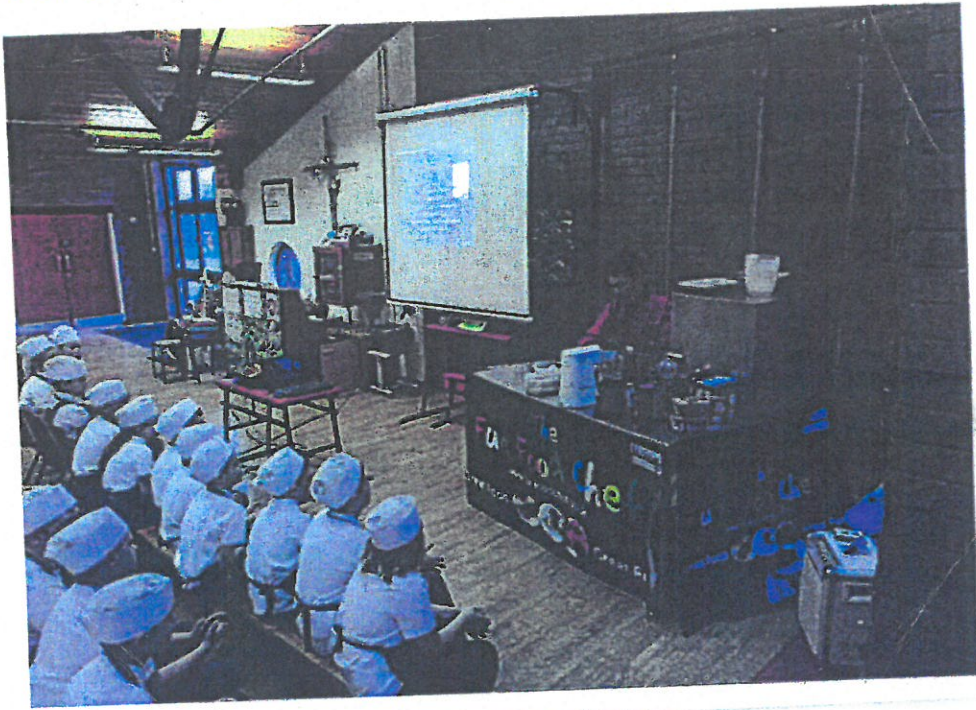


The Fun food Chef visits St Bert's

WITH
MISW

Today, Friday 13th January, our class was visited by the 'Fun Food chef'. We found it really interesting and informative, and learnt lots of amazing facts.



Firstly, when we came into class we washed our hands, put on an apron and covered our hair with a chef's hat (we look very professional.)

When we were all ready to go, we went down to the hall and were greeted by rhythmic, fabulous Greek music - we know

then that the lesson would be fun (exactly what it said on the box.) The Chef Pat, taught us so many things - from science and maths to health and safety.

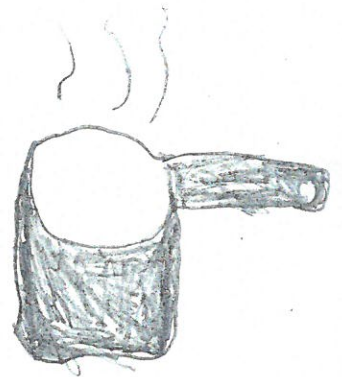
After finding out how to make pitta bread, we all set to work making our own. We kneaded and stretched the dough and generally had a lot more fun! (There's that word again!) Our second job was the meatballs and our third was the salad accompaniment. We actually made tzatziki and hummus.

Before our session ended, we blended orange juice with summer fruits and ice to make a tangy smoothie. It was too tangy for my liking.





I really enjoyed the morning and learnt some cool facts..... some of these are mentioned below



DID YOU KNOW?

- that bacteria (germs) multiply rapidly.
- Freezing kills bacteria
- high temperatures kill bacteria $65^{\circ}+$
- raw meat should be stored in the bottom of the fridge:
- Yeast makes bread rise
- CO_2 (carbon dioxide) is in the bubbles of yeast
- food poisoning can occur if vegetables
- just because mince is dark than red does not mean is not as good as the red
- you have to wash your hands regularly whilst cook