



Continued!

A food diary example

Monday

For breakfast I had cereal. It was a bit boring, so I cut up a banana and added it on top! Yum.

For lunch I made a sandwich with my favourite things. Cheese and pickles!

For dinner I cooked a soup made with carrots, potatoes and lots of spices.

Miss Ryan's chocolate drop biscuits

Ingredients

- 115g of butter
- 90g plain flour
- 2 tbsp of cocoa powder
- 55 g castor sugar
- ½ tsp vanilla essence

Preheat oven to 190°/Gas Mark 5. Grease 2-3 large baking sheets.

Stir the flour and cocoa together.

Beat together butter, sugar and vanilla essence until fluffy. Stir in the flour and mix well.

Drop teaspoonfuls of mixture onto the baking sheets, allowing room for the cookies to spread. Bake for 15-20 minutes until firm. Leave to cool for 1min, then transfer to a wire rack.



Food Chain

Flower – Snail – Frog – Fox



The fox finishes the food chain because nothing hunts and eats a fox!