

Stir fry Worksheet

<p>Find out about when UK grown foods are in season and suggest good vegetables for stir fries in the following months</p> <p>Dec, Jan, Feb:</p> <p>March, April, May:</p> <p>June, July, Aug:</p> <p>Sept, Oct, Nov:</p>	<p>Vegetarians do not eat meat or fish. Circle the protein foods in the food bank below that a vegetarian could put into a stirfry</p> <p>Food bank</p> <p>egg tofu ham chicken</p> <p>prawns bacon haulomi cheese</p> <p>chick peas pepperoni quorn</p> <p>chicken kidney beans pork sausage</p>
<p>Describe other ways in which additional flavours could be added to the stir-fry. What ingredients could be used?</p>	<p>What would be your top tips for using a wok?</p>