





Achieving Together – Taking learning further at home S1 FTT

<p>Watch</p> 	<p>Log On</p>	<p>Cook</p> 
<p>Watch an episode of STEP UP TO THE PLATE and think about what carers there are for people who enjoy FTT. CBBC - Step Up to the Plate What might you be good at?</p>	<p>Log on to Homepage Food Standards Agency (cookincastle.com) and have fun completing some of the activities</p> <p>Plan a breakfast for your family then go to ASDA/TESCO/SAINSBURY's website and work out how much it would cost to buy the ingredients you need</p> <p>Tesco - Supermarkets Online Groceries, Clubcard & Recipes</p>	<p>Cook one of the dishes we have made in class for your family or yourself. You can find the recipes on your teams page.</p> <p>Watch the ClickView video on how to make shortbread and ask a parent/carer to supervise you while you make it.</p> <p>Shortbread demonstration</p> <p>Finishing the shortbread</p>
<p>Research</p> 	<p>Get Involved</p>	<p>Sew</p> 
<p>Think of a dish you really like eating and look up a recipe. You will find reliable recipes on BBC Good Food Recipes and cooking tips - BBC Good Food Find out what ingredients and equipment are needed to make the dish you like. If you are able and have permission, you could try making it at home</p>	<p>Wash the dishes at home one night and have your parents/carer evaluate your efforts. They should give feedback on how you got on and how you could improve</p> <p>Practice your knife skills by helping your parent/carer with food preparation</p>	<p>Holes in your socks? Have a go at mending so they don't get thrown out: How To Fix a Hole in Your Sock - Easy way to repair holes in socks - No darning - YouTube</p>