

DT – Cooking Project



This document contains:

- Instructions for this week's cooking project
- A recipe template to record your recipes (you can also design your own)
- A cooking activity sheet to complete before you start
- Suggested recipe for Week 2

Instructions:

Here is the next page to add to your cooking project. Included is a new suggested recipe – but as always, if you have your own then of course use that. This week the recipe does not require any 'cooking' but preparing a healthy lunch. Continue to add these recipes to your recipe folder or book. Remember the focus should be on developing healthy, savoury meals – for breakfast, lunch or dinner!

You must:

- complete the scenario cards included in this document
- choose and follow a recipe
- cook/make the recipe **with the supervision of an adult**, including the measuring out of ingredients
- write up the recipe and keep this in your own recipe book/folder (you may want to include your own notes in your recipe from what you learnt e.g. make sure you keep stirring the eggs as they cook!)

Remember to keep this recipe book and we will bring them to one of our Zoom sessions to share– I'll let you know when.

Template for recording recipes:

Recipe for

Ingredients

Equipment

Instructions

Week 2: Before you begin, complete this cooking activity sheet.

Write your responses in the boxes provided.

What's that?

Write the name of each item and draw in the missing parts.



Let's get ready to cook!



Are you ready?

Tantalising Tuna Wraps



Ingredients

- 1 small carrot
- 185g can tuna, drained
- 2 x 15 ml canned mixed beans, drained
- 15ml spoon vinaigrette
- 4 small tortillas



Equipment

Sharp knife, chopping board, peeler, grater, mixing bowl, 15ml spoon, mixing spoon, plate.



Method

1. Top and tail the carrot, then peel and grate.
2. Place the grated carrot in the mixing bowl and add the tuna, beans and vinaigrette.
3. Stir the mixture well.
4. Place a tortilla on the chopping board.
5. Place two spoons of the mixture in a sausage shape across the middle of the tortilla.
6. Roll the tortilla.
7. Repeat with the other tortillas.
8. Serve.



Handy hints

- Try pitta bread instead of tortillas.
- Add lettuce leaves to your wrap or pitta.
- Use your tuna and bean mix as a baked potato filling.

Serves 4