**HOME COOKING CHALLENGE**

**Make a meal, dessert or snack for your bubble using ingredients that are already in your pantry, fridge or freezer. Present your dish creatively and send a photo to the tech team**

**VERY IMPORTANT NOTE:** You must ask an adult’s permission before starting and if necessary, please ask for help – just as you would at school! **It is fine to make your recipe cooking alongside an adult.**

**There will be some challenges you will be faced with, for example:**

* Some ingredients may not be available – what can I use instead?
* What can I use from the fridge and the cupboards?
* Can I use leftovers?
* How can I adapt / change recipes?
* Can I make recipes healthier?
* Can I adapt recipes to meet special dietary needs?

**Things to think about:**

* The What, Why, Who and When. – *this is your* ***conceptual statement****.*

- What are you making?

- Why are you making it?

- Who are you making it for

-When is it going to be eaten

* Try to be creative, resourceful and inventive with your use of alternative ingredients and leftovers and try to present your finished dishes attractively.

**Where do I get recipes from?**

* You can use school recipes - if it’s something you’ve made before try making it again but changing / adapting ingredients.
* It could be a family favourite recipe
* A recipe from your family’s culture / country
* Use the internet there are some great sites that you can enter the ingredients you have available and will give you recipes such as <https://myfridgefood.com/> and <https://www.supercook.com/#/recipes>

**How will I keep a record of and share my cooking journey?**

When you have cooked/ baked a product – please share your experience with us [sarahwaters@kirkwood.school.nz](mailto:sarahwaters@kirkwood.school.nz) [vickyrowe@kirkwwod.school.nz](mailto:vickyrowe@kirkwwod.school.nz) You could include information about your recipe, Functional and physical attributes of your culinary masterpiece (*functional*- what it does *physical* what it looks like) – photos and feedback from those in your bubble (these are your stakeholders)