







Please note, children will need to be fully supervised throughout the week.

	Ingredients	Equipment
Monday: Noodle soup	<p>2 green onions/spring onions/scallions 2 heads of pak choi (bok choy) 4 mushrooms 500ml stock (we will make this during the class so they will only need 500ml water and a stock cube) 1 teaspoon dark soy sauce 1 teaspoon soy sauce 1 piece ginger (thumb size) 2 garlic cloves 100g instant cook noodles</p> 	<p>Measuring jug Saucepan Knife Teaspoon Tablespoon Chopping board</p> <p>We will be using the hob for this lesson.</p>
Tuesday: Flapjack	<p>We will use the scales to measure each ingredient. 100g butter 200g oats 100g brown sugar (white sugar is ok) 3 tablespoons golden syrup (honey or maple syrup is ok) 2 tablespoons raisins (any dried fruit is ok)</p> 	<p>Weighing scales Saucepan Tablespoon Greaseproof paper (brown paper)</p> <p>We will be using the hob for this lesson.</p> <p>Please prepare a tray for the children to put the mixture in which can go in the fridge</p>
Wednesday: Vegetable	<p>1 tortilla wrap 4 small tomatoes</p>	<p>Knife Chopping board</p>

wraps	<p>1 pepper/capsicum (any colour is ok) 1 ball mozzarella Handful of spinach leaves Mayonnaise</p>  <p>2 bananas (we will prepare these for tomorrow's lesson at the end of today)</p>	Box or plate that can go in the freezer
<p>Thursday: Fruit kebabs and smoothie</p>	<p>For kebabs: 2 bananas (frozen from Wednesday) 4 strawberries 1 satsuma (or orange/clementine is ok) 8 grapes 100g chocolate Sprinkles</p>  <p>For smoothie: 1 tablespoon oats 1 banana 5 strawberries 1 cup of milk 20 grapes 1 tablespoon honey</p>	<p>4 wooden kebab sticks (about 30cm long, please see picture) Knife Chopping board Tablespoon Bowl (microwave proof) Blender</p> <p>We will be using the microwave and the blender for this lesson.</p>

		
Friday: Mug cake	<p>3 tablespoons flour 2 tablespoons sugar 1 tablespoon cocoa powder ½ teaspoon baking powder 2 tablespoons milk (soy milk is ok) 1 tablespoon oil (any kind is ok) 4 strawberries</p> 	<p>Large mug (or bowl) Tablespoon Teaspoon</p> <p>We will be using the microwave for this lesson.</p>