

Year 4 Cooking bolognaise

Excellence and Enjoyment. Everyone and Everything. "God created you to be amazing"



Glossary

ingredient	bolognaise	spaghetti	import	alternatives	vegetarian	adapt

Red Hill Riches

I know:

Ingredients needed for a bolognaise are balanced and fit on the eat well plate

Vegetables need to be cut safely using the 'claw' shape

Meat needs to be cooked thoroughly to be safe to eat

Meats and vegetables should be prepared separately to avoid contamination

A design can be an adaptation of an existing meal

A recipe will give you instructions on how to cook a meal

Spaghetti bolognaise



Cutting skills



Eatwell Guide for nutrition

