

What you need to do:

Make a simple lunch snack for you and someone else.

How you are going to do it:

Making individual microwave mug pizzas

You will need to follow a recipe to make your pizza, then cook it in the microwave.

You will need to clear up after your activity

Before you start:

Make sure your table is empty

Tie back long hair

Put on an apron

Wash your hands

Collect everything you will need including your tub



Ingredients:

Spoon = dessert spoon

3 spoons of flour

Pinch of baking powder

Pinch of bicarbonate of soda

Pinch of salt

2 spoons of milk

1 spoon of olive oil

1/2 spoon tomato puree

1/2 spoon tomato ketchup

1-2 spoons grated cheese

Optional: sliced mushroom and/or sliced peperami



Equipment:

Cups

Dessert spoons

Teaspoons

Sharp knives

Cheese grater

Oven gloves

Chopping boards

Wooden board

Microwave

What to do:

Put the flour, baking powder, bicarbonate of soda, salt, milk and oil in a cup. Mix together with a teaspoon

Smooth the mixture into the bottom of the cup

Add the tomato puree and ketchup and gently spread on top of the flour mixture

Sprinkle on the grated cheese

Add mushrooms and/or peperami

Microwave for 1 min 20 secs or until toppings are bubbling

Remove using oven gloves and allow to cool for a couple of minutes on the wooden board

Scoop the pizza into your tub

Tidy up everything you have used

