



## Salsa Recipe



### Ingredients

three large tomatoes  
 1/2 red onion, diced  
 juice of a small lime  
 juice of half a lemon  
 1 tsp of chilli powder  
 chopped parsley  
 chopped coriander  
 1/2 tsp of garlic powder  
 salt and pepper

### Equipment

mixing bowl  
 knife  
 mixing spoon  
 fork  
 measuring spoons  
 chopping board  
 paper towel  
 small bowl to serve in



### Method

1. Collect the ingredients and equipment you will need to make the salsa.
2. Cut and dice the tomatoes and red onion and tip into a mixing bowl.
3. Cut the parsley and coriander into small pieces and add to the mixture.
4. Squeeze the lemon and lime juice into the bowl and stir in.
5. Add the garlic, chilli, salt and pepper to the mixture and stir well.
6. Transfer the mixture to a smaller serving bowl and add some coriander to the top to garnish.





## Tzatziki Recipe



### Ingredients

470 ml of Greek yoghurt  
 2 medium cucumbers,  
 finely diced  
 1 tsp of garlic powder  
 juice from half a lemon  
 1 tbsp of olive oil  
 chopped dill  
 sprinkle of salt

### Equipment

mixing bowl  
 chopping board  
 knife  
 spoon  
 measuring spoons  
 measuring cup  
 paper towel  
 small bowl to serve



### Method

1. Open the yoghurt and spoon into a mixing bowl.
2. Cut and dice the cucumbers and mix with the yoghurt.
3. Squeeze the lemon juice in and mix well.
4. Cut the dill with a knife into fine pieces. Add to the mixture.
5. Add the olive oil, salt and garlic powder and mix well.
6. Transfer the mixture to a smaller bowl.
7. Add a piece of dill to the top to garnish the sauce.

**TIP:** This sauce tastes better if you chill it in the fridge for about an hour.





## BBQ Sauce Recipe



### Ingredients

240 ml of ketchup  
 240 ml of vinegar  
 120 ml of yellow mustard  
 120 ml of white sugar  
 1 tsp of garlic powder  
 1 tsp of salt  
 3/4 teaspoon of chilli powder  
 1/2 tsp black pepper

### Equipment

mixing bowl  
 chopping board  
 knife  
 spoon  
 measuring spoons  
 measuring cup  
 paper towel  
 whisk  
 small bowl to serve



### Method

1. Collect the ingredients and equipment you need to make the BBQ sauce.
2. Pour the tomato sauce into the mixing bowl and add the vinegar to it.
3. Add the mustard and mix in well, until it is mixed thoroughly.
4. Stir in the sugar until it is dissolved.
5. Add the garlic, chilli, pepper and salt and mix until smooth.
6. Transfer the sauce into a smaller serving bowl and garnish with a drop of tomato sauce.





Now that you have made and tasted the three different sauces, try one of these challenges.

Red boxes are the most challenging, orange boxes are a little easier and green boxes are the least challenging. Answer the challenge any way you like on the provided writing frame.

### Product Design

Choose one of the sauces you tasted today and suggest changes to make into a new product, with a new name.

Design a suitable bottle and label then draw a poster to advertise your product.

### Shopping List

Imagine you were your teacher and you had to buy the ingredients for the sauces you made today.

Create an organised shopping list of all the ingredients you would need for your class group.

### Cuisines

Design sauces to fit the cuisines below. You may need to use the internet to research flavours and ingredients usually used for each cuisine.

**Mexican**  
**Italian**  
**Asian**  
**American**

### Calories

Draw a table showing all the ingredients used in the three sauces you tasted today.

Research the amount of calories found in each ingredient and record it in your table.

### Party Menu

Create a sauce-tasting party menu. Research some sauces and choose a selection for your menu.

Design a menu with pictures and flavour descriptions for each sauce.

### Flow Chart

Use boxes and arrows to draw a flow chart explaining how to make one of the sauces you tasted today.

Make sure you label your drawings using brief sentences.

### Survey Questions

Imagine you want to find out what the most popular sauce was today and why.

Write a list of questions for each sauce you could ask your friends. What would you need to find out?

### Press Release

Imagine you are about to launch a new sauce to the public.

Research what a press release is and write one to promote the new sauce you are launching.

### Sauce Recipe

Design your own sauce and write the recipe for it.

Remember to include the ingredients, equipment and the method.

Draw a picture of your sauce.

A large rectangular writing area with a purple dashed border and 20 horizontal lines for text.



A large, empty rectangular box with a purple dotted border, intended for writing a recipe.





Here is a list of ingredients you can take to the supermarket with you. Remember to multiply the ingredients by the number of groups in your class.

Salsa	Tzatziki	BBQ sauce
3 tomatoes QTY: <input type="text"/>	470 ml Greek yoghurt QTY: <input type="text"/>	240 ml cup ketchup QTY: <input type="text"/>
1/2 red onion QTY: <input type="text"/>	2 cucumbers QTY: <input type="text"/>	240 ml vinegar QTY: <input type="text"/>
coriander QTY: <input type="text"/>	garlic powder QTY: <input type="text"/>	120 ml yellow mustard QTY: <input type="text"/>
1 lime QTY: <input type="text"/>	olive oil QTY: <input type="text"/>	120 ml white sugar QTY: <input type="text"/>
chilli flakes/powder QTY: <input type="text"/>	lemon QTY: <input type="text"/>	garlic QTY: <input type="text"/>
lemon QTY: <input type="text"/>	dill QTY: <input type="text"/>	salt QTY: <input type="text"/>
parsley QTY: <input type="text"/>	salt QTY: <input type="text"/>	chilli powder QTY: <input type="text"/>
1/2 tsp garlic QTY: <input type="text"/>	pepper QTY: <input type="text"/>	pepper QTY: <input type="text"/>



Can you create a burger menu using the ingredients below? Design a burger and create a menu for it including: an exploded diagram, a description and a discount coupon. **Remember** to include the side order.

Patties	Sauces	Fillings	Side dishes
plain beef	tomato salsa	lettuce	chips
herbed turkey	tzatziki	tomato	salad
grilled chicken breast	peanut satay	cheese	mixed vegetables
Indian spiced vegetarian	hoisin	onion	onion rings
BBQ pork	BBQ	cucumber	coleslaw
salt and peppered fish	tomato and mustard	pickles	corn on the cob
chilli beef	lemon mayonnaise	beetroot	sweet potato fries
five spiced turkey	hot chilli sauce	fried egg	jacket potato
breaded chicken	creamy mushroom	avocado	macaroni cheese
minted lamb	honey mustard	grated carrot	pasta salad
garlic and herb pork	basil pesto	red peppers	courgette fries

