

7 Day Winter Cooking Challenge

Each day, you can choose a cooking task to complete. You can cook whatever 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—Apples

Think stewed apples, apple pie or apple sauce.



Day 2—Carrots

Think about roast carrots, cakes, stews or juices. Have you roasted carrots with parmesan cheese?



Day 3—Onions

Think fried or roasted onions. Have you tried onion bhaji?



Day 4—Cheese

Think grilled, melted or savoury. How about a cheese platter? Or pizza?

You can use dairy based cheese, goat's cheese or soy cheese.



Day 5—Pumpkin

Think soup, sauces and stews. You can roast pumpkin or make pumpkin scones.



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—Mushrooms

Think of mushroom soup, fried mushrooms, or risotto. Did you know you can make a mushroom and chocolate cake?



Share photos of your cooking creations on the [Kids Holiday Activities Gallery](#)