



The Competition

2022 - 2023

FUTURECHEF RESOURCE PACK

To support students with additional learning needs



Phoebe Lawson, FutureChef 2022 Winner and her winning dish



SAVOY EDUCATIONAL TRUST



The Worshipful Company of Cooks of London



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Our FutureChef Resource Pack is intended to support any students who work better with the support of a visual aid. Our packs are free for you to print to use within your classroom.



Classroom Instructions

Things we should do before it's time to start cooking!



Wash your hands



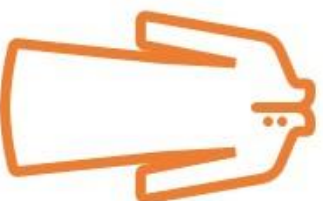
Clean your work surface



Listen to instructions



Tie your hair up



Wear your apron



Do you feel ready to cook?



Utensils

What kitchen utensils do we need to make our dish?



Tablespoon



Teaspoon



Measuring jug



Bowl



Scale



Wooden spoon



Oven



Saucepan



Wok





Citrus squeezer



Whisk



Tongs





Masher



Grater



Sieve





Ingredients

What ingredients can we use to make our dish?



Red onion



Onion



Spinach



Bell pepper



Mushrooms



Tomatoes



Courgette



Potatoes



Beetroot



Leek



Radish



Broccoli



Grated cheese



Cooked ham



Sweetcorn



Olives



Feta



Jalapenos



Plain flour



Butter



Eggs



Salt



Black Pepper



Water

We hope you enjoy our resources. If there are any recipes you would like us to create, or any resources you feel would be of use to you and your students, please get in touch with Caitlin at caitlinc@springboarduk.org.uk