



## Cheesy sticks

Students will enjoy participating in making these savoury snacks. It involves several tactile experiences such as mixing the margarine and flour together with their fingertips, grating cheese and sprinkling sesame seeds onto the cheesy sticks before cooking. Ensure students use their senses to describe and compare what the cheesy sticks look like during their preparation, before they go into the oven, while they are cooking, what they look like after coming out of the oven and while they are being tasted. This recipe makes about 40 cheesy sticks.

### Ingredients:

- 100 g plain flour
- $\frac{1}{2}$  tsp dry mustard
- 1 drop of Tabasco™ (optional)
- 50 g margarine
- 50 g grated tasty cheddar cheese
- 1 tsp cold water
- 1 tbs sesame seeds
- small dish of water
- extra flour
- spray oil

### Equipment:

- mixing bowl
- oven trays
- rolling pin
- sifter
- grater
- pastry brush
- teaspoons
- wooden spoon
- butter knife or plastic knife

### Method:

1. Heat oven to 200 °C.
2. Spray baking trays with oil.
3. Sift the flour and mustard powder into the mixing bowl and add the Tabasco.
4. Add the margarine to the flour.
5. Using your fingertips, mix the margarine into the flour mixture until it looks like fine breadcrumbs.
6. Add the grated cheese to the mixture and stir with the wooden spoon.
7. Using your hands, mix to form a smooth but not sticky dough, adding about 1 teaspoon of cold water to help combine the mixture.
8. Knead lightly until smooth, then roll out onto a lightly floured surface to form a rectangular shape about 6 mm thick.
9. Cut thin strips with a blunt knife of about 6 mm by 7.5 cm. Place on the oven trays.
10. Use a pastry brush to lightly brush with a little water. Sprinkle with sesame seeds.
11. Bake in the oven for about 12 minutes or until golden brown.
12. Allow to cool before removing from the oven trays.

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## Funky fruit

This recipe will appeal to students' sense of sight and taste, hopefully enticing them to eat more fruit!

List on the board the fruits used, each written as a heading. Ask students to suggest words that describe each slice of fruit and what the finished funky fruit looks like; colours, thickness, height, shape etc. Do the same after they touch and smell the funky fruit while eating it.

### Ingredients:

- Choose a variety of fruit that is relatively the same size, such as oranges, green and red apples, pears, plums or peaches.

### Method:

1. Before class, create an example for students to follow.
2. Either prior to class or at the start of class, slice the different fruits so they are relatively the same thickness.
3. Students follow the example, and lay the slices on top of each other to create a new 'funky' fruit.

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