



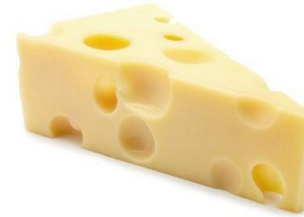
leMon



Cake



jAm



c**H**ease



fi**S**h



bu**T**ter



m**E**at



grap**E**s



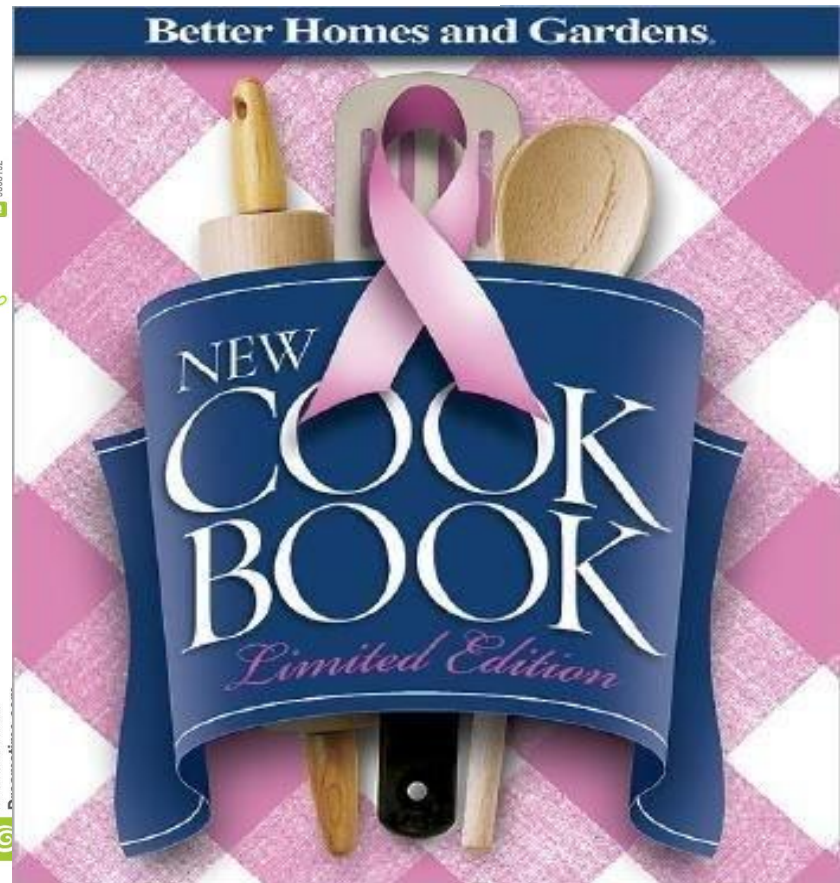
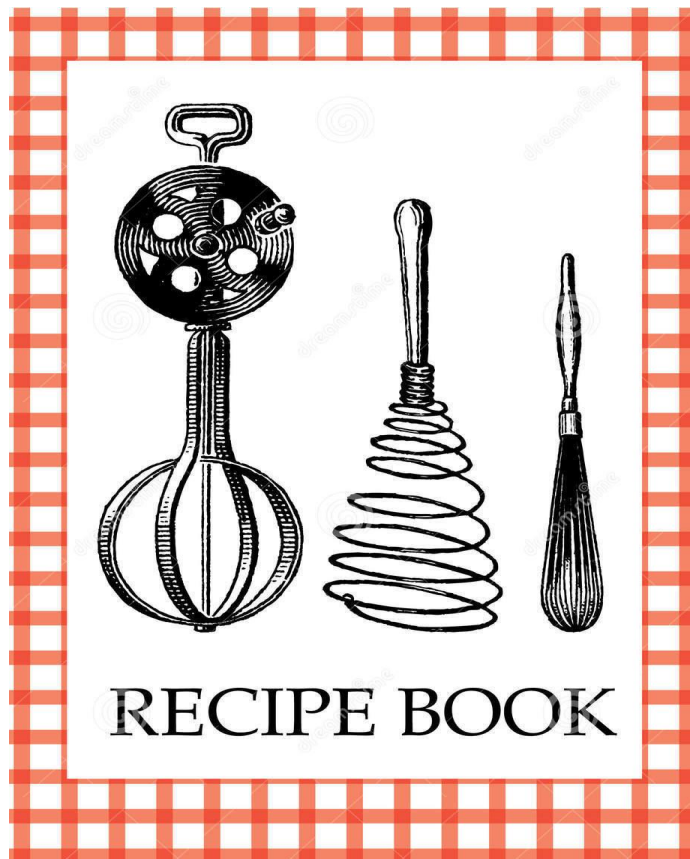
Food



Rice

Master chef



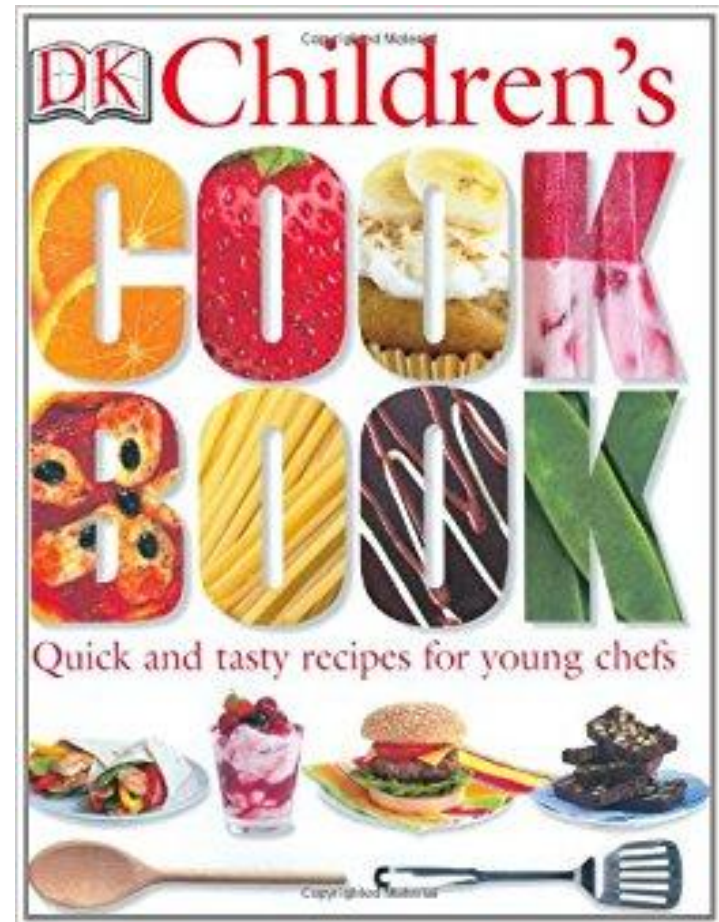
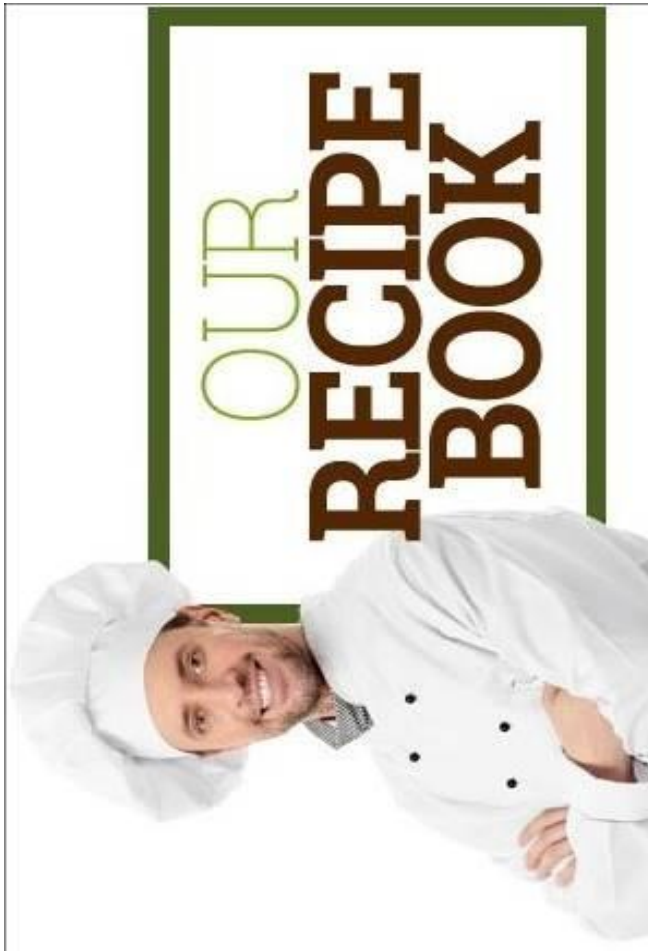


Cook book

- Illustrations
- Ingredients
- Instructions
- Recipes
- PSHE



Title page



Illustrations (sayings/proverbs)

An apple a day is
the doctor away.



Appetite comes
with eating.



Ingredients

Fruit

apple

lemon

grapes

orange

pineapple

Dairy

milk

cheese

bread

butter

chicken

pasta

Vegetables

onion

cabbage

garlic

tomato

Instructions

Cut



Boil



Add



Fry

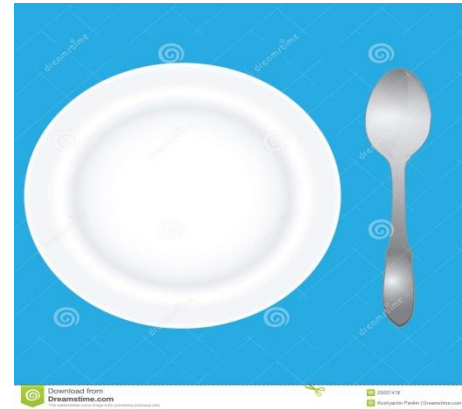


Kitchen tools

Frying pan



Bowl and spoon



Saucepan



Chopping board and knife



Chocolate pudding



Ingredients:

- 3sp. of cocoa
- 60 gr. of sugar
- 1 cup of milk
- 100 gr. of breadcrumbs
- 50 gr. of butter
- 2 eggs, soda
- 60 gr. of flour



How to cook:

1. Mix cocoa, breadcrumbs, butter, flour and soda in the bowl
2. Pour warm milk
3. Beat up sugar with eggs and mix to the dough
4. Bake at 200 degrees for 1 hour

Apple pie recipe

- **Ingredients:**

- 5 apples, cut up
- 100gr butter, melted
- 1 cup of flour
- 1cup of sugar
- 1egg

- **Instruction**

- Put apples in pie plate
- In a bowl mix 1 cup sugar, flour and butter
- Add an egg, some salt
- Mix well and pour over apples
- Bake at 250 degree for 45 minutes



Vegetable Ragout

Ingredients:

- 1 onion
- 1 pepper
- 2 carrots
- 4 potatoes
- cabbage

How to cook:

1. Fry sliced carrots, onion pepper with oil in the saucepan
2. Add sliced potatoes and cabbage
3. Stew vegetables for 30 minutes and add some salt.



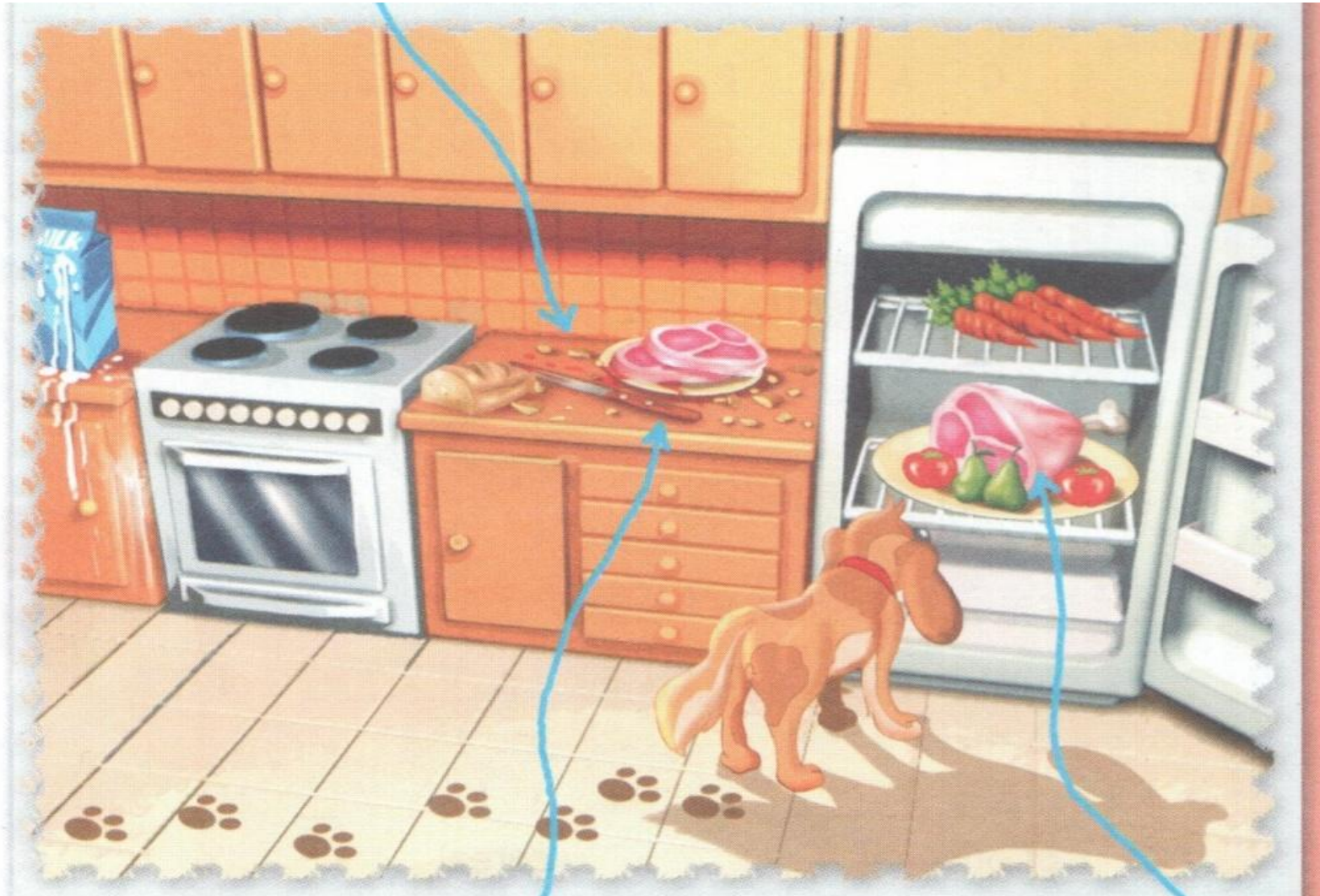
Recipe

1.The Name of the Dish

2.The Ingredients

3.The Instructions (how to cook)

PSHE- Personal Social Health Education



DANGER!



KEEP OUT!

Keeping clean:

Don't let pets in the kitchen. Always wash your hands well before you touch any food. Clean the work surfaces well to keep bacteria away!

Preparing food:

Wash fruit and vegetables well. Never chop raw¹ meat and then use the same knife for other food - to cut your bread, for example. There are lots of dangerous bacteria on raw meat. Use sharp knives and chop very carefully.

Storing food:

Bacteria can't live in the cold, but they love warm kitchens! Always keep raw meat, cooked food and dairy products like milk, cheese and yoghurt in the fridge. Don't put other food next to raw meat!