

What to do today

IMPORTANT Parent or Carer – Read this page with your child and check that you are happy with what they have to do and any weblinks or use of internet.

1. Make up a revolting menu

- Read *Menu*. What would you choose to eat? What do you think your friends and family would eat?
- Read *Revolting Menu Prompts*. Use these instructions to create a revolting yet delicious sounding menu.
- Watch this advert. Can you read your menu in the same style? You could record your own advert like this!

https://www.youtube.com/watch?v=EHFKE6PD_6U

2. Read gross recipes

- Look at the *Gross Recipes*. These have all been made to be edible but to look awful.
- Read the information carefully and try to fill in the missing parts:
(i) Ingredients, (ii) Method, (iii) Ingredients and (iv) Picture.

Well done! You can check your answers at the end of this pack.

3. Make up recipes

- Read *Roald Dahl Recipes*. Choose one of the foods that he invented and make-up a recipe for it. Include a picture, ingredients and method in your recipe.

Menu

BIG ONES



Big breakfasts for hungry folk!

THE FULL ENGLISH £6.95

Two fried eggs, two rashers of back bacon, Lincolnshire sausage, sautéed mushrooms, grilled tomato and baked beans, served with two slices of toasted white bloomer and butter.

VEGGIE BREAKFAST £5.95

Two fried eggs, two Quorn sausages, sautéed mushrooms, grilled tomato and baked beans, served with two slices of toasted white bloomer and butter.

2-4-1 ON ALL BIG
BREAKFASTS!!



TOASTIES



For all you bread lovers out there!

1 FILLING £2.50
2 FILLINGS £3.50
4 FILLINGS £4.50

Choose your fillings:

GRILLED BACK BACON
LINCOLNSHIRE SAUSAGES
QUORN SAUSAGES
FRIED EGGS
MONTEREY JACK CHEESE
GRILLED PORTOBELLO
MUSHROOMS

EXTRAS



All breakfast extras 75p each:

Farmhouse sausage • rasher of bacon
fried egg • grilled tomato • baked beans
button mushrooms • hash brown • toast

LOVELY DRINKS



What do you fancy?

FAIRTRADE HOT DRINKS £2

ESPRESSO

A small measure with a golden crema.

AMERICANO

Espresso and hot water.

CAPPUCCINO

Espresso with steamed and foamed milk.

CAFFE LATTE

Espresso and steamed milk.

HOT CHOCOLATE

Steamed milk blended with the finest cocoa.

CAFFE MOCHA

Espresso with cocoa and steamed milk.

POT OF TEA

Pure Kenyan tea.

FRUIT JUICES

Please ask about our selection of juices.



REVOLUTION
MILTON KEYNES

Revolting Menu - Prompts

1. Add to this list of things that would be revolting to eat

dandruff mould slugs	slime mud hair	toe-clippings ear wax	hoover bags bins	dust brick dust pencil shavings
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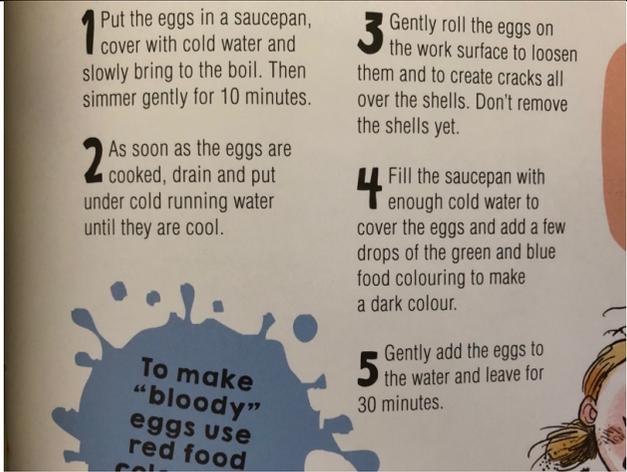
2. Use words like those in the list below to describe some starters, main courses, desserts and drinks made out of your revolting list.

e.g. A delicious light sprinkling of mouth-watering dandruff served on prime mashed brick-dust.

delicious tempting succulent divine refreshing	mouth-watering filling creamy special steaming hot	deep-fried juicy spicy tangy exotic luxurious	lavish prime mashed minced top quality
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3. Name your restaurant. Design a complete menu. Give your dishes a price and describe them.

Gross Recipes

	<u>Ingredients</u>	<u>Method</u>
<p><u>Rotten Eggs</u></p> 	<p><u>(i)</u></p>	 <p>1 Put the eggs in a saucepan, cover with cold water and slowly bring to the boil. Then simmer gently for 10 minutes.</p> <p>2 As soon as the eggs are cooked, drain and put under cold running water until they are cool.</p> <p>3 Gently roll the eggs on the work surface to loosen them and to create cracks all over the shells. Don't remove the shells yet.</p> <p>4 Fill the saucepan with enough cold water to cover the eggs and add a few drops of the green and blue food colouring to make a dark colour.</p> <p>5 Gently add the eggs to the water and leave for 30 minutes.</p> <p>To make "bloody" eggs use red food coloring</p>
<p><u>Lychee Eyeballs</u></p> 	 <p>WHAT YOU'LL NEED</p> <ul style="list-style-type: none">• 425g tin stoned lychees• a little strawberry, cherry, OR RASPBERRY jam• 16 large fresh blueberries	<p><u>(ii)</u></p>

Chia frogspawn



(iii)

to bed and serve it for breakfast.

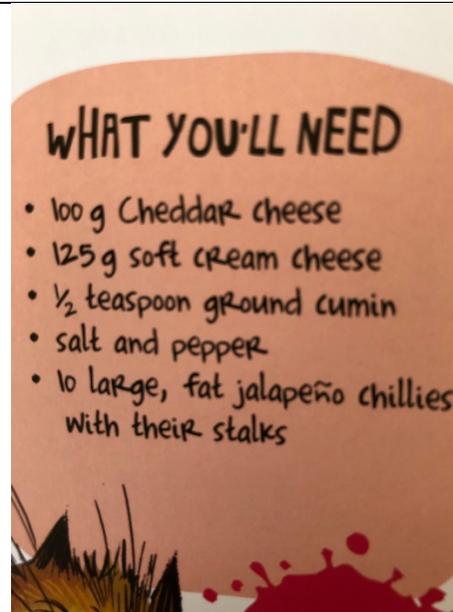
1 Put the chia seeds in a bowl or divide evenly between four small glass jars.

2 Pour the milk into a jug. Add the vanilla extract and honey or golden syrup, and stir together.

3 Pour the milk mixture over the chia seeds so that they are fully covered.

4 Stir together and then leave in the fridge to soak for 3–4 hours or overnight. The chia seeds will absorb the liquid and expand. It will look thick when it is ready.

Roasted Mice (iv)



1 Grate the Cheddar cheese and put in a large bowl. Add the cream cheese and ground cumin. Season with salt and pepper and mix together.

2 Ask an adult to help you use a sharp knife to slit the chillies lengthwise down one side to make a pocket. Leave the stems on, as these will be the mouse tails. Scoop out the seeds using a small spoon.

3 Using your hands, stuff the cheese mixture into the chillies. Press the cut edges together to seal the filling. Clean any excess cheese off the outside of the chillies with a clean paper towel.

from This Cookbook is Gross by Susanna Tee

Roald Dahl Recipes



*Choose one of the imaginary foods from Roald Dahl's books. Make up a recipe for making this food.
Include a picture, ingredients and a method in your recipe.*

Choose one of these foods:

- **Stink Bugs' Eggs** (James and the Giant Peach)
- **Crispy Wasp Stings on a Piece of Buttered Toast** (James and the Giant Peach)
 - **Fresh Mudburgers** (James and the Giant Peach)
 - **Hot Frogs** (James and the Giant Peach)
 - **Lickable Wallpaper** (Charlie and the Chocolate Factory)
 - **Frobscottle** (A green drink – The BFG)
- **Eatable Marshmallow Pillows** (Charlie and the Chocolate Factory)
- **Stickjaw for Talkative Parents** (Charlie and the Chocolate Factory)

Gross Recipes – Answers

	<u>Ingredients</u>	<u>Method</u>
<p><u>Rotten Eggs</u></p> 	<p>WHAT YOU'LL NEED</p> <ul style="list-style-type: none">• 6 eggs• cold water• green paste food colouring• blue paste food colouring	<ol style="list-style-type: none">1 Put the eggs in a saucepan, cover with cold water and slowly bring to the boil. Then simmer gently for 10 minutes.2 As soon as the eggs are cooked, drain and put under cold running water until they are cool.3 Gently roll the eggs on the work surface to loosen them and to create cracks all over the shells. Don't remove the shells yet.4 Fill the saucepan with enough cold water to cover the eggs and add a few drops of the green and blue food colouring to make a dark colour.5 Gently add the eggs to the water and leave for 30 minutes. <p>To make "bloody" eggs use red food colouring</p>
<p><u>Lychee Eyeballs</u></p> 	<p>WHAT YOU'LL NEED</p> <ul style="list-style-type: none">• 425g tin stoned lychees• a little strawberry, cherry, OR RASPBERRY jam• 16 large fresh blueberries	<ol style="list-style-type: none">1 Using a sieve, drain the tin of lychees into a bowl. Put the liquid to one side. Place the lychees on several pieces of paper towel and leave to dry for 30 minutes.2 Using a teaspoon, carefully stuff a little jam into each of the lychees' holes so that they are filled.3 Press a blueberry into the jam to look like the eyeball's pupil. Repeat for every lychee.

Chia frogspawn



WHAT YOU'LL NEED

- 90 g chia seeds
- ½ teaspoon vanilla extract
- 1 teaspoon honey or golden syrup
- 600 ml milk
- a sprig of rosemary to garnish

serves 4

to bed and serve it for breakfast.

- 1** Put the chia seeds in a bowl or divide evenly between four small glass jars.
- 2** Pour the milk into a jug. Add the vanilla extract and honey or golden syrup, and stir together.

- 3** Pour the milk mixture over the chia seeds so that they are fully covered.
- 4** Stir together and then leave in the fridge to soak for 3–4 hours or overnight. The chia seeds will absorb the liquid and expand. It will look thick when it is ready.

Roasted Mice



WHAT YOU'LL NEED

- 100 g Cheddar cheese
- 125 g soft cream cheese
- ½ teaspoon ground cumin
- salt and pepper
- 10 large, fat jalapeño chillies with their stalks

- 1** Grate the Cheddar cheese and put in a large bowl. Add the cream cheese and ground cumin. Season with salt and pepper and mix together.
- 2** Ask an adult to help you use a sharp knife to slit the chillies lengthwise down one side to make a pocket. Leave the stems on, as these will be the mouse tails. Scoop out the seeds using a small spoon.

- 3** Using your hands, stuff the cheese mixture into the chillies. Press the cut edges together to seal the filling. Clean any excess cheese off the outside of the chillies with a clean paper towel.

