

Shopping and Cooking at SNAP

Students who attend the SNAP program may be invited to shop or cook with our creative staff.



We learn to use maths in context when we pay cashiers and estimate change.



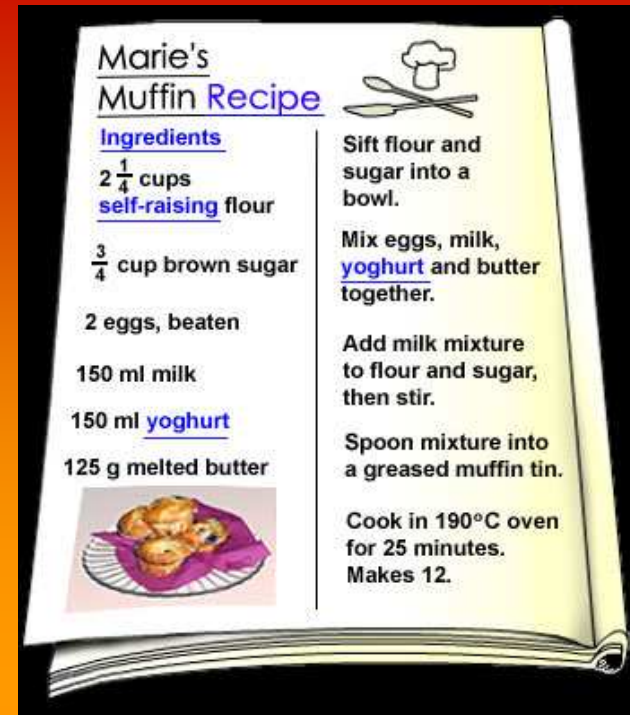
We practise literacy when we read signs and labels and write lists.



Fine Motor skills are used during cooking.



Cooking encourages the use of maths skills such as measuring, adding and timing.



We practise literacy when we read recipes and write reflections.





Brendan's Cooking

Macaroni Cheese

Ingredients

125g tasty cheese
1 teaspoon vegetable oil
250g macaroni
30g butter
3 teaspoons flour
2 cups milk
Freshly ground black pepper
Paprika

Method

1. Preheat oven to 200c
2. Grate cheese. Set aside
3. Three-quarters fill large saucepan with water. Boil over a high heat. Add oil and macaroni. Boil for 10 minutes or until cooked
4. To make sauce place butter in medium saucepan. Heat over medium heat until butter melts.
5. Remove from heat. Stir in flour, return to heat cook, stirring for 1 minute.
6. Whisk in milk, cook stirring for 4-5 minutes or until sauce boils and thickens. Remove pan from heat.
7. Add black pepper to taste. Stir in half the grated cheese. Set aside
8. Drain macaroni. Place in ovenproof dish. Pour sauce over.
9. Sprinkle with remaining cheese. Sprinkle with paprika.
10. Bake for 20-25 minutes or until top is golden.





Student Recipe

Amy's Cooking

Hamburgers

Ingredients for 3

1 tablespoon oil
3 bread rolls
1 large tomato
Lettuce
Beetroot
Tomato sauce

Hamburger patties

1 egg
200 g lean beef mince
1 tablespoon tomato sauce
Salt and pepper

Method

1. Place egg, mince, salt and pepper and tomato sauce in bowl
2. Mix, shape mince mixture into 3 patties
3. Place oil into frypan. Heat
4. Add patties. cook – turning 4-5 minutes
5. Cut rolls in half. Set aside
6. Cut tomato into slices
7. Shred lettuce
8. Assemble burgers – lettuce, tomato, beetroot, and mince Pattie. Add sauce
9. Eat and enjoy

