

2. To be able to plan a healthy meal.

2.1. Select a healthy meal to cook.

2.2. Identify the ingredients, and required amounts, for this meal.

2.3. Identify the steps, timings and equipment needed to cook the meal.

2.4. Calculate the cost of the ingredients.



Choose a healthy meal that you would like to cook and eat.

You might decide on a

- Vegetable Lasagne
- Vegetable Curry
- Colourful Pizza
- Shepherds Pie
- Baked Potato and Salad.
- or something else.

What have you decided to make?

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Why have you decided upon this meal?

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2.2

What will you be cooking?

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Who will you be cooking this meal for?

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List all of the **ingredients** that you will need below. Try to include the **amounts** of each ingredient.

2.3

Write the **method** for cooking your meal.

Equipment (will you need spoons, bowls, pans?)

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Step by Step Instructions on how to prepare and cook your ingredients. Include timings if you can.

Instruction

Timing

Instruction	Timing
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Total Prep Time Total Cost

3. To be able to cook a healthy meal.

3.1 Cook the meal.

3.2 State the cooking method used.

3.3 Clean work areas and equipment after cooking.

Method (did you boil, roast, steam, stew or fry?)

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Cooking my Meal

Washing Up

4. To be able to work towards a healthy lifestyle.

1. Give examples of how to make own lifestyle more healthy.

2. Give examples of places and organisations that offer help and advice about achieving a Healthy Lifestyle.

4.1 Look back upon everything that we have Studied and discussed in this unit. What are you going to do to ensure that you live a healthy life?

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One person who might be able to help you to maintain a healthy lifestyle is your doctor. Can you think of anyone else who can help or give advice?

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