

Cooking & Nutrition is the study of how food is created, what nutrition you can gain from food we eat and understanding about Cultural foods from across the world.

This challenge is designed to give you the chance to create your top favourite food from another culture. It may be that you already eat this as part of a family gathering each week and want to show your chef skills to the max!

Research it - Research some different types of cultural food eaten across the world, why do you think they are eaten there?

Plan it - Trying to use food that your family would normally buy every week create your own takeaway menu for a Saturday night treat.

Make it - Create your takeaway meal for your family with help from an adult and make sure you take some pictures and save them to show your skills!

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Saturday Night Takeaway Transition Activity

