**Year 5 Recipes and ingredients**

**Dippy Divers Ingredients**

1 Carrot

Half a red or yellow pepper

Quarter cucumber

4 x 15ml (tbsp.) hummus

1 x 15ml (tbsp.) plain yoghurt (school provides)

2 fresh chives (school provides)

Container to bring cut vegetables home in

Small container to bring dip home in

**Own Designer Pizza**

* Base - (what kind of base are you using – fresh, boxed, rolled?)
* Sauce - (tomato/bbq/curry/garlic)
* Cheese - (remember the different types of cheese you tried)
* Toppings - (at least 3 topping ingredients, 1 must be vegetable – using the eat well guide to help you make your healthy choices – all meat is to be cooked at home before being brought to school for the practical lesson)
* Remember to bring in a container that it will fit into to transport it home.

(Pizza box would be great)

**Rainbow Fruit Salad**

We are making a rainbow fruit salad to ensure we get a wide variety of nutrients. All fruit can be substituted to pupil’s preference. Please supply 5 different colour fruits, for example:

Satsuma/orange

Red/Green grapes

Apples

Blue berries / black berries

Strawberries

Passion fruit

Banana

orange/apple/pineapple juice carton (school will provide)

A container suitable to take the fruit salad home in – clip seal is best due to liquid

**Cheese Straws**

75g plain flour

25g wholemeal flour

50g butter/baking margarine

50g cheese (your favourite)

2.5ml mustard powder (school provides)

A container to take it home in

**Festive Bake**

Our final product is a festive bake – the ingredients list will be sent home as the recipe differs depending on the time of year.