

7 Day Cooking Challenge

Each day, you can choose a cooking task to complete. You can cook what ever you like with the hero ingredient of the day.

Make sure to check with a grown-up before you start cooking. Do not eat a food if you have an allergy.

And remember, cooking in the kitchen includes cleaning up and doing the dishes!

Day 1—Pasta

Think pasta dishes, salads, casseroles. Which shaped pasta do you like best?



Day 2—Oranges

Think about desserts, cakes, smoothies and juices. You could even make your own orange icy poles.



Day 3—Mushrooms

You can fry them on their own, put them in a casserole or sauce.



Day 4—Flour

Think biscuits, cakes, pancakes or making pasta from scratch.

You can use wheat flour or gluten free flour.



Day 5—Tomatoes

Think salads, sauces and sandwiches. You can bake, grill or fry them.



Day 6—Chocolate

Think sweet or savoury. Did you know you can make chocolate into a sauce for meat dishes? Or you could make cakes, chocolate mousse, or even a chocolate dipping sauce for use with fruit.



Day 7—Berries

Think fruit salads, smoothies, fruit muffins or even make some berry jam.



Share photos of your cooking creations on the [Kids Club Online Gallery](#).