

Make it healthy

A few tweaks to a recipe can make all the difference.

Think about ...

- adding more fruit and vegetables to dishes
- basing meals on starchy foods
- going for wholegrain varieties
- using fish, including oily types
- trimming visible fat from meat, or removing skin from chicken
- choosing reduced or lower-fat dairy foods
- cutting down on foods high in fat and sugar
- replacing salt with herbs, spices, garlic, ginger and chilli
- using different cooking methods, e.g. grill, don't fry

Show two examples of how you've changed a dish.

Dish 1:

Stick image here

Dish 2:

Stick image here

What did you change to make the dish healthier?

- CHECK!
- ☐ I can cook a range of healthy dishes.
 - ☐ I use a variety of cooking skills and techniques.
 - ☐ I can use cooking equipment safely, being aware of others' safety.
 - ☐ I can change recipes/dishes to improve health.
 - ☐ I can handle and cook food hygienically and safely.
 - ☐ I can use up leftovers safely.

food route

a journey through food

Name:



Cooking

Cook it up!

Stuck in a rut with your cooking? Learning new food skills, experimenting with different ingredients and knowing how to use a range of equipment means you can have fun, be creative, and cook exciting, healthy dishes.



Think about ...

- challenging yourself to try more complex recipes using a range of cooking methods
- trying a wider selection of ingredients, including using up leftovers
- how to use equipment safely around others
- being safe in the kitchen
- adapting recipes to make them healthier e.g. using alternatives to salt

change 4 life
Eat well Move more Live longer

Food I like to cook for me and my friends

Skills I have used ...

Stick in a picture of the dish you've made

Stick in a picture of the dish you've made

Stick in a picture of the dish you've made

Stick in a picture of the dish you've made

Baking
Blending
Boiling
Chopping
Grating
Grilling
Knife skills
Peeling
Mixing
Rolling out
Steaming
Stewing
Stir-frying
Others:

Variety is the spice of life ...

Keep a record of the different foods you cook. Do you cook the same thing all the time, or are you keen to try new dishes? Could you use up leftovers more often?

Old favourites

New and exciting!

Cook safely, eat well!

To eat well, we need to store, prepare and cook food safely. Keep a note of the ways you cook safely.

To be safe before cooking I...

While I am cooking I ...

After I cook I ...

Be equipped ...

Using the right piece of equipment is essential when you cook. List and explain the different equipment you use.

Equipment

I use this to ...