



# Get Cooking at Home!

You can now get cooking from home and continue (or start) learning with Classroom Kitchen! Below is a link to a video lesson. Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher. Instead these will be for an adult at home. It may also mention working in a group but you can ignore this if you're working on your own!

When you have finished making the dish, send a photo to your teacher! You can then have a go at the follow up activity or any task that your teacher may set. You can either print this off or answer the questions on another sheet of paper. If you decide to do the follow up activity, you may need to have a look at the nutrition lesson first.

Enjoy!!

Year 4, Session 1

## Summer Slaw

<https://vimeo.com/455919973/9801aa63bc>

See the recipe for ingredient list.

# Summer Slaw

To explain the need for a balanced diet and why we need more of some food groups.

**Activity 1:** Explain why we need more of some food groups and less of others. Think about which food groups are bigger and why this may be:

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**Activity 2: Summer-Slaw (Coleslaw).**

After tasting the coleslaw, fill in the table below, describe and rate the different areas:

	Describe	Score
Taste		/5
Texture		/5
Appearance		/5
Smell		/5