


# Mac and cheese worksheet

<p>Name 6 different vegetables that could be used in the pasta bake. Explain how you would prepare them.</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>What other types of fish, meat or alternatives could be used in the pasta bake? Give reasons for your answers.</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<p>Suggest how you could make a crunchy topping for your pasta bake. What ingredients would you use eg chopped nuts?</p>	<p>What other meals could you make using an all in one white sauce like the one in this recipe?</p>
<p>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?.</p> <p>Key words to: <b>cool 2 hours chill fridge 3 days piping hot</b></p>	<p>Label the food from your pasta bake in the correct food group on the eatwell guide</p>  <p>Suggest 3 side dishes that would add extra vegetables to the meal.</p>