



Preparing food: Simple recipes

Try preparing these simple recipes with your child. For each recipe, ask your children to tell you what ingredients and equipment they need. Give simple step-by-step instructions. If your children are familiar with the recipe, ask them to tell you the next step. Enjoy!

1. Pizza

Ingredients:

- pizza base, tomato sauce, mozzarella/white cheese, tomatoes, basil

Instructions:

- Spread the tomato sauce on the base.
- Cut the mozzarella and tomatoes into slices.
- Place the slices on the pizza.
- Cook for 10 minutes.
- Decorate with basil.

2. Omelette

Ingredients:

- spring onions, mushrooms, eggs, cheese, tomatoes

Instructions:

- Chop the mushrooms, tomatoes and spring onions, and grate the cheese.
- Fry the mushrooms and spring onions.
- Whisk the eggs in a bowl.
- Pour the eggs into the frying pan with the mushrooms and spring onions.
- Cook for a few minutes.
- Add the tomatoes and grated cheese.
- Fold the omelette in half and cook for one more minute.

3. Banana split

Ingredients:

- banana, strawberry ice cream, chocolate ice cream, vanilla ice cream, fruit

Instructions:

- Cut the banana in half.
- Put one scoop of the different ice creams on top of the banana.
- Chop small pieces of your favourite fruit.
- Decorate the ice cream with the pieces of fruit.