

# LO: TO PLAN AND MAKE A HEALTHY SOUP.

One of the ways explorers stay warm and full of energy in the Antarctic is by eating warm foods. Today we are planning a healthy meal, we are going to make soup



You have the following vegetables to choose from to make your soup

cabbage

Potato



Onion



Celery



Carrot



# WATCH THIS CLIP TO GIVE YOU SOME IDEAS OF HOW TO MAKE YOUR SOUP.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LAOBJFMQG6G](https://www.youtube.com/watch?v=LAOBJFMQG6G)

- IF YOU WOULD LIKE TO MAKE YOUR OWN SOUP HERE IS A LIST OF INGREDIENTS YOU WILL NEED.
- ANY VEGETABLES OF YOUR CHOICE
- WATER
- STOCK
- SEASONING
- IF YOU AREN'T MAKING SOUP SEE IF YOU CAN PRACTICE CHOPPING VEGETABLES SAFELY WITH YOUR FAMILY WHEN THEY ARE PREPARING A MEAL. THE NEXT SLIDE WILL SHOW YOU HOW TO CHOP SAFELY.



# IT IS REALLY IMPORTANT THAT YOU USE A KNIFE AND PEELER SAFELY AND MAKE SURE THAT THERE IS AN ADULT NEARBY

- THESE CLIPS SHOW YOU HOW TO PEEL AND CHOP CAREFULLY
- [HERE'S THE SAFEST WAY FOR CHILDREN TO PEEL FRUIT & VEG - COOKING SKILLS FOR CHILDREN - BING VIDEO](#)
- [THIS IS THE SECRET TO CHOPPING SAFELY FOR CHILDREN - COOKING SKILLS FOR CHILDREN - BING VIDEO](#)





# NOW YOU ARE READY TO MAKE YOUR SOUP !

- PEEL AND CHOP YOUR VEGETABLES CAREFULLY
- PUT THEM IN A PAN OF WATER AND ADD SOME VEGETABLE STOCK AND SOME HERBS IF YOU WISH
- SIMMER UNTIL THE VEGETABLES ARE SOFT
- NOW YOU CAN TASTE YOUR SOUP!
- PLEASE EMAIL IN SOME PICTURES !
- NEXT WEEK WE WILL WRITE ABOUT HOW WE MADE IT AND WHAT IT TASTED LIKE !!

