

# Learning how to cook healthy meals


## Year 7

A white ceramic bowl filled with a thick, yellow lentil soup. The soup is garnished with finely chopped green herbs, likely parsley. A silver spoon is partially submerged in the soup on the right side. The bowl sits on a light-colored wooden surface.

## Bread rolls



## Scones



Fresh fruit  
salad



## Pizza toast

**Consolidation-**  
adapting  
recipe



## Vegetable stir fry



Apple  
crumble

## Year 8



## Caribbean jerk risotto



Margarita pizza



Macaroni  
cheese



Foccacia



## Bolognese sauce

## Cheese and onion quiche



## Enchiladas



Spinach,  
chickpea and  
potato curry



Victoria  
sponge



## Chocolate Brownies

**Consolidation-**  
adapting  
recipe