



Salsa Recipe



Ingredients

three large tomatoes
1/2 red onion, diced
juice of a small lime
juice of half a lemon
1 tsp of chilli powder
chopped parsley
chopped coriander
1/2 tsp of garlic powder
salt and pepper

Equipment

mixing bowl
knife
mixing spoon
fork
measuring spoons
chopping board
paper towel
small bowl to serve in



Method

1. Collect the ingredients and equipment you will need to make the salsa.
2. Cut and dice the tomatoes and red onion and tip into a mixing bowl.
3. Cut the parsley and coriander into small pieces and add to the mixture.
4. Squeeze the lemon and lime juice into the bowl and stir in.
5. Add the garlic, chilli, salt and pepper to the mixture and stir well.
6. Transfer the mixture to a smaller serving bowl and add some coriander to the top to garnish.





Tzatziki Recipe



Ingredients

470 ml of Greek yoghurt
2 medium cucumbers,
finely diced
1 tsp of garlic powder
juice from half a lemon
1 tbsp of olive oil
chopped dill
sprinkle of salt

Equipment

mixing bowl
chopping board
knife
spoon
measuring spoons
measuring cup
paper towel
small bowl to serve



Method

1. Open the yoghurt and spoon into a mixing bowl.
2. Cut and dice the cucumbers and mix with the yoghurt.
3. Squeeze the lemon juice in and mix well.
4. Cut the dill with a knife into fine pieces. Add to the mixture.
5. Add the olive oil, salt and garlic powder and mix well.
6. Transfer the mixture to a smaller bowl.
7. Add a piece of dill to the top to garnish the sauce.

TIP: This sauce tastes better if you chill it in the fridge for about an hour.





BBQ Sauce Recipe



Ingredients

240 ml of ketchup
240 ml of vinegar
120 ml of yellow mustard
120 ml of white sugar
1 tsp of garlic powder
1 tsp of salt
3/4 teaspoon of chilli powder
1/2 tsp black pepper

Equipment

mixing bowl
chopping board
knife
spoon
measuring spoons
measuring cup
paper towel
whisk
small bowl to serve



Method

1. Collect the ingredients and equipment you need to make the BBQ sauce.
2. Pour the tomato sauce into the mixing bowl and add the vinegar to it.
3. Add the mustard and mix in well, until it is mixed thoroughly.
4. Stir in the sugar until it is dissolved.
5. Add the garlic, chilli, pepper and salt and mix until smooth.
6. Transfer the sauce into a smaller serving bowl and garnish with a drop of tomato sauce.





Now that you have made and tasted the three different sauces, try one of these challenges.

Red boxes are the most challenging, orange boxes are a little easier and green boxes are the least challenging. Answer the challenge any way you like on the provided writing frame.

Product Design

Choose one of the sauces you tasted today and suggest changes to make into a new product, with a new name.

Design a suitable bottle and label then draw a poster to advertise your product.

Shopping List

Imagine you were your teacher and you had to buy the ingredients for the sauces you made today.

Create an organised shopping list of all the ingredients you would need for your class group.

Cuisines

Design sauces to fit the cuisines below. You may need to use the internet to research flavours and ingredients usually used for each cuisine.

Mexican
Italian
Asian
American

Calories

Draw a table showing all the ingredients used in the three sauces you tasted today.

Research the amount of calories found in each ingredient and record it in your table.

Party Menu

Create a sauce-tasting party menu. Research some sauces and choose a selection for your menu.

Design a menu with pictures and flavour descriptions for each sauce.

Flow Chart

Use boxes and arrows to draw a flow chart explaining how to make one of the sauces you tasted today.

Make sure you label your drawings using brief sentences.

Survey Questions

Imagine you want to find out what the most popular sauce was today and why.

Write a list of questions for each sauce you could ask your friends. What would you need to find out?

Press Release

Imagine you are about to launch a new sauce to the public.

Research what a press release is and write one to promote the new sauce you are launching.

Sauce Recipe

Design your own sauce and write the recipe for it.

Remember to include the ingredients, equipment and the method.

Draw a picture of your sauce.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

A large, empty rectangular box with a decorative purple border, intended for writing.





Follow these guidelines (as well as any guidance from your teacher) to reduce the chances of having an accident, and help keep germs out of food!

Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. ***If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!***

Wear a clean apron. ***If you need to go to the toilet, take off your apron first!***

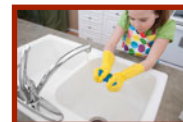


Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. **Use a clean cloth or disposable wipes.**

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need. Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you have adult supervision when using the stove or oven. Be sure to stand back from the heat in case the oil spits.

Food Hygiene

Don't taste food unless an adult says it's OK. **Some food is not safe to eat when it is raw; some food may be too hot to taste.**

Don't taste food by licking your fingers! ***If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!***

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly.

Tidy Up

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.

Remember, be careful with sharp knives.

Complete each step in the recipe slowly to avoid spillages.



Here is a list of ingredients you can take to the supermarket with you.
Remember to multiply the ingredients by the number of groups in your class.

Salsa	Tzatziki	BBQ sauce
3 tomatoes QTY: <input type="text"/>	470 ml Greek yoghurt QTY: <input type="text"/>	240 ml cup ketchup QTY: <input type="text"/>
1/2 red onion QTY: <input type="text"/>	2 cucumbers QTY: <input type="text"/>	240 ml vinegar QTY: <input type="text"/>
coriander QTY: <input type="text"/>	garlic powder QTY: <input type="text"/>	120 ml yellow mustard QTY: <input type="text"/>
1 lime QTY: <input type="text"/>	olive oil QTY: <input type="text"/>	120 ml white sugar QTY: <input type="text"/>
chilli flakes/powder QTY: <input type="text"/>	lemon QTY: <input type="text"/>	garlic QTY: <input type="text"/>
lemon QTY: <input type="text"/>	dill QTY: <input type="text"/>	salt QTY: <input type="text"/>
parsley QTY: <input type="text"/>	salt QTY: <input type="text"/>	chilli powder QTY: <input type="text"/>
1/2 tsp garlic QTY: <input type="text"/>	pepper QTY: <input type="text"/>	pepper QTY: <input type="text"/>



Can you create a burger menu using the ingredients below? Design a burger and create a menu for it including: an exploded diagram, a description and a discount coupon. **Remember** to include the side order.

Patties	Sauces	Fillings	Side dishes
plain beef	tomato salsa	lettuce	chips
herbed turkey	tzatziki	tomato	salad
grilled chicken breast	peanut satay	cheese	mixed vegetables
Indian spiced vegetarian	hoisin	onion	onion rings
BBQ pork	BBQ	cucumber	coleslaw
salt and peppered fish	tomato and mustard	pickles	corn on the cob
chilli beef	lemon mayonnaise	beetroot	sweet potato fries
five spiced turkey	hot chilli sauce	fried egg	jacket potato
breaded chicken	creamy mushroom	avocado	macaroni cheese
minted lamb	honey mustard	grated carrot	pasta salad
garlic and herb pork	basil pesto	red peppers	courgette fries

<div data-bbox="750 291 774 324">3</div> <div data-bbox="790 280 813 448">Fold second</div> <div data-bbox="156 358 746 1086"><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/></div>	<div data-bbox="1452 291 1476 324">2</div> <div data-bbox="826 309 1460 1048"></div> <div data-bbox="826 1064 1460 1169"><p>Burger diagram</p></div>
<div data-bbox="111 1176 223 1198">Fold first</div> <div data-bbox="311 1220 598 1265">Discount Coupon</div> <div data-bbox="135 1209 769 2065"></div> <div data-bbox="119 2049 143 2083">4</div>	<div data-bbox="826 1209 1460 1361"></div> <div data-bbox="826 1388 1460 2065"></div> <div data-bbox="1452 2049 1476 2083">1</div>