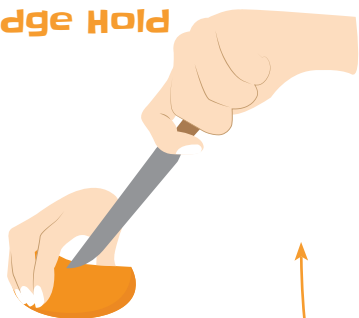


Bridge Hold



This method ensures that fingers are out of the way as the knife cuts through the food.

Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.

Snipping



A safe alternative for younger children.

Kitchen scissors can sometimes be a useful alternative to a knife, especially if children are quite young. Scissors are good for snipping herbs and spring onions. Provide smaller kitchen scissors for children.

Potato salad recipe

Serves 1

Ingredients

- 4 new potatoes, cooked
- 1 small spring onion
- 1 x 10 ml spoon of low-fat mayonnaise

Equipment

Knife, chopping board, small mixing bowl, kitchen scissors, measuring spoons, mixing spoon.

Method

1. Cut the new potatoes in half and add them to the bowl.
2. Snip the spring onions into small pieces and add these to the bowl.
3. Stir in the mayonnaise.
4. Serve.

Now create your own recipe!

You can make lots of different versions of potato salad. The suggestions below support the *Potato project six-week block of work*, weeks 3, 4 and 5. The ingredients have been organised into the Eatwell Guide food groups and there are also some flavouring suggestions.

Method for creating your own recipe

1. Gather the equipment shown in the *Potato salad recipe* and four cooked new potatoes.
2. Select ingredients from the columns below – *Fruit and vegetables*, *Beans, pulses, fish, eggs, meat and other proteins*, *Dairy and alternatives* and *Flavouring options*. (Based on the recipe you planned in week 5. If you are not following the six-week block of work, select one ingredient from each column.)
3. Chop the potatoes and add them to the bowl. Use the bridge hold!
4. Chop or snip any of the other ingredients you have chosen so they are in small pieces and add these to the bowl. Use the bridge hold or snip with the kitchen scissors! *Note: If you are using chickpeas – these don't need to be chopped.*
5. Mix the ingredients together.
6. Serve.



Fruit and vegetables

- Green beans (cooked and cooled)
- Orange pepper (sticks)
- Cherry tomatoes or red grapes, halved or quartered (to avoid being a possible choking hazard)
- Cress (if grown in week 1 of the *Potato project*)

Beans, pulses, fish, eggs, meat and other proteins

- Canned chickpeas
- Canned tuna
- Hard-boiled eggs
- Sliced ham

Dairy and alternatives

- Low-fat plain yogurt
- Reduced-fat soft cheese
- Reduced-fat crème fraîche
- Reduced-fat Cheddar cheese, grated

Flavouring options

- Mint
- Coriander
- Basil
- Chives
- Curry powder

