



Cook Activity Badge

Discover how to whip up the tastiest food for you and your friends. Ready. Steady. Cook.

How to earn your badge:

1. Find out what makes a balanced diet.

Learn about what makes a balanced diet.

Draw on a paper plate (or draw a plate on a sheet of paper!) your favourite balanced meal.

Upload a photo of your finished drawn meal!

2. Find out about why being clean in the kitchen is important.

Complete the Clean Kitchen Activity whilst you are cooking. Tick off the things you did whilst you were in the kitchen.

Upload your completed sheet!

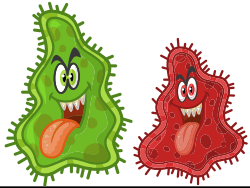
3. Learn about being safe in the kitchen.

Complete the Kitchen Safety Activity – fill in the blanks.

Upload your completed sheet!

4. Choose three dishes to prepare and cook.

Why not try cooking something different? You could help cook a main meal for your family or try some new food! Take photos so we can see what you have created in the kitchen. We've attached some recipe ideas too!

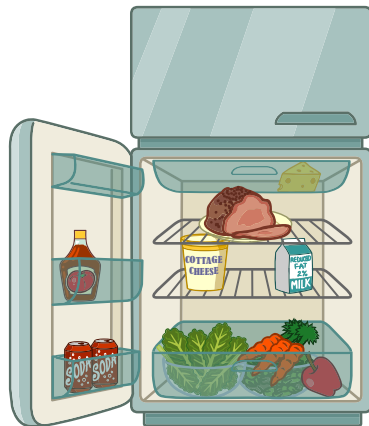
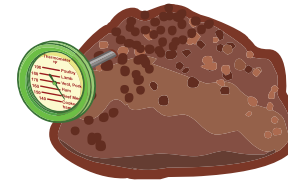
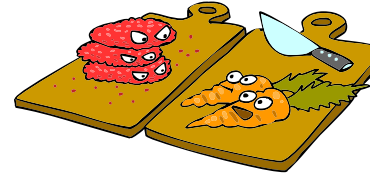


Chef Solus Food Safety Word Challenge



meat thermometer	temperature	2 hours	refrigerator	defrost	separate	20 seconds	wash
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1. Keep raw meat _____ from cooked meat.
2. Leftovers should be stored in the _____.
3. _____ your hands before and after touching food.
4. The best way to make sure meat is cooked is by checking the _____.
5. Wash your hands for _____ to remove all germs.
6. Always use a _____ when cooking meat.
7. _____ foods in the refrigerator not on the counter.
8. Food should be stored in the refrigerator within _____ or else it will begin to spoil.



Be a Food Safety Explorer Don't Let the Bacteria Grow.



The Basics: Clean, Separate, Cook and Chill

You can help prevent food poisoning from bacteria and viruses by following four simple steps when you prepare food:

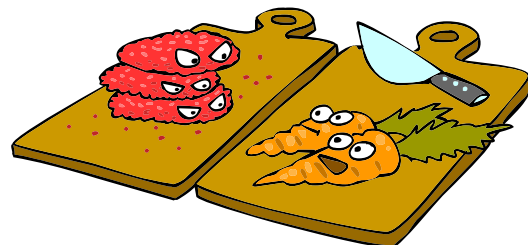
CLEAN: Wash hands and countertops oftens

- Wash your hands with warm water and soap for at least 20 seconds before and after you touch food.
- Items that touched food like cutting boards, dishes, silverware, and counter tops need to be washed with hot soapy water. Wash before and after each food item and those nasty bacteria won't have a chance to grow.
- Rinse fresh fruits and vegetables under running tap water.
- If you have a vegetable scrubber, you can give an extra scrub to fruits and vegetables that have firm skins. Scrub under running tap water.



SEPARATE: Don't mix raw with cooked!

- Separate raw meat, poultry, seafood and eggs from other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Keep raw foods separate from cooked foods. Don't use the same plate.



Visit www.ChefSolus.com for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!

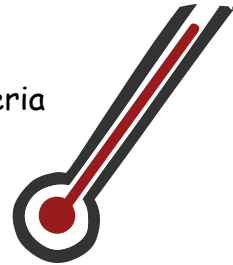
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Be a Food Safety Explorer Don't Let the Bacteria Grow.



COOK: Cook foods to the right temperature

- Use a food thermometer which measures the inside temperature of cooked meat, poultry and egg dishes. A thermometer helps you cook foods to a safe temperature.
- Cook eggs until the yolk and white are firm, not runny. Avoid using recipes in which eggs stay raw or only partially cooked.
- Make sure there are no cold spots in food (where bacteria can live) when cooking in a microwave oven. For best results, rotate the dish once or twice during cooking.



CHILL: Refrigerate right away - don't wait.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours. Put them in a container in the refrigerator or freezer with a label and date .
- Food must be kept at a safe temperature when defrosting it. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Don't forget to throw out food that has been in the refrigerator for more than four days.



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Salad station recipe card



What you need

Equipment

- Large bowl
- Smaller bowl
- Knife
- Chopping board
- Grater
- Spoon
- Fork
- Tin opener (optional)

Ingredients (salad)

- Salad leaves
- Carrots
- Sweetcorn
- Cucumber
- Tomato
- Pepper
- Cheese (optional)

Ingredients (dressing)

- Yoghurt
- Mayonnaise
- Lemon juice
- Chives or parsley

Recipe

1. Wash the salad leaves and tear them into small pieces. Layer them in the bottom of the big bowl.
2. An adult should help everyone prepare the rest of the ingredients: grating carrot and cheese (if using), draining sweetcorn, and chopping the cucumber, tomato, pepper, and any other vegetables.
3. Choose which vegetable to layer next. Add the vegetable in an even layer on top of the salad leaves. Continue adding layers of vegetables until they're all in the big bowl.
4. Make a dressing by mixing yoghurt, mayonnaise, and lemon juice. Experiment with the quantities, then taste it and decide if it needs more of anything (don't forget: don't put a spoon back in the dressing once it's been in or near your mouth!)
5. Add some chopped chives or parsley to the dressing.
6. Dollop the dressing over the top of the salad.

Make it allergy friendly

- If anyone's allergic to any vegetables, don't use them.
- The cheese is optional – don't use it, or replace it with a dairy-free alternative if you have anyone who's allergic to dairy (or vegan).
- Check with any vegetarians (or their parents or carers) if you need to use cheese without animal rennet.
- You could substitute the yoghurt and mayonnaise for dairy and egg free alternatives if anyone has allergies or is vegan. Try soya yoghurt, or free-from mayonnaise.



Perfect pizzas

Ingredients

For the base:

- 300g strong bread flour
- 1 tsp (7g) instant yeast
- 1 tsp salt
- 1 tbsp olive oil

For the tomato sauce:

- 100ml passata
- 1 tsp dried basil
- 1 garlic clove, crushed

For the topping:

- 125g ball mozzarella, sliced
- Vegetables for toppings

Create these classic tasty Italian pizzas and get experimental with the veggies! Bellissima!

This recipe makes 2 pizzas.

Method

- Heat oven to 240C/fan, 220C or gas 8.
- Put the flour into a large bowl, then stir in the yeast and salt.
- Make a well, pour in 200ml warm water and the olive oil and mix with a wooden spoon until you have a soft, fairly wet dough.
- Put it onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside.
- Mix the passata, basil and crushed garlic together in a bowl.
- Split the dough into two balls.
- On a floured surface, roll out the dough into large rounds, about 25cm, using a rolling pin. The dough needs to be very thin as it will rise in the oven.
- Put the rolled-out pizza bases on to two floured oven trays.
- Pour a bit of the sauce over bases and spread with the back of a spoon.
- Scatter the cheese and vegetables on top of the pizza.
- Bake for 8-10 mins until crisp.

Fruit factory recipe card



What you need

Equipment

- Sharp knife
- Table knives
- Chopping boards
- Skewers
- Mixing bowl
- Grater
(optional, if adding chocolate)
- Tin opener (optional)

Ingredients

- Fruit (for example; apples, grapes, tinned pineapple, strawberries, melon, or bananas)
- Yoghurt
- Honey
- Chocolate (optional)

Recipe

1. Open any tins and drain the fruit.
2. Adults should use the sharp knives to chop fruit such as apples. Everyone should use the table knives to chop softer fruit including banana and tinned pineapple. Everyone should use a method that protects fingers and hands, for example the bridge and claw method.
3. Thread pieces of fruit onto a skewer. Make sure each skewer has a mix of fruit, and make enough skewers for everyone to have one.
4. Stir some honey through some yoghurt to make a tasty dip. Grate some chocolate on top.

Make it allergy friendly

- If anyone's allergic to a certain fruit, don't use it.
- If anyone's allergic to dairy (or vegan) use a dairy free yoghurt, for example, soya yoghurt. Use dairy free chocolate (some, but not all, dark chocolate is dairy free, or you can buy free from milk chocolate).

Bean burger bar recipe card



What you need

Equipment

Large bowl
Potatoe masher (or fork)
Garlic crusher (or knife)
Spoon
Baking tray
Oven or barbeque
(or hob and frying pan)
Tin opener (optional)

Ingredients

<input type="checkbox"/>	Tinned beans (cannellini, borlotti, kidney, or mixed beans)	<input type="checkbox"/>
<input type="checkbox"/>	Garlic	<input type="checkbox"/>
<input type="checkbox"/>	Cooked root vegetables	<input type="checkbox"/>
<input type="checkbox"/>	Spices	<input type="checkbox"/>
<input type="checkbox"/>	Egg (or flour)	<input type="checkbox"/>
<input type="checkbox"/>	Buns	<input type="checkbox"/>
<input type="checkbox"/>	Oil	<input type="checkbox"/>

Recipe

This recipe won't necessarily make enough burgers for everyone to have a whole one – people can cut them up and share.

1. Drain and wash the tinned beans.
2. Mash the means in a bowl with a potato masher or a fork.
3. Add cooked root vegetables (such as carrot, sweet potato, and potato) to the mashed beans. The easiest way to quickly cook the vegetables is to dice them then cook them in the microwave with a little water.
4. Once the vegetables are cool, mash them into the mixture.
5. Crush garlic (or an adult can finely chop it). Add it to the mixture along with spices such as cumin, paprika, or pepper. You can taste it to see if you want to add a little more of anything.
6. Add a little beaten egg to bind the mixture, until it feels a bit like playdough. Don't taste the mixture once you've added egg.
7. Take a bit of the mix and roll it in to a ball in your hands. Put the ball on a greased baking tray and press it down so it's a burgder shape, then drizzle with oil.
8. An adult should bake in a medium hot oven for 20 minutes, or on a barbecue until golden brown and hot in the middle.

Make it allergy friendly

If anyone's allergic to egg, or is vegan, use flour to bind the mixture instead. You could use gluten-free flour if you need to.

Top tip

The burgers may fall apart when they're cooked. Reducing the moisture (for example, drying vegetables on a paper towel before you mash them) may help keep them together.