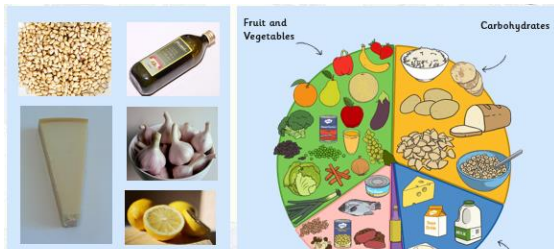


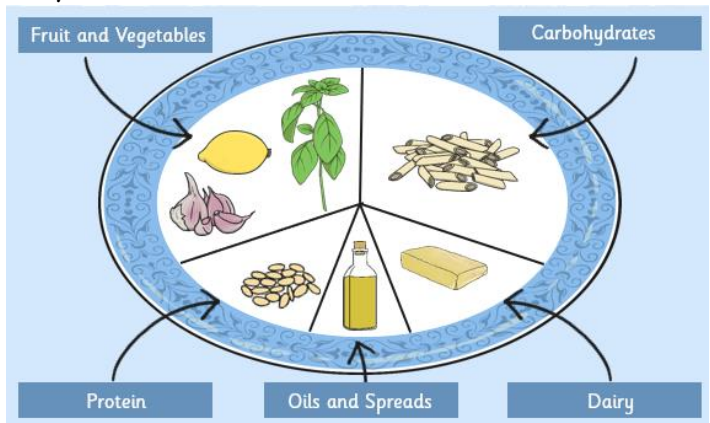


Carpenters class made pesto!

Carpenters class have been learning how to make a healthy meal and follow a simple recipe. They looked at a healthy balance plate and found out that nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed for health.



As we are a nut free school, the children omitted the pine nuts from their cooking, however we talked about the importance of protein and that some families could add pine nuts to their recipe if they wanted to.



First the children checked that they had the ingredients they needed, they then followed the method on their recipe card to make the nut free pesto. The children talked about the lovely smell of the basil and garlic as they mixed up the ingredients in the pestle and mortar.



All the children took home a sample of the pesto they made, along with a copy of the balance plate and their own pesto recipe card.

Wow! Great cooking Carpenters class.

The children showed excellent cutting and mixing skills.



Grinding the basil and garlic together.



Safely chopping the basil.