

You do not need to print this off – this will be in the live lessons for children to see.

Have a look at the introductions in the red rectangles. What is the same? What is different? Why do we need an introduction?

How to make Eggy Bread

Follow these easy instructions to make a delicious breakfast dish or a snack for any time of the day. This recipe serves 1 person and will take 10-15 minutes.

What you will need:

Knob of butter
1 teaspoon of olive oil
Slice of bread cut into 2 halves.
1 egg
Tomato salsa or ketchup to serve
Small non-stick frying pan
Tongs



Pumpkin cake

Ingredients:

a piece of pumpkin or squash weighing around 350g (12oz)
1 orange
175ml (12 tablespoons) sunflower oil

This cake is made with spices, chocolate chips and grated pumpkin. You can't really taste the pumpkin but it makes the cake extra light and moist.

1 Heat the oven to 180°C, 350°F or gas mark 4. Grease and line the tin (see page 6).

Butterfly & nest decorations

Here you'll find out how to pipe summery coloured butterflies to decorate the butterfly cake on pages 32-33. There are also instructions for making chocolate nests, which would suit spring party cakes.

Chocolate nests

You will need 12 eggs in eggboxes, some plastic food wrap, 75g (3oz) plain chocolate, a heatproof bowl that fits snugly into a pan, a piping gun or bag

How to Trap a Troll

If you have a troll living in your area then you will need these instructions. No one wants a nasty troll nearby. So, read on and soon you will be able to scare off any troll that might be making your life a misery.

What you need:

- A large sack