

LET'S GET COOKING

REAL LIFE MATHS





BEFORE WE GET STARTED...

THINGS YOU NEED TO KNOW...

This project is intended to be used along side the Let's Cook series of recipe cards. Choose the correct cards for your child's level of development as the amounts on the recipe cards are designed to challenge at different stages.

You do not need all your ingredients at once! The project is intended to be a week long project, so plan, shop, cooking and reviewing elements of the project are designed with them being done on different days - no need to rush and take it at your own pace.





WHAT SKILLS ARE WE PRACTISING

you are going to plan a yummy meal for everyone!
Whilst you do this, you will learn

- Estimating, counting and measuring quantities
- Using addition, subtraction, multiplication and division!
- About using money and how to calculate costs
- Scaling up and down a recipe to make more or less as you need
- How to understand the labels, tables and prices on food
- Develop real-life problem-solving skills whilst having fun!





PLANNING..



CHOOSE YOUR MEAL!

**GRAB SOME PAPER AND A PEN! –
TIME TO THINK OF WHAT TO EAT!**

- Pick something that is quite simple - have a look at our recipe cards for inspiration
- Think carefully about the variety of foods you will include.
- On the next page is the Eatwell Guide, your challenge is to try to ensure that you have something from each area!



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal 13%	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
	4%	7% 38%	15%	

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.
It shows how much of what you eat overall should come from each food group.



tea and coffee
all count.
**Limit fruit juice
and/or smoothies
to a total of
150ml a day.**



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



PLANNING..

MAKE YOUR LIST

What is going into each your meal?

Write or
draw each
ingredient



**Fruit and
Vegetables**

Challenge: Can
you organise them
by type?

Carbohydrates



Proteins



Healthy Fats



Dairy





PLANNING..

HOW MUCH DO YOU NEED?

LET'S WORK IT OUT!

We need to work some information to start! Copy the table below and add more rows as you need.

Ingrediant	Amount per person	Number of people you are cooking for	Total amount needed
		2	
		4	
		6	



Start by looking at the recipe, how many does it says it serves?

Use real-life units like it says on the recipe.

Here we are scaling it up and down to adjust for the number of people we will need – great job!



PLANNING..

EEEEK! HOW MUCH WILL IT COST?

TIME TO FIND OUT!

Time to have a look at the online shopping, or time to visit the shop.

Don't forget your ingredient list - you need to know what you are getting!

Write next to each of your ingredients - how much do they cost and how much do you get?

Will you need more than 1 tin/item to have enough for you recipe?

01.

First, find your ingredients one by one.

Tomato's - 49p for a 300g tin? Eeek, my recipe says I need 600g,

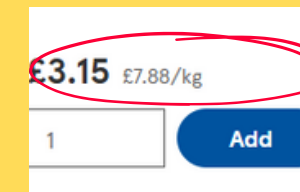
How many tins will I need?

How much would that cost?

02.

Check if some items are sold per pack or by weight - how does this change the price?

Pro-tip! Check the little prices like in the red circle to look for the cheaper ingredient per weight!



03.

What's the cheapest way to buy your meal?

Can you do it for under £10?



MEASURE AND COOK



It's time to get hands on!



Use real measuring spoons, jugs and scales

Carefully read your recipe and don't forget to adjust using your calculations from your table!

Make a note of when you adjust your calculations!

Don't forget to calculate your times, carefully write out what you need to do at each time. This will help you get it right!

Ask your parents to help you!





REVIEW....



LET'S LOOK BACK..

WHAT PROBLEM SOLVING SKILLS DID YOU NEED TO USE?

Think back and write or talk about what you did:

Did you have all your ingredients? If you were missing something, what did you swop it for?

When you served it up, did you split it into the right amount of portions? How did you do that?

Did you have enough pans? How did you manage your timings?

REVIEW...

MEASURING WEIGHT, VOLUME AND
TIME

WHAT SKILLS HAVE YOU PRACTICED?

USING YOUR TIMES TABLES

YOU LEARN BEST
WHEN YOU ARE
DOING!

ADDING AND SUBTRACTING TOTALS

ESTIAMATING AND SCALING

READING PRICES AND COMPARING
VALUE

SOLIVING REAL-LIFE PROBLEMS



**WELL DONE,
YOU DID IT!**