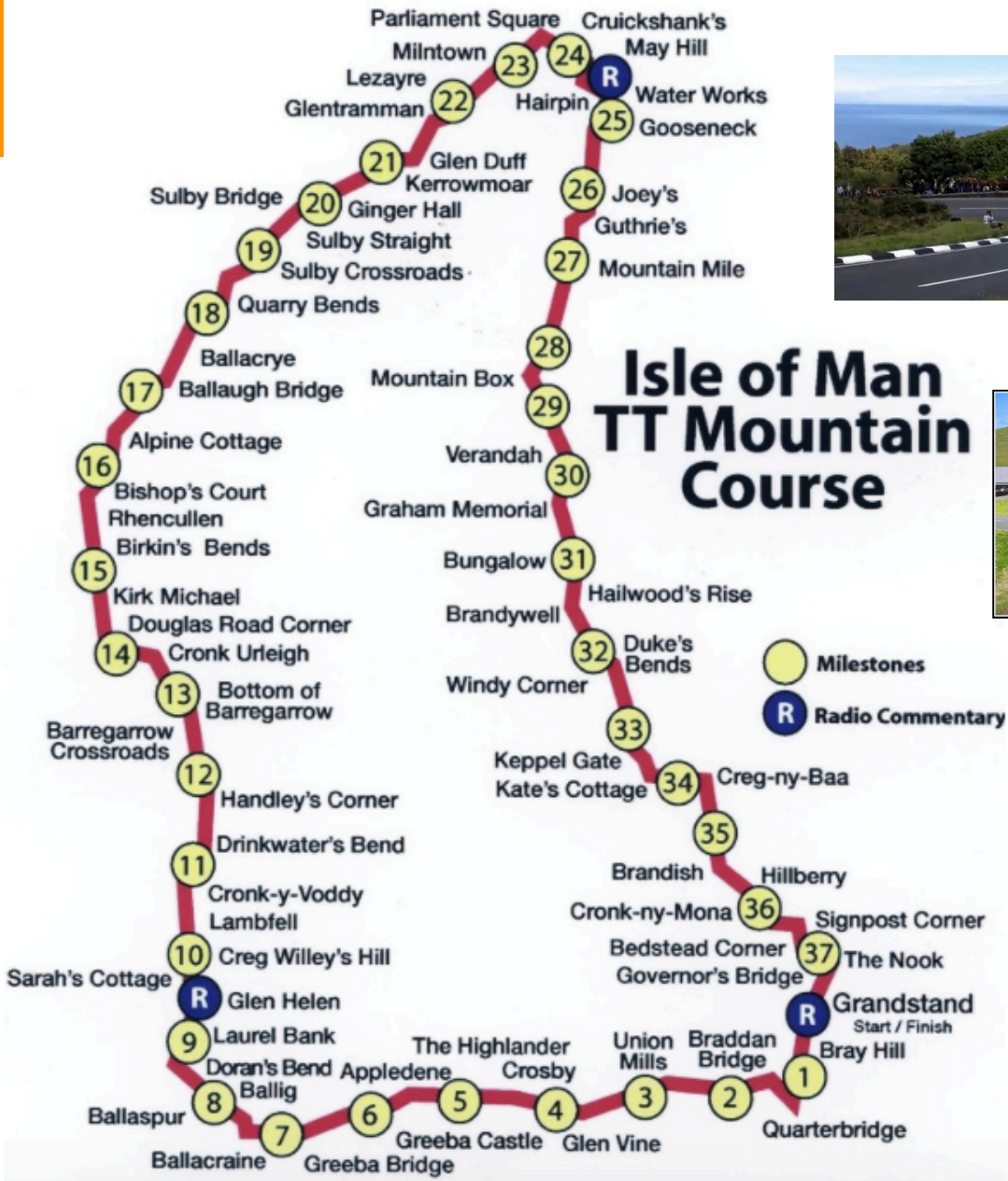


Nutrients

Can you remember the 7 different types of nutrients that our body needs?
Have a go at matching up the nutrients to what they do for our bodies on this sheet.
Can you think of different examples of foods where we might get these nutrients from?

Nutrient Type	Why We Need It
Protein	Keeps you healthy
Carbohydrates	Moves nutrients in the body Cleans waste
Fats	Helps you digest food
Vitamins	Keeps you healthy
Minerals	Gives energy
Water	Grows and repairs your body
Fibre	Gives energy

How many places have you visited on the TT course?
If you are lucky enough to be able to go out this week and over the TT break try and visit some other parts and get photos if you can.
Also find photos online if you can.



Gingerbread Biscuits



Ingredients

350g plain flour
100g butter
5 and a half teaspoons of ground ginger
1 and a half teaspoons of ground cinnamon
1 teaspoon of bicarbonate of soda
175g of light brown soft sugar
4 tablespoons of golden syrup
1 medium egg
Your choice of icing, sweets, nuts and raisins for decoration

Equipment

Mixing Bowl
Oven
Baking tray
Wooden spoon
Rolling pin
Biscuit cutters

Method

1. Turn the oven on at 180°C or Gas Mark 4.
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in the mixing bowl.
3. Mix the ingredients together with your hands until you have a crumbly mixture.
4. Add the sugar, syrup and egg to the mixture. Use the spoon at first to mix the ingredients as it will be sticky. The dough mix should be firm once combined.
5. Roll out the mixture with the rolling pin to about 5 millimetres thick. To stop the mixture from sticking, make sure you put lots of flour on the work surface and on the rolling pin.
6. Use biscuit cutters to cut out shapes. You could use a gingerbread man cutter and then decorate the biscuits as Guy Fawkes for Bonfire Night!
7. Place each biscuit on the baking tray and bake in the oven for about 12 minutes. Top tip: If you like your gingerbread chewy in the middle, cook the biscuits for 10 minutes. If you like them crunchy, cook the biscuits for 15 minutes.
8. Decorate your biscuits with icing, sweets, nuts and raisins.

Have a go at the recipes if you can. Can you design anything to do with the TT? We'd love to see your creations! :)

Pizza Base



Ingredients

350g flour
2 $\frac{3}{4}$ tsp baking powder
1 tsp salt
1 tbsp oil
170 ml water

Additional toppings to make your pizza awesome!

Method

1. Heat the oven to 200°C/180°C fan/gas mark 6.
2. In a small bowl, mix the dry ingredients together.
3. Slowly, add the oil and 170ml water.
4. Gradually stir until it forms a ball (you may need to use your hands). It should be soft but not sticky. If your dough isn't the required consistency, what could you add?
5. Knead on a floured surface for 3-4 mins.
6. Carefully roll into 2 balls, then flatten out. Why don't you get creative and mould your dough into a shape which makes it totally unique?
7. Add your toppings and then bake on a baking sheet for around 15 minutes.

