

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?*
- *Think about what makes a healthy meal as part of a varied diet.*
- *Plan what you will cook; talk to your grown ups, draw some pictures.*
- *Where do the ingredients come from that you will use?*

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?*

What are we having for tea tonight?

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

Plan, prepare, cook and evaluate your meal.

Create a recipe so that you can use it again.

