

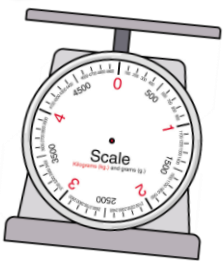
Food Preparation and Nutrition



Nutrition Facts		Nutrition Facts	
Serving size 1 cup (250g)		Serving size 1 cup (250g)	
Calories	230	Calories	220 440
Total Fat 10g	20%	Total Fat 10g	20%
Saturated Fat 5g	10%	Saturated Fat 5g	10%
Cholesterol 100mg	20%	Cholesterol 100mg	20%
Sodium 100mg	20%	Sodium 100mg	20%
Total Carbohydrate 30g	60%	Total Carbohydrate 30g	60%
Dietary Fiber 10g	20%	Dietary Fiber 10g	20%
Sugar 10g	20%	Sugar 10g	20%
Protein 10g	20%	Protein 10g	20%



<p>Make a list of 20 dishes you can make with eggs.</p>	<p>Re-design the packaging of your favourite chocolate bar.</p>	<p>Make a bread dough product.</p>	<p>Work out the food miles from your lunch. www.foodmiles.com</p>	<p>Research different careers in the food industry.</p>
<p>Practice dicing an onion.</p>	<p>Decorate a cake! <i>Share your photo with us.</i></p>	<p>Try a food you've never tried before. What did it taste like? Can you describe it?</p>	<p>Compare the food labels from two products in your cupboard.</p>	<p>Set the table and eat together as a family.</p>
<p>Read and follow a recipe independently.</p>	<p>Design your dream menu. <i>Can you make sure it fits the eat well guide?</i></p>	<p>Design the ULTIMATE sandwich.</p>	<p>Make your own food crossword.</p>	<p>Write a poem about food.</p>
<p>Create your own song for washing your hands. It needs to last at least 20 seconds.</p>	<p>Practice weighing and measuring.</p>	<p>Cook a meal for yourself.</p>	<p>Write the alphabet using a food for each letter i.e. a - apple</p>	<p>Practice your bridge and claw knife skills.</p>
<p>Create a flower from a vegetable or make an apple swan. <i>Take a picture and share it with us.</i></p>	<p>Watch ready steady cook.</p>	<p>Choose 5 items from the fridge and plan a meal from them.</p>	<p>WASH UP!</p>	<p>Cook breakfast for a family member.</p>



Popcorn

Popcorn, popcorn,
Sizzling in the pan.
Shake it up, shake it up,
Bam, bam, bam!

Popcorn, popcorn,
Now it's getting hot,
Shake it up, shake it up,
Pop, pop, pop!

TYPES OF CUTS

Batonnet: 1/2" x 1/2" x 3"
ABOUT THE SIZE OF A FRENCH FRIE.

Medium Dice: 1/2" x 1/2" x 1/2"
CREATED BY CUTTING BATONNET INTO CUBES

Allumette: 1/4" x 1/4" x 2"
ALSO CALLED THE WATCHTOWER CUT

Small Dice: 1/4" x 1/4" x 1/4"
MADE BY CUTTING ALLUMETTE INTO CUBES

Julienne: 1/8" x 1/8" x 2"

Brunoise: 1/8" x 1/8" x 1/8"
MADE BY CUTTING JULIENNE INTO CUBES



@GSA_DT_and_Food