

# The Healthy Munchies Cooking Club



## Ready, Steady, Cook!

I am starting my adventure as a Healthy Munchies Club Junior Chef, ready to learn and create.



## Recipe Brand Builder

I can invent a name, logo and mascot to brand my own set of tasty, healthy recipes.



## Germ Buster

I understand and can follow hygiene rules when preparing and cooking food.



## Think Safe, Cook Smart

I understand and can follow safety rules when preparing and cooking food.



## Prep Like a Chef

I know how to wash, chop, and prepare fresh ingredients.



## Master of Methods

I know how to cook using a variety of cooking methods.



## Tool Time

I know how to handle cooking equipment with care and confidence.



## Local Food Roots

I can grow or source local fruit, veg and herbs to use as ingredients in tasty, healthy recipes.



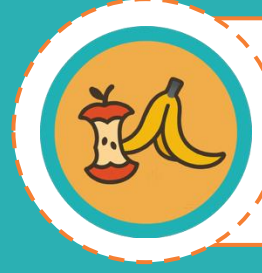
## The Great Recipe Elevate

I can follow set recipes for drinks, starters, mains and desserts and elevate them with my own ingredients and flavour twists.



## Allergy Alert

I understand different food allergies and can make safe, allergy-friendly choices.



## Zero Waste Foodie

I can find creative ways to use food scraps or turn leftovers into compost.



## Tastes of the Season

I know when different foods grow and can choose seasonal ingredients to make tasty, planet-friendly dishes.



## Eat the Rainbow

I can eat colourful fruits, vegetables and herbs and know how they help to keep my body healthy.



## Food Critic Taste Test

I can try new foods and recipes, describe textures and award 'delish' taste ratings.



## Banquet Celebration

I can work in a team to plan, prepare and share a healthy banquet celebration.



## Chef of the Week Award

I'm cooking like a pro chef — Michelin Star dreams begin here!

