

Task 1:

Chocolate chip muffins

Makes 6 muffins



Ingredients

125g self-raising flour
½ tsp bicarbonate of soda
75g chocolate chips, milk, white, dark or a mix of all three
50g golden caster sugar
1 eggs, lightly beaten
75ml natural yogurt
50g unsalted butter, melted



Equipment

large mixing bowl, wooden spoon, teaspoon, muffin tin, paper cases, sieve, whisk, measuring jug and scales



Method:

1. Heat oven to 200C/180C fan/gas 6 and line a 6-hole muffin tin with paper cases.
2. Sift the flour and bicarbonate of soda into a large bowl, then stir in the chocolate chips and sugar. Add the beaten eggs, yogurt and butter, and stir to combine. It doesn't matter if the mixture looks a bit lumpy, it's more important not to overmix or the muffins will turn out tough.
3. Fill the paper cases and bake for 20-25 mins until risen and golden brown. Transfer to a rack to cool

Task 2:

Word Search find the different foods that are suitable for braising

A G C H I C K E N L E G S J C
B R A I S E D L I V E R E C H
L W H O L E C H I C K E N S P
A B Q F Y B I V F C Y R O C O
M E R G W R A S O J T E N Y R
B F C A N A P F N H J D X K K
S Q C Q I I C E I T F C K P S
H B R A I S E D O X T A I L H
A B L Q Z E E J N X G B K Z O
N N R J K D C D S R V B Y V U
K H Q I D B E L S C S A R C L
S W S M Q E L E R T C G A W D
A P V G I E E E I H E E D N E
P R T M T F R K Z R M A H S R
H X L I Y L Y S O J E M K X E

Braised oxtail

Whole chickens

braised steak

Braised liver

Chicken legs

Pork shoulder

Braised beef

Lamb shanks

Red cabbage

Celery

Onions

Leeks

Task 3:

Food Safety Word Search

Test your skills and see how many of these food safety terms you can find below (circle each one).

Bacteria

Cooking

Disinfect

Handwashing

Microwave

Spoil

Chill

Cutting board

Food safety

Hygiene

Reheating

Storage

Clean

Danger zone

Germs

Illness

Separate

Temperature

F	D	R	A	O	B	N	I	T	T	U	C	L	W	M
R	A	M	N	N	E	G	C	X	O	W	X	A	E	R
A	G	O	L	H	E	H	S	T	O	R	A	G	E	E
R	N	K	X	E	I	N	N	I	M	A	T	N	R	C
S	I	T	B	L	S	G	O	A	R	N	A	T	T	L
G	H	C	L	B	R	C	T	Z	T	I	R	L	E	E
E	S	E	Y	E	V	A	W	O	R	C	I	M	M	A
R	A	F	S	D	H	L	F	E	N	E	C	O	P	N
M	W	N	S	P	O	U	T	O	N	S	G	G	E	R
S	D	I	K	R	O	C	R	E	O	L	E	N	R	N
Q	N	S	M	D	A	I	I	G	M	R	T	I	A	H
X	A	I	R	B	N	G	L	N	A	T	A	T	T	D
O	H	D	F	K	Y	Q	L	I	E	N	R	A	U	A
L	P	R	V	H	E	C	L	K	R	P	A	E	R	L
E	Y	T	E	F	A	S	D	O	O	F	P	H	E	T
W	R	H	E	A	S	K	R	O	W	E	E	E	F	H
S	S	E	N	L	L	I	T	C	I	M	S	R	V	C

Task 4:

Chicken wrap

Serves 1



Ingredients

- ½ chicken breast
- ½ onion
- ¼ red pepper
- ¼ yellow pepper
- 1 tablespoon vegetable oil
- ½ - 1 teaspoon. Cajun spice
- 1 tablespoon chopped tomatoes
- 1 teaspoon of tomato puree
- 1 plain tortilla wrap



Equipment

Chopping board, vegetable knife, measuring spoons, frying pan, plate for serving



Method

1. Cut the chicken into thin strips.
2. Finely slice the onions and peppers
3. Heat the oil in a frying pan
4. Stir fry the chicken for 1 minute then add the onion and peppers, cook for a further 3 minutes.
5. Add the ½ to 1 teaspoon of Cajun spice depending on taste, the chopped tomatoes and tomato puree, cook for 1 more minute.
6. Taste and add salt if necessary.
7. Spoon desired amount into wrap.



Handy Hints

Serve with a sour cream and chive dips