

# COOK A MEAL



GET INVOLVED



1 HOUR



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Help out at home and assist in cooking a meal for your family.

Talk to your parent/carer and between you work out what parts of the meal you can prepare and cook. Think about what skills you might need (chopping, boiling, frying etc). Make sure you know how to do each step and ask for help where needed.

**Feeling extra helpful?** Help to prepare and cook meals for your family on a regular basis. You could even help to plan the meals for the week.

Take a photo of the meal you have cooked and share it with your BB group or post on social media using **#BBatHOME**.



## WHAT YOU'LL NEED

- Ingredients
- Cooking Utensils
- Cooking Equipment



## NOTES FOR PARENTS & CARERS

Talk about how they can help you and be clear on each step. Point out any hazards and give advice on how to handle knives, hot water and cleanliness. An adult should initiate any contact with the BB group and/or share on social media.