I made a serrano salad with shredded lettice chopped cucumbers and chopped tomatoes for main we had a cheese , olive and pesto tart for pudding we had cupcakes

1. The rules in a kitchen are that you always wash your hands before preparing food , you use different chopping boards for different types for food like one for vegetable and a different one for raw meat. Handle knives carefully, carefully store food correctly because some food has to be kept in the fridge and others need to be in air typed containers and get an adults help for putting food in and out the oven .

2. Chopping ,peeling and slicing

Baking ,boiling ,slow, cooking , grilling , toasting ,friying and steaming

3. The major food groups are carbohydrates ,protein , fruit and vegetables , dairy , fats , sugar

Photos of my cooking

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