



Healthy Cooking for Secondary Schools - Book 2

By Sandra Mulvany

Brilliant Publications. Paperback. Condition: New. 88 pages. Dimensions: 11.5in. x 8.1in. x 0.4in. Healthy Cooking for Secondary Schools (Book 2) is part of a series of five books, providing a practical cooking programme for secondary schools, designed to foster enthusiasm for cooking and give young people the tools they need to choose a healthy lifestyle. For each recipe, there are essential cooking skills, theory and health and safety points, introduced progressively throughout the series. All these skills are a necessary part of cooking and when mastered early, your students gain a positive experience of self-achievement and satisfaction, and yes, they take great delight in trying the results for themselves! Each book contains 12 easy-to-follow, photocopiable recipes, presented in both a traditional recipe format and in a visual, step-by-step format, so that all students, whatever their ability, can learn to cook. All the recipes have been tried, tested and enjoyed by students in the authors school. The recipes included in Book 2 are: Bread Rolls; Cheese and Chive Picnic Bread; Carrot Soup; Rice with Leek, Onion and Courgette; Brown Bread Pudding; One-pot Vegetable Pasta; Wholemeal Scones; Pasta with Broccoli and Cheese; Bread Sticks; Parmesan Thins; Calzone; Spaghetti Bolognese. The flexible format of...



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