsp. tomato puree
- 1 tbsp. plain flour
- 300-400ml water

Other things you could add...

Sultanas, peppers,
1 clove garlic
Mushrooms, coriander

METHOD

1. Finely chop your onion on a green chopping board. Add the onion to your saucepan but don't switch on yet.
 2. Measure out 300ml of very hot water in a jug and add stock cube. Leave for later.
 3. On your red chopping board chop your chicken into bitesize pieces and add them to the pan. Wash your hands after.
 4. Add some oil to the pan and fry the onion and chicken on a medium-high heat until the chicken has mostly turned white.
 5. Now add the grated apple and let it cook for another 5 minutes. Keep stirring.
 6. Reduce the heat and add the spices and flour to the pan. Mix well with a wooden spoon.
 7. Add 2 large tbsp. tomato puree and mix. It should look like a thick paste.
 8. Quickly start adding your stock (the water you measured earlier) keep stirring. Turn the heat up slightly to make the pan simmer. *Add a little more water if it looks too thick!*
 9. Stir with a wooden spoon until the sauce starts to thicken. Add any other ingredients. e.g sultanas
- Check your chicken is cooked by cutting it open. No pink!

EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green & red chopping board
- ◇ Measuring jug
- ◇ Large sauce pan
- ◇ Measuring spoons
- ◇ Grater

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Frying
- ◇ Simmering
- ◇ Grating
- ◇ Measuring
- ◇ Temperature control

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after handling chicken .

Any meat is stored in the fridge until ready to use. The curry should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Iron
- ⇒ Vitamin C & B

Chicken Nuggets or Fancy Fish Fingers



INGREDIENTS

- 2-3 chicken breasts OR boneless fish fillets e.g salmon
- Or Halloumi
- 2 eggs or small tub of natural yoghurt
- 4 slices bread
- 2 tsbp flour

Other things you could add...lemon juice, chilli powder, paprika, salt & pepper, mixed herbs, Cajun spice

METHOD

1. Preheat oven to 200/ gas mark 6. Grease and line a baking tray. Grease the top of the paper too!
2. Blitz your bread in a food processor into fine bread-crumbs and transfer to a large bowl.
3. Stir in any spices/herbs and seasoning into the bread-crumbs. If using lemon—squeeze the juice over the chicken/fish.
4. Beat your eggs in a separate bowl. Or put yoghurt in a bowl.
5. On a red chopping board chop your fish or chicken into small chunks.
6. Put the flour onto a plate or separate bowl.
7. In this order dip..
 - ⇒ Chicken/fish in the plain flour
 - ⇒ Then into the egg/or natural yoghurt
 - ⇒ Then roll and coat in the breadcrumbs
 - ⇒ Place on the baking tray

TIP: Try to just use one hand for dipping the chicken in the egg and use your other hand for bread crumbing so your fingers don't get too sticky!

8. Bake for around 20 minutes until golden and cooked through!

Remember to wash hands thoroughly after handling raw meat! Check your chicken is cooked by cutting it open. No pink

EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green & red chopping board
- ◇ Measuring jug
- ◇ Large sauce pan
- ◇ Measuring spoons
- ◇ Grater

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Frying
- ◇ Simmering
- ◇ Grating
- ◇ Measuring
- ◇ Temperature control

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after handling chicken .

Any meat is stored in the fridge until ready to use. The curry should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Iron
- ⇒ Vitamin B
- ⇒ Fat

Stir Fry

Serves 4

INGREDIENTS

- 2-3 chicken breasts or pork/beef or Quorn
- 1 onion
- 1 pepper
- Sachet of stir fry sauce- or make your own from scratch at home!
- Cooked noodles- or add these when you get home!

Other things you could add...

- ◇ Garlic
- ◇ Fresh ginger
- ◇ Fresh chilli
- ◇ Bean sprouts
- ◇ Broccoli
- ◇ Mushrooms
- ◇ Carrot
- ◇ Tofu
- ◇ Spring onions
- ◇ Green Beans
- ◇ Baby corn
- ◇ Pak choi
- ◇ mangetout

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Iron
- ⇒ Fibre

METHOD

1. Finely chop your onion on a green chopping board. Add the onion to your saucepan but don't switch on yet.
2. Chop any other vegetables into thin strips and leave to one side.
3. On your red chopping board chop your chicken into bitesize pieces and add them to the pan. Wash your hands after.
4. Add some oil to the pan and fry the onion and chicken on a medium-high heat until the chicken has mostly turned white. *Add garlic/ginger optional.*
5. Now add the rest of the vegetables and cook until slightly softened. Keep stirring with your wooden spoon
6. Check your chicken is cooked by cutting it open. No pink inside!
7. Now add in the sauce and stir for 1 minute.
8. If adding noodles add them now and keep stirring for another 2 minutes on a very low heat (or add noodles when you get home!)
9. Switch the pan off!



EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green & red chopping board
- ◇ Large pan or wok
- ◇ Wooden spoon
- ◇ Garlic crusher

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Chopping
- ◇ Frying
- ◇ Temperature control

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after handling chicken .

Any meat is stored in the fridge until ready to use. The curry should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.



Classic Scones

Makes 8-12

INGREDIENTS

- 350g self raising flour
- 1 tsp baking powder
- 85g butter or marg
- 3 tbsp. caster sugar
- 175ml milk
- 1 egg to glaze

Optional: squeeze of lemon juice and 1 tsp vanilla extract

Other flavourings you may wish to add..cherries, chocolate chips, raisins, Sultanas, cheese

METHOD

1. Heat oven to 220 degrees/ gas mark 6 and grease a large baking tray.
2. Sieve the flour into a large bowl with your baking powder.
3. Add the butter to the flour and cut it up into smaller chunks using a knife.
4. Now using clean hands use your finger tips to rub the butter and flour together until the mixture resembles breadcrumbs. Be careful not to over mix as this will cause the butter to melt making the mixture doughy and heavy.
5. Stir in your sugar and any other dried fillings e.g fruit
6. Measure your milk in a jug, add a squeeze of lemon juice and tsp of vanilla extract if you like.
7. Make a well in the flour mixture and gradually start adding your milk, stir it in using a knife until it comes together as a soft dough.
8. Sprinkle the worktop with some flour from a flour shaker.
9. Put a little flour on you hands and tip the flour onto the work top. Gently shape the dough with your hands and flatten out to around 4cm deep.
10. Cut the scones out with your cutter and place on the baking tray. Glaze the tops with beaten egg. Bake for 10-15 minutes until risen and golden.

EQUIPMENT NEEDED

knife
Mixing bowl
Sieve
Cutter
Baking tray
Measuring jug
Teaspoon

PRACTICAL SKILLS

- ◇ Rubbing in
- ◇ Sieving
- ◇ Measuring
- ◇ Kneading
- ◇ Measuring
- ◇ Baking

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Any dairy should be stored in the fridge.

Check gas ovens are lit correctly. Use oven gloves!

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

Fruit Salad



INGREDIENTS

Choose any 5 fruits.

Ideas....

Banana
Strawberries
Raspberries
Kiwi
Pineapple
Melon
Apple
Plum
Grapes
Mango
Orange
Pear

Citrus syrup to keep the fruit fresh: 1 lemon and 1 tbsp. sugar or honey!

METHOD

1. Wash hands with warm soapy water.
2. On a green chopping board chop up your fruits into small bitesize pieces using the bridge and claw technique (fingertips tucked in).
3. If using an apple do this last to stop it turning brown.
4. Mix all the fruits together in a large bowl.
5. Cut the lemon in half and squeeze out the juice using a lemon squeezer. Mix this with the sugar or honey and a little splash of water in a jug. Pour over the fruits and gently stir to cover the fruit.
6. Put the fruit salad in your container with your name clearly on the top!
7. Store in the fridge to keep it fresh!
8. Wash up and put equipment away.

EQUIPMENT NEEDED

Chopping board
Sharp knife
Mixing bowl
Lemon squeezer
Apple corer
Peeler

PRACTICAL SKILLS

- ◇ Knife skills (bridge & claw)
- ◇ Peeling
- ◇ Juicing
- ◇ Mixing

HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin.
- ⇒ Use green or white chopping board
- ⇒ Carry knife carefully.

KEY NUTRIENTS

Vitamin C
Carbohydrate (sugars)
Fibre
Potassium



Berry Crumble Bars

INGREDIENTS

Crumble:

- 180g plain flour
- 120g caster sugar
- 120g butter
- 1 egg
- 60g oats

Filling

- Approx. 120g fresh or frozen berries e.g raspberries, blackberries or blueberries or a mixture
- 1 lemon
- 2 tsp cornflour
- 60g sugar

Bring a baking tin if you have one!

METHOD

1. Heat oven to 180 degrees/ gas mark 5.
2. Cut the butter into the flour with a knife and rub the butter and flour together using your fingertips until it resembles breadcrumbs.
3. Stir in the 120g sugar and 1 beaten egg.
4. Zest your lemon (using a grater) and stir the zest in with the crumble topping.
5. In a separate bowl slightly mash the berries with a fork and mix with the rest of the sugar (approx. 60g)
6. Juice the lemon with a lemon squeezer and mix the juice in with the berries.
7. Add 2 tsp of cornflour to the berry mixture and mix well.
8. Grease and line your baking tin. Spoon 2/3rds of the crumble topping into the baking tin and smooth down.
9. Spread the berry mixture evenly across the crumble mixture.
10. Now stir the oats in with the remaining crumble mixture and sprinkle evenly over the top of the fruit and smooth down with the back of a metal spoon.
11. Bake for approx. 30 minutes until light golden brown and crisp.
12. Let the crumble cool in the tin before cutting into

EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Baking tin
- ◇ Fork
- ◇ Lemon squeezer
- ◇ knife

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Rubbing in
- ◇ Baking
- ◇ Mixing
- ◇ Timing

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly.

Use oven gloves when you take tray out of the oven!

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat
- ⇒ Vitamins C

Sweet Breakfast Muffins



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Muffin tin & cases
- ◇ Measuring jug
- ◇ Fork
- ◇ Wooden spoon
- ◇ Grater
- ◇ Teaspoons

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Baking
- ◇ Mixing
- ◇ Timing
- ◇ Grating
- ◇ Baking

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly.

Use oven gloves when you take tray out of the oven!

INGREDIENTS

- ◇ 1 small carrot
- ◇ 1 apple
- ◇ 1 tsp baking powder
- ◇ 225g self-raising flour
- ◇ 100g caster sugar
- ◇ 1tsp ginger, cinnamon or mixed spice
- ◇ 1 egg
- ◇ 230ml semi-skimmed milk
- ◇ 90ml vegetable oil
- ◇ 100g raisins

12 large muffin cases

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat
- ⇒ Vitamins from the fruit

METHOD

1. Heat oven to 180 degrees/ gas mark 5 and put bun cases in the muffin tray.
2. Crack and beat the eggs in a jug and mix together with the oil and milk.
3. Finely grate the apple and carrot.
4. Sieve the flour and baking powder into a mixing bowl.
5. Pour the egg mixture into the flour and combine with a wooden spoon. Then mix in your other ingredients such as raisins and spices.
6. Beat the mixture with a wooden spoon until smooth.
7. Divide the mixture into the cases. About 2/3rds full as they need room to rise.
8. Bake the muffins for around 12-15 minutes. You can check by sticking a skewer or clean knife into the cakes to see if it comes out clean or with runny mixture on. Alternatively lightly press your finger on the top. If cooked it should spring back.

Don't open the oven door too often as this could cause the cakes to sink!

10. Wash up whilst they bake!

Carefully lift the muffins out to cool on your cooling rack.

Savoury Breakfast Muffins



INGREDIENTS

- ◇ 1 small carrot
- ◇ 100g Cheddar cheese
- ◇ 225g self-raising flour
- ◇ 50ml oil
- ◇ 175ml semi-skimmed milk
- ◇ 1 egg
- ◇ 1 tsp paprika
- ◇ 1 tsp baking powder

Optional

- ◇ Black Pepper
- ◇ Fresh chives
- ◇ Spring onion

12 large muffin cases

METHOD

1. Heat oven to 180 degrees/ gas mark 5 and put bun cases in the muffin tray.
2. Crack and beat the eggs in a jug and mix together with the oil and milk.
3. Finely grate the carrot and grate cheese.
4. Sieve the flour and baking powder into a mixing bowl.
5. Pour the egg mixture into the flour and combine with a wooden spoon. Then mix in your other ingredients such as herbs/spices.
6. Beat the mixture with a wooden spoon until smooth.
7. Divide the mixture into the cases. About 2/3rds full as they need room to rise.
8. Bake the muffins for around 12-15 minutes. You can check by sticking a skewer or clean knife into the cakes to see if it comes out clean or with runny mixture on. Alternatively lightly press your finger on the top. If cooked it should spring back.

Don't open the oven door too often as this could cause the cakes to sink!

10. Wash up whilst they bake!

Carefully lift the muffins out to cool on your cooling rack.

EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Muffin tin & cases
- ◇ Measuring jug
- ◇ Fork
- ◇ Wooden spoon
- ◇ Grater
- ◇ Teaspoons

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Baking
- ◇ Mixing
- ◇ Timing
- ◇ Grating
- ◇ Baking

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly.

Use oven gloves when you take tray out of the oven!

KEY NUTRIENTS

- ⇒ Carbohydrates
starch and sugar
- ⇒ Fat
- ⇒ Calcium

Fruit buns



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Lined cake tins
- ◇ Baking tray
- ◇ Measuring jug
- ◇ Wooden spoon
- ◇ Teaspoons

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Baking
- ◇ Decorating
- ◇ Grating

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Any dairy should be stored in the fridge.

Check gas ovens are lit correctly. Use oven gloves!

INGREDIENTS

- 100g self raising flour
- 100g butter or margarine
- 100g caster sugar
- 2 eggs
- Fruit e.g apple, raspberries, blueberries, raisins etc

Optional:

1 tsp cinnamon

12-15 bun cases

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat
- ⇒ Vitamins from the fruit

METHOD

1. Heat oven to 180 degrees/ gas mark 5 and grease and line 2 cake tins.
2. Cream the butter and sugar in a large mixing bowl until soft using a wooden spoon.
3. Crack and whisk the 2 eggs in a jug with a fork.
4. Add the beaten eggs a bit at a time to the butter mixture and mix in.
5. Sieve in your flour (and cinnamon if adding) and mix well with a wooden spoon until smooth.
6. Prepare your fruit. E.g grate the apple and add fruit to the cake mix.
7. Divide the mixture evenly between your bun case. Fill them around 2/3rds full so they have space to rise.
8. Bake the buns for 10-15 minutes until risen and light golden brown. Check what time you put them in or set an oven timer.
9. You can check the buns by sticking a skewer or clean knife in to see if it comes out clean or with runny mixture on. Alternatively lightly press your finger on the top. If cooked it should spring back.
10. Wash up whilst they are baking.

Don't open the oven door too often as this could cause the cakes to sink!

Carefully lift your buns out and leave to cool on a cool-

Cornflake Crunch



INGREDIENTS

- ◇ 200g Chocolate
- ◇ 3 tablespoons syrup
- ◇ 50g butter
- ◇ 100g cornflakes or other cereal

METHOD

1. Wash hands and get equipment ready.
2. Melt your syrup and butter and chocolate in a sauce pan on a **very low heat**.

Tip: Heat a metal spoon in hot water to measure out the syrup. Heating the spoons helps make it easier to get the syrup off!

3. Stir with a wooden spoon until all the chocolate is melted and you have a smooth sauce.

4. As soon as the sauce is melted switch off the pan and put onto a pan stand. (wooden triangle)

5. Crunch the cornflakes up a bit with your hands or the end of a rolling pin. Tip your cornflakes in and mix well to combine.

6. Tip into your container or tray and smooth down using the back of a metal spoon. If it keeps sticking try wetting the spoon with some water first.

7. Wash up!

A small tin /tray or container to take it home in,

EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Metal spoon
- ◇ Tray

PRACTICAL SKILLS

- ◇ Melting
- ◇ Measuring
- ◇ Mixing
- ◇ Temperature control

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Check gas hobs are lit correctly.
- Use wooden spoon to stir.

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

Flapjack



INGREDIENTS

- ◇ 175g sugar
- ◇ 175g margarine or butter
- ◇ 225g rolled oats
- ◇ 2 tablespoons syrup

Optional: dried fruits/
chocolate chips

A small tin /tray or
container to take it
home in.

KEY NUTRIENTS

- ⇒ Carbohydrates
starch and sugar
- ⇒ Fat
- ⇒ Fibre

To be enjoyed as part of a
healthy lifestyle as an
occasional treat!

METHOD

1. Wash hands and get equipment ready.
2. Preheat oven to 180/gas mark 5
3. Melt your syrup and butter in a sauce pan on a **low heat**. *Tip: Heat a metal spoon in a jug of hot water to measure out the syrup. Heating the spoons helps make it easier to get the syrup off!*
4. Stir with a wooden spoon until all the butter is melted and you have a smooth sauce.
5. As soon as the sauce is melted switch off the pan and put onto a pan stand. (wooden triangle)
6. Add the oats/any other ingredients e.g raisins to the pan and stir well to combine with the syrup.
7. Tip into your greased baking tray and smooth down using the back of a metal spoon. If it keeps sticking try wetting the spoon with some water first.
8. Bake for 15-20 minutes until light golden brown. It will still feel soft and will crisp up once it has cooled down.
9. Let the flapjack cool slightly before cutting into squares.

Leave it to cool for another 5 mins before taking out of the baking tin.

EQUIPMENT NEEDED

- ◇ Wooden spoon
- ◇ Metal spoon
- ◇ Sauce pan
- ◇ Baking Tray

PRACTICAL SKILLS

- ◇ Melting
- ◇ Measuring
- ◇ Mixing
- ◇ Temperature control

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Check gas hobs are lit correctly.
- Use wooden spoon to stir.

Christmas Log Decorating Competition



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Wooden spoon
- ◇ Whisk
- ◇ Decorations
- ◇ Knife

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Whisking
- ◇ Decorating

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Any dairy should be stored in the fridge.
- Wash all equipment thoroughly.

INGREDIENTS

Buttercream

- ◇ 150g icing sugar plus 1 extra teaspoon for dusting
- ◇ 75g butter OR margarine
- ◇ 1-2 tbsp. cocoa powder
- ◇ 1 tbsp. milk or water
- ◇ A ready made Swiss roll/ can be shop bought or have a go at making your own at home!
- ◇ Christmas decorations
- ◇ Sweets etc.
- ◇ A cake board or tin to take it home on.

METHOD

1. To make the buttercream, whisk or beat 75g butter until super soft then sieve in 300g icing sugar a bit at a time and mix until smooth.
2. If it is a bit too thick add 1 or 2 tbsp. of milk or water until it's creamy and easy to spread.
3. Spread an even layer over your Swiss roll using a table knife or palette knife. Use a fork to make patterns.
4. Decorate with your Christmas decorations.
5. Dust with a teaspoon of icing sugar using a sieve.
6. Present your chocolate log on the judging table! Good Luck!

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

Time to wash up. Rinse the buttercream bowl with warm water first to remove the grease before washing as normal in hot soapy water.

