

# Create Your Own Meal

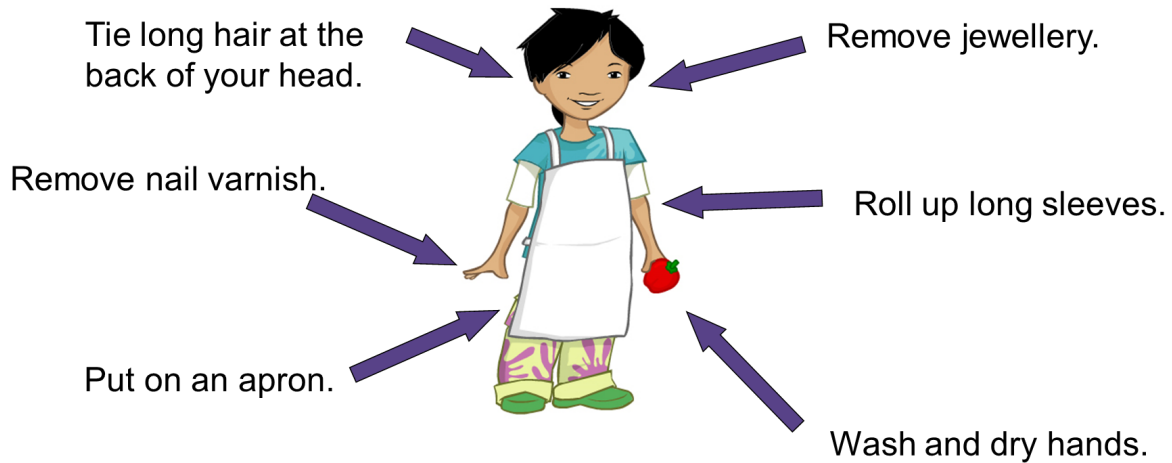
Now that you have discovered all the yummy foods in your house, have looked at the Eatwell Guide and identified which of the processed foods are the healthiest - can you put this all together and create your own meal?

Remember to think about the extra things you might need to season or cook with such as salt and oils.

Meal -	
Shopping List of Ingredients	Cost of Each
	<b>Total - £</b>

# Before you Start

- ⇒ Gather all your Ingredients making sure you wash any fresh fruit and vegetables before use. Make sure you only use what you need for your meal. Anything left over could be used in another recipe.
- ⇒ Get out all your equipment making sure it is clean and ready for use
- ⇒ Do a self check make sure you have followed the food hygiene steps



# Kitchen Skills

- ⇒ If you need to cut or chop any fruit or vegetables try to use the correct techniques as shown below. This will keep you safe and reduce the amount of food wasted



## The Bridge Hold

Create a bridge with your thumb one side and your fingers the other side of the food you wish to cut. This creates a bridge shape which you can safely place the knife beneath and cut down and out through the food.



## The Claw Grip

Create a claw by curling your fingers together into a claw shape. Press your nails against the food so they are curled under but you are still able to grip. If you find this to tricky then the fork hold is much easier to control and does the same thing.

## Fork Secure

Stab the fork securely into the food to be cut. Continue holding the fork in one hand, take a knife with the other hand and slice the food.



## Peeling & Grating

This is just a reminder that when peeling or grating you should hold the food at one end, with the bottom of the grater or food resting on a hard surface. Use a downward movement away from yourself.