

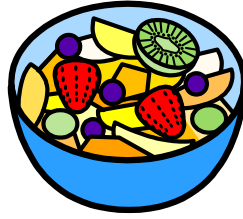
Recipe Cards



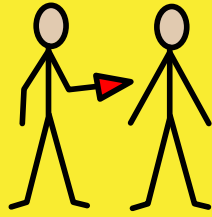
Here are some simple recipes you can try with your child at home.

The recipe is broken down into accessible stages with visuals to help your child understand and take part with you.

Needless to say you will need to supervise your child when using cooking equipment.

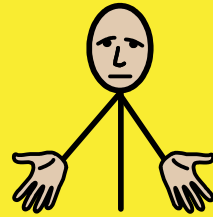


Fruit Salad

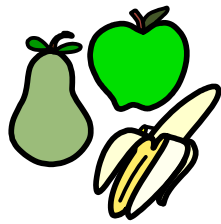


You

will



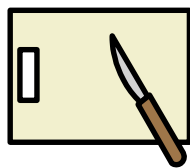
need



fruit



juice



chopping board



knife



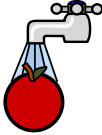


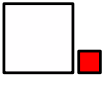
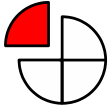
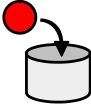





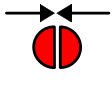



spoon

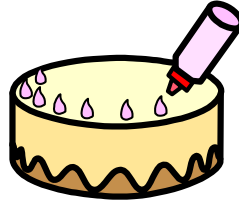


bowl

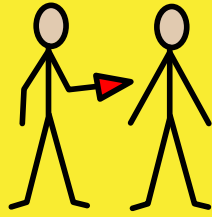


Fruit Salad Instructions

<p>1 1</p>	<p> wash the fruit</p>
<p>2 2</p>	<p> cut the  fruit into  small  pieces</p>
<p>3 3</p>	<p> Put into a  bowl</p>
<p>4 4</p>	<p> Add a  splash of  juice</p>
<p>5 5</p>	<p> Mix together with a  spoon</p>
<p>6 6</p>	<p> Enjoy  eating your  fruit salad</p>

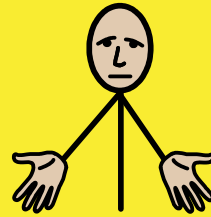


Iced Biscuits

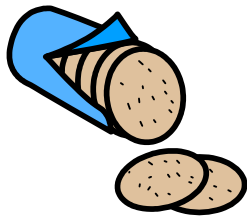


You

will



need



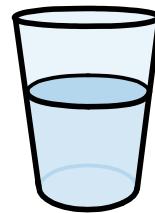
Biscuits



Icing sugar



sprinkles



water
















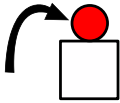






spoon

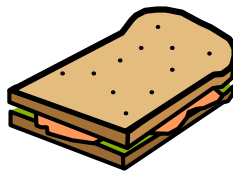


bowl

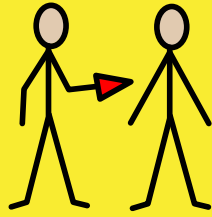


Iced Biscuits Instructions

<p>1 1</p>	   <p>Pour icing sugar into a bowl</p>
<p>2 2</p>	  <p>1</p>   <p>Add water, one spoon at a time</p>
<p>3 3</p>	    <p>Mix together to make icing</p>
<p>4 4</p>	    <p>Spread icing onto your biscuit</p>
<p>5 5</p>	  <p>Add sprinkles</p>
<p>6 6</p>	   <p>Enjoy eating your iced biscuits</p>

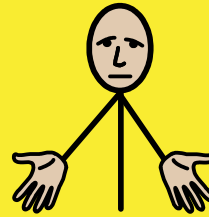


Sandwiches

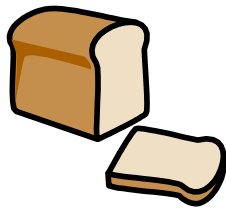


You

will



need



Bread

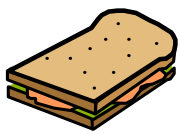


Butter

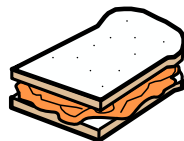
or



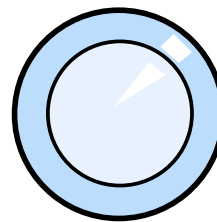
margarine



Sandwich



filling



Plate


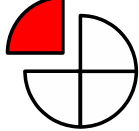
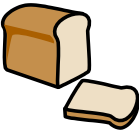













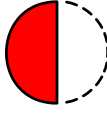





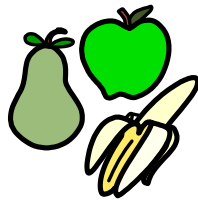
knife



Sandwiches

Instructions

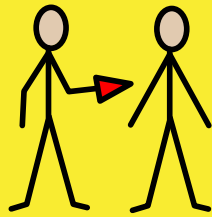
<p>1 1</p>	<p> 2  pieces of  bread</p> <p>Get 2 pieces of bread</p>
<p>2 2</p>	<p>  or  on  the bread</p> <p>Spread butter or margarine on the bread</p>
<p>3 3</p>	<p> your  on top of  one slice of bread</p> <p>Put your filling on top of one slice of bread</p>
<p>4 4</p>	<p> the   slice of bread on top of the  filling</p> <p>Put the other slice of bread on top of the filling</p>
<p>5 5</p>	<p> the  in  half</p> <p>Cut the sandwich in half</p>
<p>6 6</p>	<p>  your  sandwich</p> <p>Enjoy eating your sandwich</p>



Fruit

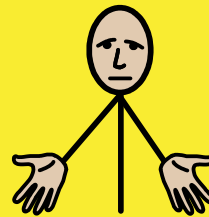


kebabs

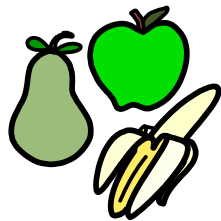


You

will



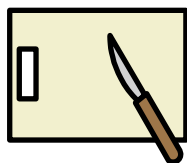
need



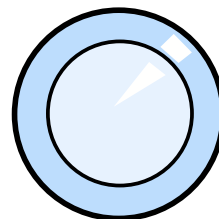
Fruit



Skewers



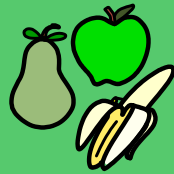
Chopping board



Plate



knife



Fruit



Kebabs



Instructions

1

1



wash the fruit

2

2



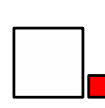
cut

the

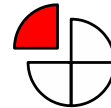


fruit

into



small



pieces

3

3

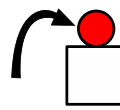


put

the



fruit



onto

the



skewer

4

4



Enjoy



eating

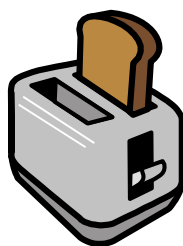
your



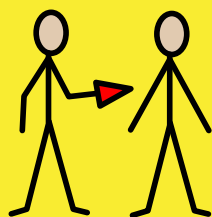
fruit



skewer

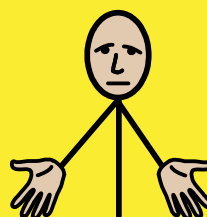


Toast

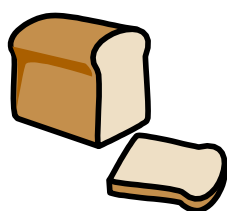


You

will



need



Bread

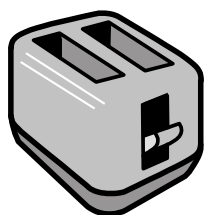


Butter

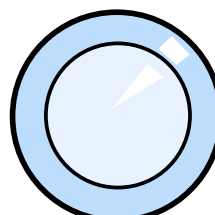
or



margarine



Toaster
























Plate

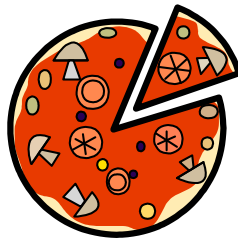


knife

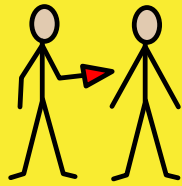


Toast Instructions

<p>1 1</p>	    <p>Put a slice of bread in the toaster</p>
<p>2 2</p>	   <p>Turn it on and wait</p>
<p>3 3</p>	      <p>When it's ready put the toast on a plate</p>
<p>4 4</p>	     <p>Spread butter or margarine on the toast</p>
<p>5 5</p>	   <p>Enjoy eating your toast</p>

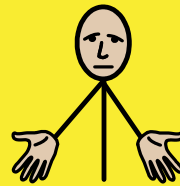


Pizza

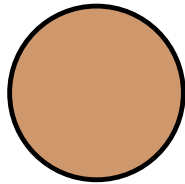


You

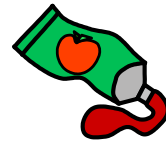
will



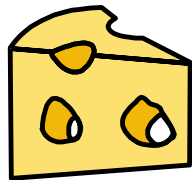
need



Pizza base



Tomato puree



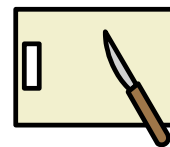
cheese



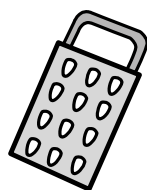
vegetables



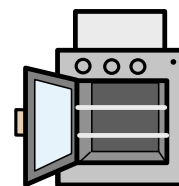
knife



chopping board



cheese grater



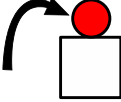
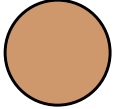
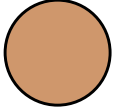



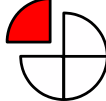
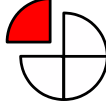






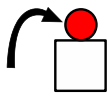
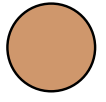
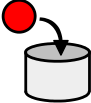

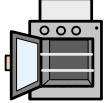








oven



Pizza

Instructions

<p>1 1</p>	     <p>Spread tomato puree onto the pizza base</p>
<p>2 2</p>	     <p>Cut vegetables into small pieces</p>
<p>3 3</p>	  <p>Grate cheese</p>
<p>4 4</p>	      <p>Sprinkle vegetables and cheese onto pizza base</p>
<p>5 5</p>	     <p>Put in the oven and wait</p>
<p>6 6</p>	    <p>Enjoy eating your pizza</p>