

FOOD & NUTRITION Stretch and Challenge

COOK!



You have 8 weeks to get creative in the kitchen – practise and develop your skills. Try something you've never made before. Take a photograph of your finished results and forward to me. New competition – 'HOLIDAY' STAR BAKER!

HOLIDAY FOOD



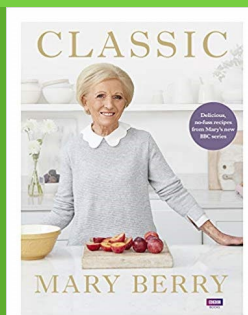
Off on holiday? Test the cuisine, try something you've never eaten before! Bring back menu's and photographs of your foodie adventures – 1st practical back, let's have a holiday themed bake off and we'll make a display of the results!

COOK OF 2019????



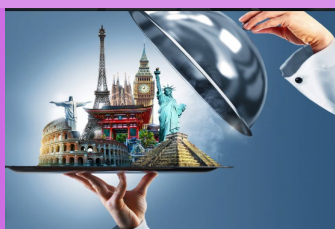
Cook of the year will be back next term so if you want to get ahead, the theme this year is 'THE SPICE OF LIFE'. Test out your recipes – 1 savoury and 1 sweet presented to restaurant standard. Bon appetit!

MARY'S LATEST COOK BOOK TO TRY



She's an absolute star and her recipes never fail to deliver. If it's you're looking for inspiration, go no further, it's going to be a 'Classic'.

THE FINAL TABLE – ON NETFLIX



Teams of elite chefs battle to impress food critics as they whip up iconic dishes from 9 different nations....watch where you can go with food!