










FUN WITH FOOD

Read and write a recipe

Read the recipe to make Chakalaka Salad.
Talk about the recipe and ask your child to tell you what you need to buy and what you need to do to make it.

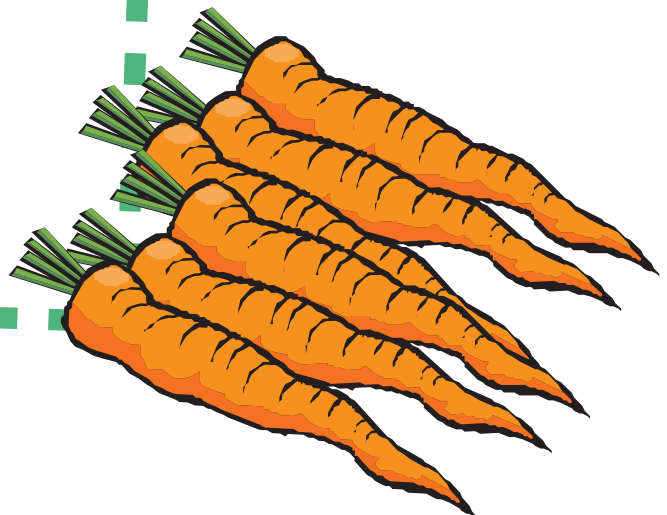
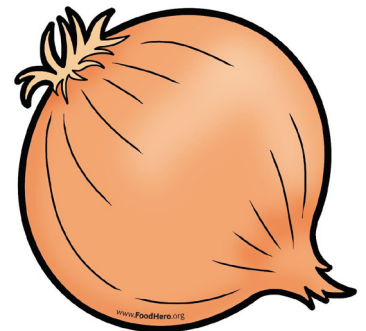
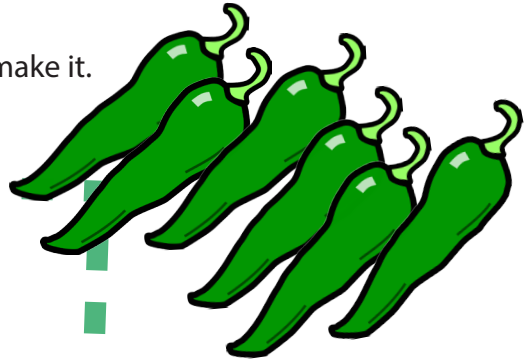
CHAKALAKA SALAD

Ingredients

-  6 green chillies (chopped)
-  1 green pepper (chopped)
-  1 onion (grated)
-  6 carrots (grated)
-  1 clove garlic (chopped)
-  1 tablespoon curry powder
-  3-4 tablespoons Sunflower oil
-  1 tin baked beans
-  1 bottle vegetable atchaar

Method

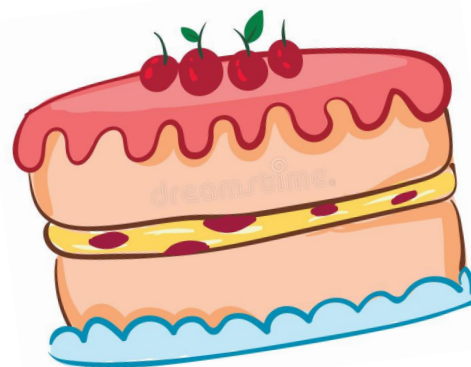
1. Fry green chillies, green pepper, onions, grated carrot and garlic in oil and curry powder.
2. Take off stove and add baked beans and atchaar.
3. Serve hot or cold with mealie pap or rice.



FUN WITH FOOD

Write a favourite recipe that you make

You can write your recipe with your child.
Use a sheet of paper and then paste it into
your recipe book.



Recipe to make

Ingredients

_____ etc.

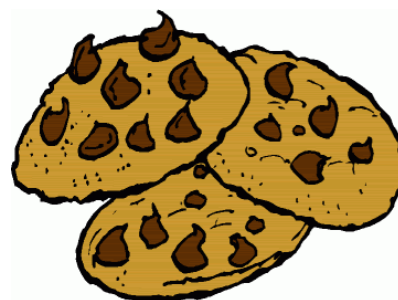


Method

1. _____

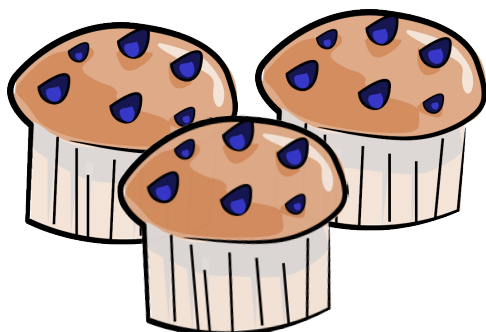
2. _____

_____ etc.



Make your recipe together

Ask your child to tell you what you need and
what you do to make the recipe.



READ

AT HOME GAMES & ACTIVITIES