

# Vegetable Sticks With Hummus Dip



## Ingredients

- 1 Carrot
- ½ Cucumber
- 1 Pepper
- 1 pot Hummus

## Equipment

- Chopping board
- Knife
- Peeler
- Spoon
- Plate
- Small bowl

## Method

- ☐ 1. Wash your hands and put on your apron.
- ☐ 2. Wash the vegetables.
- ☐ 3. Peel the carrot if needed.
- ☐ 4. Cut the vegetables into sticks.
- ☐ 5. Spoon the hummus into a small bowl.
- ☐ 6. Arrange the vegetable sticks on a plate.
- ☐ 7. Serve with the hummus dip.



## Safety

- Wash the vegetables before cutting or eating them.
- Use the claw grip when cutting.
- Keep fingers away from the knife blade.

## Remember

- Raw vegetables should be washed before eating.
- Always cut carefully and keep fingers away from the blade.



# Simple Vegetable Noodles



## Ingredients

- |                             |                                          |
|-----------------------------|------------------------------------------|
| 1 nest of dried egg noodles | 1 teaspoon oil                           |
| ½ pepper                    | 1 tablespoon soy sauce                   |
| ½ carrot                    | 1 teaspoon honey or sweet chilli sauce   |
| 1 spring onion              | Optional: small pinch of garlic granules |
| 1 tablespoon sweetcorn      |                                          |

## Equipment

- |                   |               |
|-------------------|---------------|
| Chopping board    | Wooden spoon  |
| Knife             | Tablespoon    |
| Peeler            | Teaspoon      |
| Saucepan          | Colander      |
| Frying pan or wok | Plate or bowl |

## Method

- ☐ 1. Wash your hands and put on your apron.
- ☐ 2. Wash the vegetables.
- ☐ 3. Peel the carrot
- ☐ 4. Cut the pepper and carrot into thin strips or small pieces.
- ☐ 5. Slice the spring onion carefully.
- ☐ 6. Cook the noodles in boiling water until soft.
- ☐ 7. Drain the noodles carefully using a colander.
- ☐ 8. Heat the oil in a frying pan or wok.
- ☐ 9. Add the pepper and carrot. Stir carefully for 2–3 minutes.
- ☐ 10. Add the sweetcorn and spring onion. Stir carefully.
- ☐ 11. Add the cooked noodles to the pan.
- ☐ 12. Add the soy sauce and honey or sweet chilli sauce.
- ☐ 13. Stir everything together until the noodles are hot.

## Safety

- Be careful with boiling water and steam when cooking the noodles.
- Ask an adult to help when draining the noodles.
- Keep the pan handle turned in and stir slowly so hot food does not splash.

## Remember

- Raw vegetables should be washed before eating.
- Always cut carefully and keep fingers away from the blade.



# Leek and Potato Soup



## Ingredients

|                       |                        |
|-----------------------|------------------------|
| 1 small leek          | Optional: 1 teaspoon   |
| 1 small potato        | dried mixed herbs      |
| ½ small onion         | Optional: 1 tablespoon |
| 1 teaspoon oil        | cream                  |
| 300ml vegetable stock |                        |
| Pinch of black pepper |                        |

## Equipment

|                |              |
|----------------|--------------|
| Chopping board | Teaspoon     |
| Knife          | Tablespoon   |
| Peeler         | Food blender |
| Saucepan       |              |
| Wooden spoon   |              |
| Measuring jug  |              |

## Method

- ☐ 1. Wash the leek and potato.
- ☐ 2. Peel the potato and onion carefully.
- ☐ 3. Chop the leek, potato and onion into small pieces.
- ☐ 4. Heat the oil in a saucepan.
- ☐ 5. Add the chopped vegetables and stir for 2 minutes.
- ☐ 6. Pour in the vegetable stock.
- ☐ 7. Bring to the boil, then simmer until the potato is soft.
- ☐ 8. Blend, or leave it chunky.
- ☐ 9. Add black pepper or herbs if needed, and a spoonful of cream.



## Safety

- Peel away from your body.
- Be careful of hot stock, steam and splashes.
- Let soup cool slightly before blending or tasting.

## Remember

- Simmering means gentle bubbling, not fast boiling.
- Soup gets very hot, so wait before tasting it.



# Pasta Salad



## Ingredients

|                                             |                                  |
|---------------------------------------------|----------------------------------|
| 75g pasta                                   | chickpeas or beans               |
| ¼ cucumber                                  | 1 tablespoon yoghurt             |
| ½ pepper                                    | dressing or vinaigrette          |
| 2 tablespoons sweetcorn                     | Optional: pinch of black pepper  |
| 4 cherry tomatoes                           | Optional: 1 teaspoon mixed herbs |
| 1 protein choice: cheese, tuna, boiled egg, |                                  |

## Equipment

|                |               |
|----------------|---------------|
| Chopping board | Tablespoon    |
| Knife          | Teaspoon      |
| Saucepan       | Plate or bowl |
| Wooden spoon   |               |
| Colander       |               |
| Mixing bowl    |               |

## Method

- ☐ 1. Cook the pasta in boiling water until soft.
- ☐ 2. Drain the pasta carefully and let it cool.
- ☐ 3. Wash the vegetables.
- ☐ 4. Chop the cucumber, pepper and tomatoes into small pieces.
- ☐ 5. Put the cooled pasta into a mixing bowl.
- ☐ 6. Add the vegetables and sweetcorn.
- ☐ 7. Add your protein choice.
- ☐ 8. Add the dressing and mix carefully.
- ☐ 9. Add black pepper or herbs if needed.
- ☐ 10. Serve in a bowl or on a plate.

## Safety

- Be careful with boiling water and steam when cooking the pasta.
- Hold the colander steady in the sink and pour the pasta away from your body.
- Use the claw grip when chopping vegetables.

## Remember

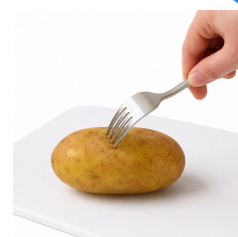
- A balanced pasta salad should include pasta, vegetables and a protein choice.
- Pasta should be cooled before mixing with cold ingredients.



1 medium baking potato    Oil spray or Frylight  
½ tin baked beans        Optional: black pepper  
Small handful grated  
cheese  
1 lettuce leaf  
¼ pepper  
¼ cucumber

|                      |                |
|----------------------|----------------|
| Fork                 | Spoon          |
| Microwave-safe plate | Small saucepan |
| Baking tray          | Grater         |
| Oven gloves          |                |
| Chopping board       |                |
| Knife                |                |

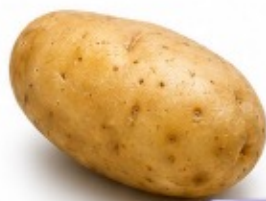
- ☐ 1. Preheat the oven to 200°C / gas mark 6.
- ☐ 2. Prick the potato all over with a fork.
- ☐ 3. Put the potato on a microwave-safe plate.
- ☐ 4. Microwave the potato until it is soft in the middle.
- ☐ 5. Spray the potato lightly with oil spray or Frylight.
- ☐ 6. Put the potato on a baking tray and crisp it in the oven for 10–15 minutes.
- ☐ 7. Heat the beans in a saucepan on the hob, stirring carefully.
- ☐ 8. Grate the cheese carefully.
- ☐ 9. Wash and chop the lettuce, pepper and cucumber.
- ☐ 10. Carefully cut open the potato.
- ☐ 11. Spoon the beans onto the potato, add grated cheese and serve with the chopped salad.



- Always prick the potato before microwaving.
- Use oven gloves when handling the hot plate or baking tray.
- Be careful when cutting open the potato because hot steam can escape.

- Microwaving cooks the potato quickly, and the oven helps crisp the skin.
- Potato gives energy, beans add protein, cheese adds dairy and salad vegetables add vitamins and fibre.





# Balanced Toppings Choice Card



Use this sheet to help you choose toppings that make your meal more balanced.

## 1 Choose your base



Jacket potato



Potato wedges

## 2 Choose 1 protein topping



Beans



Tuna



Chickpeas



Boiled egg



Cheese

## 3 Choose 1 vegetable topping or side



Sweetcorn



Salad



Cucumber



Pepper



Tomato

## 4 Optional dairy topping



Cheese



Yoghurt dip

## Mashed Potatoes



## Boiled Potatoes



## Potato Wedges



### Ingredients

Maris Piper potatoes  
Water  
Oil spray or Frylight  
Butter or spread  
Milk

### Equipment

|                |             |
|----------------|-------------|
| Chopping board | Baking tray |
| Knife          | Oven gloves |
| Saucepan       | Fork        |
| Colander       | Plate       |
| Potato masher  |             |

### Method

- ☐ 1. Wash the potato.
- ☐ 2. Cut into small, even pieces.
- ☐ 3. Put into a saucepan and cover with water.
- ☐ 4. Bring to the boil.
- ☐ 5. Simmer for 10–15 minutes until soft.
- ☐ 6. Drain carefully.
- ☐ 7. Add butter or spread and a splash of milk.
- ☐ 8. Mash until smooth.
- ☐ 9. Place a sample on a plate for tasting.

### Method

- ☐ 1. Wash the potato.
- ☐ 2. Cut into small, even pieces.
- ☐ 3. Put into a saucepan and cover with water.
- ☐ 4. Bring to the boil.
- ☐ 5. Simmer for 10–15 minutes until soft.
- ☐ 6. Drain carefully with adult support.
- ☐ 7. Place a sample on a plate for tasting.

### Method

- ☐ 1. Preheat the oven to 200°C / gas mark 6.
- ☐ 2. Wash the potato.
- ☐ 3. Cut into wedge shapes.
- ☐ 4. Put the wedges on a baking tray.
- ☐ 5. Spray lightly with oil spray or Frylight.
- ☐ 6. Roast for 25–30 minutes until golden.
- ☐ 7. Turn halfway through cooking if possible.
- ☐ 8. Place a sample on a plate for tasting.

### Remember

- Cut potatoes into similar-sized pieces so they cook evenly.
- Check potatoes are soft by gently pressing them with a fork.



# Mini Leek, Spinach and Cheese Tart



## Ingredients

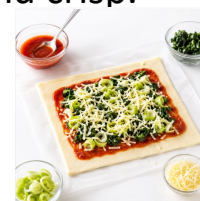
|                                                                 |                                              |
|-----------------------------------------------------------------|----------------------------------------------|
| 1 square of ready-rolled puff pastry, approximately 12cm x 12cm | 1 small handful spinach, (approximately 15g) |
| 1 tablespoon passata                                            | 25g cheese                                   |
| ½ small leek                                                    | Optional: pinch of black pepper              |
|                                                                 | Optional: ½ teaspoon mixed herbs             |

## Equipment

|                |       |
|----------------|-------|
| Chopping board | Plate |
| Knife          | Grate |
| Spoon          |       |
| Baking tray    |       |
| Baking paper   |       |
| Oven gloves    |       |

## Method

- ☐ 1. Preheat the oven to 200°C / gas mark 6.
- ☐ 2. Place the pastry square on baking paper.
- ☐ 3. Spread a thin layer of passata or tomato sauce onto the pastry.
- ☐ 4. Wash and finely slice the leek.
- ☐ 5. Tear or chop the spinach into smaller pieces.
- ☐ 6. Grate the cheese carefully.
- ☐ 7. Add the leek, spinach and cheese to the pastry.
- ☐ 8. Add black pepper or mixed herbs if needed.
- ☐ 9. Bake for 15–20 minutes until the pastry is golden and crisp.
- ☐ 10. Let the tart cool slightly before tasting.



## Safety

- Use the claw grip when cutting the leek.
- Keep fingers away from the grater when grating cheese.
- Use oven gloves when putting the tray in or taking it out of the oven.

## Remember

- Do not add too much sauce or the pastry may go soggy.
- Cut the leek thinly so it cooks properly.



# Apple and rhubarb crumble



## Ingredients

|                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 medium apple                        | 25g butter or baking spread       |
| 1 stick of rhubarb, approximately 80g | 20g sugar for the crumble topping |
| 1 tablespoon sugar for the fruit      | Optional: ½ teaspoon cinnamon     |
| 50g plain flour                       |                                   |

## Equipment

|                |                 |
|----------------|-----------------|
| Chopping board | Plate           |
| Knife          | Mixing Bowl     |
| Spoon          | Weighing Scales |
| Baking tray    |                 |
| Baking paper   |                 |
| Oven gloves    |                 |

## Method

- ☐ 1. Preheat the oven to 180°C / gas mark 4.
- ☐ 2. Peel the apple if needed.
- ☐ 3. Chop the apple and rhubarb into small, even pieces.
- ☐ 4. Put the fruit into an ovenproof dish or foil tray.
- ☐ 5. Sprinkle 1 tablespoon of sugar over the fruit.
- ☐ 6. Weigh the flour and butter or spread into a mixing bowl.
- ☐ 7. Rub the flour and butter together with your fingertips until it looks like breadcrumbs.
- ☐ 8. Stir 20g sugar into the crumble topping.
- ☐ 9. Sprinkle the crumble topping over the fruit.
- ☐ 10. Bake for 20–25 minutes until the fruit is soft and the topping is golden.
- ☐ 11. Let the crumble cool slightly before tasting.



## Safety

- Use the claw grip when chopping the apple and rhubarb.
- Use oven gloves when putting the crumble in or taking it out of the oven.
- Let the crumble cool slightly because the fruit will be very hot.

## Remember

- Cut the fruit into small, even pieces so it cooks properly.
- Rub the butter into the flour gently until it looks like breadcrumbs.
- Do not press the crumble topping down, or it may become heavy instead of crumbly.



# Pizza Style Wrap



## Ingredients

- |                         |                          |
|-------------------------|--------------------------|
| 1 tortilla wrap         | Optional: ½ teaspoon     |
| 1 tablespoon passata or | mixed herbs              |
| tomato sauce            | Optional: pinch of black |
| 30g cheese              | pepper                   |
| ¼ pepper                |                          |
| 1 tablespoon sweetcorn  |                          |

## Equipment

- |                |              |
|----------------|--------------|
| Chopping board | Baking paper |
| Knife          | Oven gloves  |
| Grater         | Plate        |
| Tablespoon     |              |
| Teaspoon       |              |
| Baking tray    |              |

## Method

- ☐ 1. Preheat the oven to 200°C / gas mark 6.
- ☐ 2. Place the tortilla wrap on baking paper.
- ☐ 3. Spread a thin layer of passata or tomato sauce over the wrap.
- ☐ 4. Grate 30g cheese carefully.
- ☐ 5. Wash and chop the pepper into small pieces.
- ☐ 6. Add the cheese, pepper and sweetcorn to the wrap.
- ☐ 7. Add mixed herbs or black pepper if using.
- ☐ 8. Place the wrap on a baking tray.
- ☐ 9. Bake for 8–10 minutes until the cheese has melted and the edges are crisp.
- ☐ 10. Let the wrap cool slightly before cutting or tasting.



## Safety

- Use the claw grip when cutting the pepper.
- Keep fingers away from the grater when grating cheese.
- Use oven gloves when putting the tray in or taking it out of the oven.

## Remember

- Do not add too much sauce or the wrap may become soggy.
- Cut toppings into small pieces so they cook evenly.
- Let the wrap cool slightly before eating because the cheese will be hot.



# Egg Fried Rice



## Ingredients

60g dried long grain rice    1 teaspoon oil  
½ pepper                      1 tablespoon soy sauce  
1 spring onion  
2 tablespoons peas  
2 tablespoons sweetcorn  
1 egg

## Equipment

|                   |                 |
|-------------------|-----------------|
| Chopping board    | Small bowl      |
| Knife             | Fork            |
| Saucepan          | Tablespoon      |
| Frying pan or wok | Teaspoon        |
| Wooden spoon      | Weighing scales |
| Colander          |                 |

## Method

- ☐ 1. Weigh 60g dried long grain rice.
- ☐ 2. Cook the rice in boiling water using the packet instructions.
- ☐ 3. Wash and chop the pepper into small pieces.
- ☐ 4. Slice the spring onion carefully.
- ☐ 5. Crack the egg into a small bowl.
- ☐ 6. Beat the egg with a fork.
- ☐ 7. Drain the rice carefully using a colander.
- ☐ 8. Heat the oil in a frying pan or wok.
- ☐ 9. Add the pepper, peas, sweetcorn and spring onion. Stir carefully.
- ☐ 10. Add the beaten egg and stir until it is fully cooked.
- ☐ 11. Add the cooked rice to the pan.
- ☐ 12. Add the soy sauce.
- ☐ 13. Stir everything together until it is hot all the way through.



## Safety

- Be careful with boiling water and steam when cooking and draining rice.
- Hold the colander steady in the sink and pour the rice away from your body.
- Cook the egg fully before serving.

## Remember

- Use rice straight away after cooking it in school. Do not use rice that has been left standing.
- Stir the egg until it is fully cooked before adding the rice.
- Soy sauce can be salty, so add it carefully.

