

KS3 Food Technology Summer Homework

The best and only way to improve your cooking skills is by actually cooking! Therefore your summer homework will require you to cook or assist a parent or guardian with 5 different dishes. Fill in this cooking diary showing the ingredients, method and a photo of the finished dish. You could use recipes you have cooked previously at school or use a website like BBC GoodFood for recipe suggestions. Please note, this homework maybe submitted digitally to – Lowen@johncolet.co.uk if easier.

A cold meal, i.e. a salad. Think about the presentation.

A meal with protein, i.e. a chicken or Quorn dish. Think about the portion sizing.

A pasta or rice dish, i.e. Bolognese or a curry.

A meal for than one person, i.e. a casserole or lasagne.

A fruit-based baked product, i.e. a cake or cookies.