

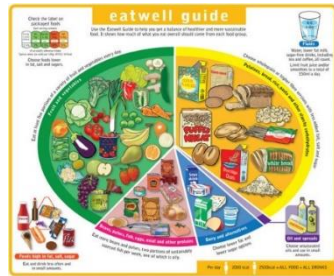


Year 5 DT Cooking Home Learning Tasks



The Eatwell Plate (See Resource)

Using the Eatwell Plate, plan a healthy meal that you would cook for your family (there is no assumption that you will actually cook the meal, but if you can, that would be great). Write the recipe down, detailing any healthy choices or swaps you have made.



<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Make a Roux ('Roo') (See resource)

A roux is basic sauce, that can easily be transformed with simple ingredients, such as herbs and cheese.



Recipe link:

<https://www.bbcgoodfood.com/howto/guide/how-make-roux>

Link to the Video Clip:

<https://www.youtube.com/watch?v=9aeCJGmEXqE>

Cooking ideas taken from Jamie Oliver's new show, 'Keep Cooking and Carry On'.

Easy Tomato Sauce



Recipe link:

<https://www.jamieoliver.com/recipes/tomato-recipes/easy-tomato-sauce/>

Link to the TV programme:

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/on-demand/71360-001>

Cooking ideas taken from Jamie Oliver's new show, 'Keep Cooking and Carry On'.

Easy Homemade Bread



Recipe link:

<https://www.jamieoliver.com/recipes/bread-recipes/easy-homemade-bread/>

Link to the TV programme:

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/on-demand/71360-002>

Cooking ideas taken from Jamie Oliver's new show, 'Keep Cooking and Carry On'.

Cheat's Deep Pan Pizza



Recipe link:

<https://www.jamieoliver.com/recipes/bread-recipes/cheat-s-deep-pan-pizza/>

<https://www.jamieoliver.com/features/personalise-your-pizza-toppings/>

Link to the TV programme:

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/on-demand/71360-004>

Get Cooking Recipe Book from Islington Healthy Schools

If you want to try something different please take a look at this fantastic book from Islington Healthy Schools which has loads of brilliant healthy recipes for you to choose from.



Link to a free pdf of the book:

<http://www.highburyquadrantprimary.co.uk/wp-content/uploads/2017/04/GET-COOKING-recipe-book.pdf>

