



## Cooking Questions

1. What is the main ingredient in an omelette?

- Chicken
- **Eggs**
- Lettuce

2. What is the first thing you should do before handling food?

- Put the radio on
- Get a drink
- **Wash your hands**

3. If a recipe says to preheat the oven, what does this mean?

- **Heat the oven before putting the food inside to cook**
- Cook the food on the stove before putting it in the oven
- Turn the oven to 250 degrees

4. What is the popular food used to carve lanterns during Halloween?

- Butternut squash
- **Pumpkin**
- Pepper

5. Where do coconut trees grow better?

- Cold climates
- **Warm climates**
- Neither

6. Which country does the rice dish 'paella' come from?

- USA
- France
- **Spain**

7. What vegetable are chips and crisps most commonly made from?

- **Potatoes**
- Parsnips
- Beetroot



8. What is the main ingredient in bread?

- Water
- **Flour**
- Bananas

9. How many portions of fruit and veg should you have per day?

- 3
- 4
- **5**

10. Dairy products are generally made from which liquid?

- **Milk**
- Water
- Cream

Discover more activities at [www.frylight.co.uk/families/activities](http://www.frylight.co.uk/families/activities)