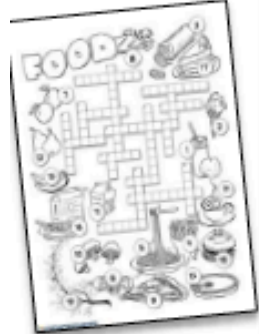


# FOODIE CHALLENGE



Nutrition Facts		Nutrition Facts	
Serving Size 100g		Serving Size 100g	
Amount Per Serving		Amount Per Serving	
<b>Calories</b>	<b>230</b>	<b>Calories</b>	<b>220</b>
Total Fat	10g	Total Fat	10g
Sodium	5g	Sodium	5g
Total Carbohydrate	40g	Total Carbohydrate	40g
Dietary Fiber	10g	Dietary Fiber	10g
Sugars	10g	Sugars	10g
Protein	10g	Protein	10g



<p>Make a list of 20 dishes you can make with eggs.</p>	<p>Re-design the packaging of your favourite chocolate bar.</p>	<p>Make a bread dough product.</p>	<p>Work out the food miles from your lunch. <a href="http://www.foodmiles.com">www.foodmiles.com</a></p>	<p>Research different careers in the food industry.</p>
<p>Practice dicing an onion.</p>	<p>Decorate a cake! <i>Share your photo with us.</i></p>	<p>Try a food you've never tried before. <i>What did it taste like? Can you describe it?</i></p>	<p>Compare the food labels from two products in your cupboard.</p>	<p>Set the table and eat together as a family.</p>
<p>Read and follow a recipe independently.</p>	<p>Design your dream menu. <i>Can you make sure it fits the eat well guide?</i></p>	<p>Design the ULTIMATE sandwich.</p>	<p>Make your own food crossword.</p>	<p>Write a poem about food.</p>
<p>Create your own song for washing your hands. It needs to last at least 20 seconds.</p>	<p>Practice weighing and measuring.</p>	<p>Cook a meal for yourself.</p>	<p>Write the alphabet using a food for each letter i.e. a - apple</p>	<p>Practice your bridge and claw knife skills.</p>
<p>Create a flower from a vegetable or make an apple swan. <i>Take a picture and share it with us.</i></p>	<p>Watch ready steady cook.</p>	<p>Choose 5 items from the fridge and plan a meal from them.</p>	<p>WASH UP!</p>	<p>Cook breakfast for a family member.</p>

**Popcorn**  
Popcorn, popcorn,  
Sizzling in the pan.  
Shake it up, shake it up,  
Bam, bam, bam!

Popcorn, popcorn,  
Now it's getting hot,  
Shake it up, shake it up,  
Pop, pop, pop!

**Types of Cuts**

**Batonnet**  
1/2 x 1/2 x 3"  
ABOUT THE SIZE OF A FRENCH FRY

**Medium Dice**  
1/2" x 1/2" x 1/2"  
CREATED BY CUTTING BAYONNET INTO CUBES

**Allumette**  
1/8" x 1/8" x 1/8"  
ALSO CALLED THE MATCHSTICK CUT

**Small Dice**  
1/4" x 1/4" x 1/4"  
MADE BY CUTTING ALLUMETTE INTO CUBES

**Chiffonade**  
1/8" x 1/8" x 1/2"

**Brunoise**  
1/8" x 1/8" x 1/8"  
MADE BY CUTTING CHIFFONADE INTO CUBES