



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 Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher.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 5, Session 1

Pasta Salad

<https://vimeo.com/455935455/7e6cefa864>

See the recipe for ingredient list.

Pasta Salad

To understand the consequences of bad eating and unhealthy lifestyles.
To explain the purpose of carbohydrates in the diet.

Activity 1: Carbohydrates

There are simple carbohydrates and complex carbohydrates. How do they both work?

Simple:

Complex:

Activity 2: The consequences of bad eating...

Use the images to suggest and explain some consequences of eating unhealthy foods.




