Food or Drink Making and Eating Resource Disclaimer:

This resource is provided for informational and educational purposes only. This resource may contain food items/ ingredients that pose potential allergy and choking hazards, and it may also involve the use of hot appliances or sharp utensils. Exercise caution and conduct a thorough risk assessment before use, considering allergies and health conditions. Ensure all supervising adults understand the potential risks. Learners should wash their hands before and after these activities. If used for weaning or perishable foods, follow recommended practices and consult a healthcare professional if unsure. Twinkl is not responsible for the health and safety of your group or environment. You are responsible for ensuring you know the allergies and health conditions of anyone making or consuming these products, the correct weaning guidance, and safe food storage procedures.

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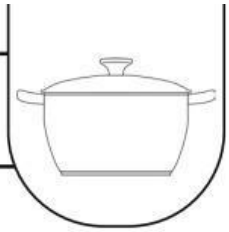
Reading a Recipe



Name: _____.

Microwave Scrambled Eggs

Ingredients:

- 2 eggs
- 2 tbsp milk
- Salt and pepper
- Cooking spray

Directions:

1. Spray a microwave-safe bowl.
2. Crack the eggs into the bowl.
3. Add milk, salt, and pepper.
4. Stir with a fork.
5. Microwave for 45 seconds.
6. Stir again.
7. Microwave for 30 more seconds.
8. Let cool and eat.

Comprehension Questions

1. What do you do first?

☐ crack eggs ☐ spray bowl ☐ microwave ☐ stir eggs

2. What do you add to the eggs?

☐ water ☐ milk, salt, pepper ☐ butter ☐ cheese

3. How long do you microwave in step 5?

☐ 30 seconds ☐ 45 seconds ☐ 1 minute ☐ 2 minutes

How confident do you feel?

Skill	I Can	Help	Not Yet
Read ingredients	☐	☐	☐
Follow steps	☐	☐	☐
Use microwave safely	☐	☐	☐

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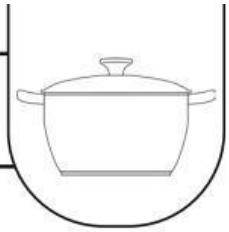

Name: _____.

Fruit & Yogurt Parfait

Ingredients:

- ½ cup yogurt
- ¼ cup granola
- ½ cup mixed fruit

Directions:

1. Get a clear cup.
2. Spoon some yogurt into the cup.
3. Add fruit on top of the yogurt.
4. Sprinkle granola over the fruit.
5. Eat with a spoon and enjoy!

Comprehension Questions

1. What goes in first?

☐ fruit ☐ granola ☐ yogurt ☐ spoon

2. What goes on top?

☐ yogurt ☐ granola ☐ fruit ☐ ice cream

3. What do you eat with?

☐ fork ☐ spoon ☐ hands ☐ straw

How confident do you feel?

Skill	I Can	Help	Not Yet
Read ingredients	☐	☐	☐
Follow steps	☐	☐	☐
Make a cold snack	☐	☐	☐

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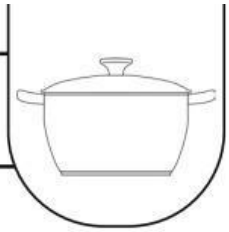

Name: _____.

Cheese Quesadilla

Ingredients:

- 1 tortilla
- ½ cup shredded cheese
- Cooking spray

Directions:

1. Spray a pan with cooking spray.
2. Place a tortilla in the pan.
3. Sprinkle cheese on one half of the tortilla.
4. Fold the tortilla in half.
5. Cook on the stove for 2 minutes on each side, or until the cheese melts.
6. Cut into pieces and enjoy!

Comprehension Questions

1. What do you spray first?

☐ tortilla ☐ cheese ☐ pan ☐ plate

2. What goes inside the tortilla?

☐ beans ☐ cheese ☐ salsa ☐ lettuce

3. How long do you cook each side?

☐ 1 minute ☐ 2 minutes ☐ 3 minutes ☐ 4 minutes

How confident do you feel?

Skill	I Can ✓	Help ???	Not Yet ⊖
Read ingredients	☐	☐	☐
Follow steps	☐	☐	☐
Use stove safely	☐	☐	☐

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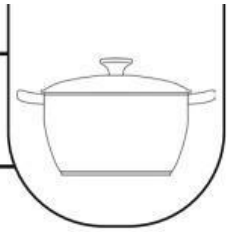

Name: _____.

Peanut Butter and Jelly Sandwich

Ingredients:

- 2 slices of bread
- 1 tablespoon peanut butter
- 1 tablespoon jelly
- Butter knife or spreader
- Plate

Directions:

1. Place two slices of bread on a plate. Use a knife to spread peanut butter on one slice.
2. Use the knife to spread jelly on the other slice.
3. Press the two slices together.
4. Cut the sandwich in half (optional).
5. Eat and enjoy!

Comprehension Questions

1. What tool do you use to spread the peanut butter?

☐ spoon ☐ fork ☐ hands ☐ knife

2. What do you do after spreading the jelly?

☐ cut the sandwich ☐ put the slices together ☐ toast the bread

3. How many slices of bread do you need?

☐ 1 ☐ 2 ☐ 3 ☐ 4

How confident do you feel?

Skill	I Can ✓	Help ???	Not Yet ⊖
Read ingredients	☐	☐	☐
Follow steps	☐	☐	☐
Use a knife safely	☐	☐	☐

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