

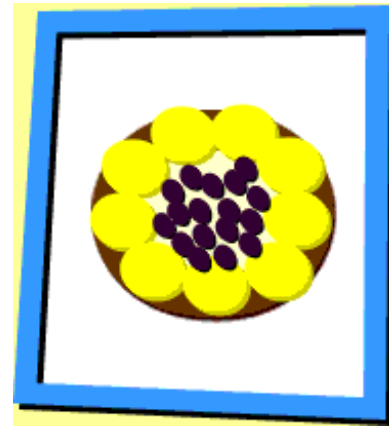


Sunflower Snacks

This recipe is a very easy way to make a sweet and decorative snack using a few simple ingredients.

Design and make a variety of snacks based around this recipe, but choose your own ingredients and design your own shapes for the snacks.

Think about the shapes and colours of the snacks.



Equipment

1. A round biscuit (you could use either a plain biscuit such as a digestive, or a chocolate chip cookie. Just select your favourite!).
2. A banana.
3. Some soft cheese that you can spread with a knife.
4. Some raisins.

Safety Stuff

Be especially careful when you try any of these projects. Kitchens are very dangerous places: most things seem to be very hot or very sharp! Always check with an adult before you begin, and make sure they know what you're going to make.

Read through the recipe before you start. Write out a list of what you need, but have a look in the cupboards before you go shopping, in case there are any ingredients that you already have and so won't need to buy. If there are, check with an adult before you use them. Otherwise you might have eaten somebody else's tea! Before you start cooking, make sure that where you're going to be working is clean and tidy. Have everything ready that you'll need, but clear away any extra items so that you have plenty of space to work in. Successful cooking requires a lot of time and patience, so you need to be well organised and prepared right from the start.

Always wash and dry your hands before you begin. If your hair is long, tie it back while you're cooking. You should also wear an apron to protect your clothes (plastic ones work very well) and remember to roll up your sleeves!

It will be very useful to have an adult around to help you when you work. You'll often need to use sharp knives, scissors or electrical equipment when preparing food, so make sure you're especially careful with these as they can be dangerous.

You should also ask an adult to help you when you're transferring food to or from the oven or stove top. Always turn saucepan or frying pan handles to the side of the cooker, so you don't catch yourself on them, and use oven gloves when you're handling hot

things. Otherwise you're likely to drop your food all over the floor, as well as burn your fingers!

Don't touch electrical equipment, plugs or switches when your hands are wet as you might get an electric shock, and never leave the kitchen when something is cooking - you don't know what might happen whilst you're gone!

If you spill things, clear it up straight away (use a clean, damp cloth to wipe work surfaces). You should also clear up anything that is spilt on the floor so it doesn't become slippery. (Don't use the same cloth to wipe your work surfaces and the floor.) Keep a rubbish bin nearby when you're cooking, so that you can easily put things in it as you go along, rather than letting the rubbish pile up.

Leave the kitchen tidy when you finish, otherwise you might not be allowed back in for a while!

Steps

Step One

Spread some soft cheese on one side of the biscuit and lay it on a plate.

Cut the banana into thin slices and arrange them around the outside of the biscuit. These are the petals for your sunflower.



Step Two

Now place some raisins in the soft cheese in a circular pattern to form the sunflower seeds.

The sunflower snack is now ready to eat.

Use other savoury ingredients to create some other 'themed' snacks like this. For example, you could create some 'butterfly' snacks, using slices of apple to make the butterfly's wings. What could you use to add a bit of colour to the butterflies?

