



# Cookery Club

1



## Rainbow Fruit Kebab

### What you need:

- |                |               |                           |             |
|----------------|---------------|---------------------------|-------------|
| 1 Strawberries | 4 Kiwi Fruit  | 7 Chopping Board          | 10 Bowl     |
| 2 Plums        | 5 Bananas     | 8 Knife                   | 11 Colander |
| 3 Oranges      | 6 Blueberries | 9 Hand Washing Facilities | 12 Skewers  |

### To prepare:

- 1 Tie long hair back. Remove jewellery. Make sure cooking utensils and workspace are clean. Wash and dry your hands.
- 2 Wash the strawberries, blueberries and plums in cold water and place carefully in a colander to drain.
- 3 Peel the oranges and separate into segments.
- 4 Peel the bananas and chop into bitesize pieces.
- 5 Peel the kiwi fruit and chop into bitesize pieces.
- 6 Cut the plums in half and remove the stone.
- 7 Remove the stalk from the strawberries.

### To make your fruity kebab:

- 1 Thread the strawberry on to the pointy end of the skewer
- 2 Followed by the orange segment
- 3 Followed by a piece of banana
- 4 Followed by a piece of kiwi fruit
- 5 Followed by a blueberry
- 6 And finally, a plum half
- 7 Enjoy your rainbow fruit kebab!

 *It's that simple :)*

## Learning about food:

- 1 Look at the different shapes
- 2 How many colours are there?
- 3 How many different fruits have we used to make our rainbow kebab?
- 4 Smell the different fruits before you taste the terrific colours
- 5 What are the colours of the rainbow?
- 6 Enjoy your five-a-day in a fun way!





# Cookery Club 2



## Love our Smoothies

*Yum, healthy :)*

### ..... Strawberry and Mango Smoothie .....

- 1 250ml milk or plant-based alternative
- 2 1 x Ripe Banana – peeled, sliced and frozen (see top tips!)
- 3 1 x Mango – skinned and cut into chunks
- 4 5 x Strawberries (or 10 x raspberries) – hulled

#### To prepare:

- 1 Start by preparing the fruit as detailed above.
- 2 Combine all ingredients into a blender (or use a stick blender) and whizz until smooth and frothy.
- 3 Pour into glasses and serve a few fresh strawberries, raspberries, or blueberries on top of the smoothie and enjoy!

### ..... Super Berry Smoothie .....

- 1 250g Frozen Berry Mix
- 2 250g Strawberry Yogurt or plant-based alternative
- 3 50ml Milk or plant-based alternative
- 4 15g Porridge Oats
- 5 1 Tsp Runny Honey (optional topping)

#### To prepare:

- 1 Put the frozen berries, yogurt and milk into a blender (or use a stick blender) and whizz until smooth and frothy.
- 2 Stir in the porridge oats.
- 3 Pour into glasses, serve with a drizzle of honey and enjoy!





# Cookery Club 3



## Apple and Berry Slice

*Yum, yum :)*

This is a lovely summery dessert that has very little added sugar as there is natural sweetness in the fruit!

### ..... Ingredients .....

- 1 225g Margarine
- 2 50g Brown Sugar
- 3 250g Self-Raising Flour
- 4 200g Mixed Summer Berries – fresh or frozen
- 5 450g Bramley Apples – peeled, cored, and chopped

### Method:

- 1 Preheat the oven to 180°C or Gas Mark 4.
- 2 Grease and line a 20cm x 30cm baking tin.
- 3 Prepare the apples and gently cook with the berries in a pan on a moderate heat until soft. Leave the fruit to cool.
- 4 Rub the flour and margarine together until the mixture looks like fine breadcrumbs.
- 5 Add the sugar to the flour mixture and mix well.
- 6 Put half of the flour mixture into the tin and press down. Then spread the cooked fruit over the base. Add the remaining flour mixture on top.
- 7 Bake in the oven for 30 minutes until golden brown and the base is cooked.
- 8 Portion up when cool and enjoy!

