



KICUP SKILLS

SHOPPING AND COOKING

RECOMENDED AGE 11+

*KICup stands for Kids in Care, the up represents the high aspirations we have for you. This name was created by care experienced people within Three Circles Fostering.

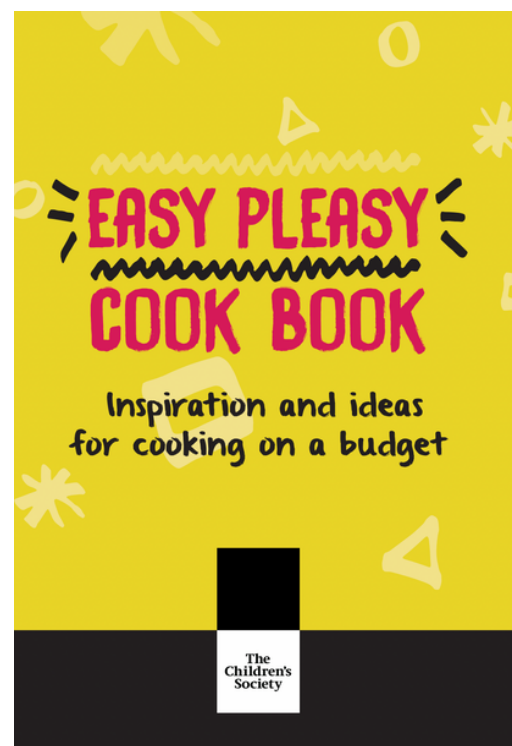


COOKING

Being able to cook and having practical cooking skills will help you to lead a healthier lifestyle.

There are lots of activities for you to have a go at on the next few pages. We have listed some top tips taken from the 'Easy Pleasy Cookbook' written by care leavers in Cheshire East below.

- Eat a balanced diet of as many different types of foods as possible.
- Eat as wide a range of types and colours of food as possible.
- Buy the biggest pasta and rice bag you can afford as they last for ages in your cupboard.
- If you have a freezer buy a large loaf and freeze half of it as it is more cost effective.
- If you are putting on the oven to cook one potato and some meat/fish you may as well cook two potatoes and keep one for the next day. Cook a large meal and keep for later in the week.
- Grow your own herbs for delicious healthy recipes.
- Buy some dried chillies or chilli powder alongside some other dried herbs as they last loads longer than fresh and can be used easily to add that little bit extra to any dish.



We have created 5 activities for you to have a go at. Send in the recipes you create and we will send you a reward home to recognise your achievement!

1. PLAN AND COOK A MEAL

Plan and cook a meal for you and the family for under £10, use the below recipe card to guide you!



TITLE:

PREP TIME:

TOTAL TIME:

NOTES

INGREDIENTS



2. CREATE A ONE WEEK MEAL PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dairy

Grains

Frozen

Produce

Meat

Snack

3. COST COMPARISON

Use the chart below to write out a shopping list. Choose 3 supermarkets to compare the price of the items you have listed. Can you see how much you could save by identifying the best offers out there?

Shopping list

Supermarkets and price

E.g. Loaf of bread



4. COOKING MEAT

Choose a cut of meat and research 3 recipes that you could cook using it. Write your favourite recipe below and have a go at cooking it.

INGREDIENTS:

DIRECTIONS:



Serves



prep



cook

Notes

5. BASIC COOKING SKILLS

Demonstrate that you have developed a broad range of cooking skills and techniques to develop, plan and cook meals over a period of time. Research recipes that require the use of the skills below and cook them with a grown up. Keep a record of the things you have made and keep track of the skills you have learnt.

Preparation

Accurate weighing and measuring of ingredients

Following a recipe

Mixing

Using tools safely

Baking

Creaming method

Melting method

Rubbing in method

Kneading and Proving

Cooking

Boiling and simmering

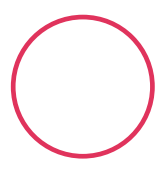
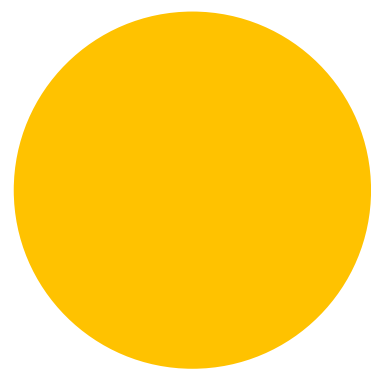
Poaching

Frying

Roasting

Grilling

Steaming



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