

7 Day 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—Potatoes

Think roasted, fried, mashed or steamed. Do you like a baked potato?



Day 2—Bananas

Think about desserts, cakes, smoothies and juices. Have you tried a banana sandwich?



Day 3—Onions

Think fried 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—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—Mango

Think fruit salads, smoothies, fruit muffins or a mango lassi.



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