

# DO YOU LIKE COOKING?



Then watch *LET'S COOK!* – the cooking programme especially for teens.

Learn to prepare something new every day.

## MONDAY

Starters:

soup with chicken, rice and potatoes

## THURSDAY

Desserts:

cakes and pies

## TUESDAY

Healthy Vegetables:

salad with tomatoes and onions

## FRIDAY

Healthy Drinks:

juice with apples, oranges and bananas

## WEDNESDAY

Fast Food Mania:

hamburgers and chips

## SATURDAY

The Big Breakfast:

eggs, ham, cheese and bread

SOUP

CAKE

CHICKEN

PIE

FISH

JUICE

RICE

APPLE

POTATOES

ORANGE

SALAD

BANANA

TOMATOES

EGG

ONIONS

HAM

HAMBURGUERS

CHEESE

CHIPS

BREAD

