**Mac and cheese worksheet**

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| Name 6 different vegetables that could be used in the pasta bake. Explain how you would prepare them.  1  2  3  4  5  6 | What other types of fish, meat or alternatives could be used in the pasta bake? Give reasons for your answers. |
| Suggest how you could make a crunchy topping for your pasta bake. What ingredients would you use eg chopped nuts? | What other meals could you make using an all in one white sauce like the one in this recipe? |
| This recipe contains food which could perish if left at room temperature for too long. What do you need to do with your food to keep it safe?.  Key words to: **cool 2 hours chill fridge 3 days**  **piping hot** | Label the food from your pasta bake in the correct food group on the eatwell guide    Suggest 3 side dishes that would add extra vegetables to the meal. |